

JUNE 2026

THE SOURCE

NEWSLETTER



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THERE IS STILL TIME TO REGISTER!

Scan to register!

JOIN THE COA FOR ITS
INAUGURAL
DOG & JOG

A dog-friendly 3K fun run/walk to support the Council on Aging's pet programs, PALS and Pet2Vet.

SATURDAY, JUNE 6
REGISTRATION/T-SHIRT PICKUP: 9AM
RUN/WALK BEGINS: 10AM
REGISTRATION FEE: \$35
ROUTE START/END: 711 MARSHALL ST.

SIGN UP AT COA OR SCAN QR CODE
ALL AGES WELCOME!

Participants must register by May 15 to guarantee event swag.
Proof of current rabies vaccine required for participating pups.

The pet programs at the COA are 100% reliant on donations from the community and limited grant opportunities.

OUR PROGRAMS

- Chore Assistance
- Errand & Shopping Support
- Friendly Visitor Program
- Information & Assistance
- Legal Service
- Leisure & Learning Program
- Nutrition Program
- Pets & Loving Seniors Program (PALS)
- Pet2Vet Program
- Senior Health Insurance Counseling
- Social Services
- Support Groups
- Senior Express Transportation

COUNCIL ON AGING
711 Marshall Street, Suite 100
Leavenworth, KS 66048
Phone: 913.684.0777

#WEAAD
June 15th

Every year on June 15, World Elder Abuse Awareness Day (WEAAD) is commemorated in America and worldwide. Through WEAAD, we raise awareness about the millions of older adults who experience elder abuse, neglect, and financial exploitation. As many as 1 in 10 older Americans are abused or neglected each year, only 1 in 14 cases of elder abuse ever come to authorities' attention. WEAAD reminds us that, as in a just society, we all have a critical role to play to focus attention on elder justice.

What is abuse?

Any act or failure to act intentionally or recklessly that causes or is likely to cause harm, including: infliction of physical or mental injury; sexual abuse; unreasonable use of physical or chemical restraint, isolation or medication; threat or menacing conduct.

What is neglect?

Failure or omission by one's self, caretaker or another person with a duty to supply or provide care, goods or services that are reasonably necessary to ensure safety and well-being and to avoid physical or mental harm or illness.

What is financial exploitation?

Misappropriation of an adult's property or intentionally taking unfair advantage of an adult's physical or financial resources. This includes situations in which a person who is a caretaker of, or who stands in position of trust, to an adult, takes, secretes or appropriates his/her money or property for any use or purpose not in the due and lawful execution of the adult's trust or benefit.



**WORLD ELDER ABUSE
AWARENESS DAY**
Building Strong Support for Elders



One of the most powerful ways to protect yourself is through self-advocacy. Self-advocacy means speaking up for your needs, setting boundaries, and trusting your instincts. If something does not feel right, it is important to pay attention to that feeling. Whether it is a family member pressuring you to sign documents, a caregiver ignoring your wishes, or someone asking for money, you have the right to ask questions and say no. As we age, it can sometimes feel easier to avoid conflict or not want to "cause a fuss." But your voice matters. You have the right to be treated with dignity and respect, to make your own decisions, and to feel safe in your home and relationships.

There are simple ways to practice self-advocacy:

- Ask questions before signing paperwork.
- Review bank statements regularly.
- Keep trusted family members or friends informed.
- Speak up if someone is disrespectful or controlling.
- Reach out for help when something feels wrong.

It is also important to stay connected. Isolation can increase vulnerability, while strong relationships can provide support and protection. Programs like the Council on Aging, Meals on Wheels, and Friendly Visitors help older adults remain connected to their community.

If you suspect elder abuse, neglect, or exploitation, know that help is available.

Adult Protective Services1.800.922.5330

Regional Long-term Care Ombudsman913.236.9385

In cases of urgent or immediate danger, call 911 or the local police or sheriff.

This June, remember that advocating for yourself is not being difficult, it is honoring your worth. Your experiences, your choices, and your voice deserve to be respected. Because no one is ever too old to be heard.

- Kat McIntyre, MSW



SUPPLIES ARE LIMITED AND GIVEN OUT ON A FIRST COME, FIRST SERVE BASIS.



Senior Farmers Market Nutrition Program

To qualify, seniors must:

- Be at least 60 years of age.
- Meet the following income guidelines.*
- Once per year, seniors may apply for \$50 to purchase fresh fruits, vegetables, honey and cut herbs from authorized farmers at farmers markets.

Household Size	Monthly Income	Weekly Income
1	2,461	568
2	3,337	770
3	4,212	972
Each additional member	876	203

*For additional information about income guidelines, please contact your local agency.

Apply today! Benefits provided on a first-come, first-served basis.



Starting June 1st at 7 a.m. at the COA.
711 Marshall Street, Suite 100.
Must bring an ID with birthday & address.
Also bring proof of income of all members
of the household.

The Kansas Senior Farmers Market Nutrition Program is coordinated by the Kansas Department of Health and Environment.

For questions, call 785-296-4782 or visit kdhe.ks.gov/KSFMNP.

Thank you
for making the Positive Aging
Resource Fair a success!

Because of our community partners, our participants learned valuable information, took home community resources, won great prizes, and enjoyed lunch!

LUNCH SPONSORS

Faith Home Health & Hospice
Midland Care Connections, Inc.

RAFFLE & BINGO SPONSORS

Metropolitan Steakhouse
Sis's Sweets
Towne Pub
Tampico Authentic Mexican Restaurant
The Depot
Faith Home Health & Hospice
Midland Care Connections
Frontier Community Credit Union
Audio-Reader (KU)
Senior Helpers
Gentiva Hospice
Twin Oaks Independent Living
ACG Hospice



CELEBRATING **50** YEARS
OF MEALS ON WHEELS

A NIGHT OF GLITZ AND GIVING

A BENEFIT FUNDRAISER FOR MEALS ON WHEELS

SATURDAY, AUGUST 22ND, 2026
5:30-9:00PM
Riverfront Community Center, Leavenworth
Tickets \$50

Dinner, dancing, games, & more!

Tickets will be sold in advance at the COA M-F
from 7-4pm or at the door while supplies last.

* Cash, check or PayPal @LVCOA

COUNCIL ON AGING



 711 Marshall St., Suite 100
Leavenworth, KS 66048

 seniors1st@leavenworthcounty.gov

 913.684.0777

 www.leavenworthcounty.gov/COA



Join us as we celebrate 50 years of Meals on Wheels !

Scan the QR code or stop by the COA to purchase your tickets while supplies last. This Meals on Wheels benefit, directly supports Leavenworth County participants who are facing food insecurity and financial challenges.



Summer In Full Swing: Staying Active in Mind, Body, and Spirit

By: Kat McIntyre, MSW

June is the perfect time to get moving, try something new, and reconnect with friends. As the days grow longer and the weather warms up, it's a great reminder that staying active is one of the best things we can do for our mental and physical health.

When we think about exercise, we often picture walking or fitness classes—and those are wonderful ways to stay healthy. But staying active means more than just physical movement. Keeping your mind engaged and maintaining social connections are just as important.

Games like Bingo, Bunco, Farkle, and Mahjong offer more than just fun. They challenge the brain, encourage problem-solving, and create opportunities to laugh and connect with others. Research shows that social engagement and mentally stimulating activities can help reduce feelings of loneliness and support memory and cognitive health.

At the Council on Aging, there are plenty of ways to stay active this summer. Our exercise classes help improve strength, balance, and flexibility, making it easier to stay independent and confident in everyday life. Whether you're new to exercise or have been active for years, there is something for everyone.

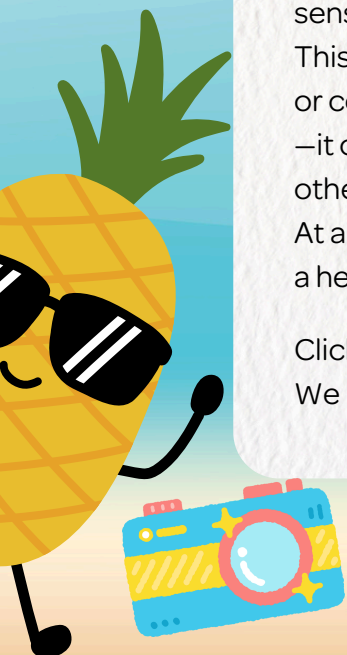
If you're looking for a little friendly competition, be sure to join us for our June Mini-Golf Summer Showdown. This unique event takes place on our one-of-a-kind mini-golf course, designed and built by talented seniors in our Let's Be Handy class. It's a fun way to celebrate creativity, teamwork, and the joy of staying engaged.

One of the best parts of participating in activities at the Council on Aging is the sense of community. Sharing a laugh over a game, learning a new skill, or simply spending time with others can boost mood and create a stronger sense of belonging.

This June, challenge yourself to try something new. Join a class, play a game, or come test your putting skills. Staying active doesn't have to be complicated—it can be as simple as showing up, having fun, and enjoying the company of others.

At any age, movement, laughter, and connection are powerful ingredients for a healthy life.

Click the calendar to see our June calendar.
We look forward to seeing you!



Upcoming Events



Driver Safety

course with volunteer instructor,
Jennifer Grasela

TUESDAY, JUNE 9TH
9:00 AM - 1:00 PM
COUNCIL ON AGING

\$20 AARP members
\$25 non-members

Bring your AARP card/membership number with you.
Fee collected by instructor by cash or check at the beginning of class.

Reserve your spot today!



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Do
What
You
Love!

9th Annual Bake Sale

SWEET EXCHANGE

JUNE 20TH **SATURDAY** **KCKCC PIONEER CENTER**
8:00AM-4:00PM
1901 Spruce St Leavenworth, KS

Doing What We Love!

TREATS ● **TILES** ● **TREASURES**



Quality baked goods by professional chefs and home bakers.
8-4pm



Mahjong Tournament! Fun, Prizes, and Food.
9-4pm



Painting for Process and Well-Being with Dr. Maritza Buenaver
9-3pm

Let's Talk

SENIOR IMPACT SERIES



JUNE 29, 2026

Starts at 12:00 PM
Call to reserve your spot; space is limited.

Join us for a series of presentations that are intended to keep our 50+ population in the know about matters that impact their daily lives. Each session will feature guest speakers from local organizations to discuss updates about projects, programs, and resources.

June's presenters:

Right Place Advisors

Rental Property Coordinator for the City of Leavenworth

Data center discussion with Cloverleaf

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WE HAVE A NEW EXERCISE CLASS

BANDS BALLS & BALANCE EXERCISE CLASS

1ST AND 3RD WEDNESDAY @ 9:45AM



THIS EXERCISE CLASS COMBINES RESISTANCE BANDS, STABILITY BALLS, AND BALANCE EXERCISES DESIGNED TO ENHANCE CORE STRENGTH, MOBILITY, IMPROVE BALANCE, STABILITY AND SUITABLE FOR ALL FITNESS LEVELS.

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SENIOR DAY AT THE FAIR



FOOD - BINGO - MUSIC

**PERFORMANCE BY:
DAYSIA RENEAU**

July 31st

**10 AM -
12:30PM**

LEAVENWORTH COUNTY FAIRGROUNDS

ROUND TRIP TRANSPORTATION FROM THE COA TO THE FAIR GROUNDS COSTS \$5. THE BUS WILL LEAVE THE COA OFFICE AT 9:00 AM. CALL 913.684.0778 TO RESERVE A RIDE.

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913.684.0777



www.leavenworthcounty.gov/COA

As a caregiver, one way you can help protect your loved one is to watch out for scammers. One way scammers go after people is through the mail.

Sending documents that look like official government letters and claiming they need personal information like a Social Security number, Medicare number, or banking information, are ways they can create financial ruin for your loved one.

The next time you visit your loved one, review their mail with them using these tips.



PROTECTING LOVED ONES FROM SCAMS: REVIEWING MAIL

- Set a reminder for when Medicare Summary Notices (MSNs) or Explanations of Benefits (EOBs), bank statements, or pension payments should arrive to look over and check for suspicious activity.
- Take mail that you know is a scam to your post office so they can send it to the postal inspector.
- Remind your loved one to never send their Social Security number, Medicare number, or banking information to solicitors.
- Remind your loved one to never respond to a sweepstakes letter by sending a check to claim a prize.




877.808.2468
SMPRESOURCE.ORG

SUPPORTED BY GRANT # 90MPRC002 FROM ACL <https://www.caregiverstress.com/senior-safety/senior-fraud/scam-anatomy/>



TAKE PRECAUTIONS: TICKS ARE EMERGING EARLIER AND STAYING ACTIVE LONGER.



PROTECTING PETS FROM TICKS

- ### 1 Prevent

 - Talk to your veterinarian about whether tick treatments are needed, and the best prevention methods for your pet.
 - Carefully read the label and follow all directions before using any products.
 - Apply only the amount indicated for the size/weight of the animal being treated.
 - Never apply dog products to cats, and visa versa, as some pesticides are more toxic to one species than another.
- ### 2 Check

 - Check pets for ticks after returning indoors, paying close attention to tails, under the collar, and around the eyes and ears.
 - If you find ticks on your pets, watch for symptoms of tick-borne illness.
 - If using tick prevention products, know the potential side effects and monitor your pet for reactions after administering treatments.

[epa.gov/pets](https://www.epa.gov/pets)

Make A Donation

SUPPORT US TODAY!



FOLLOW US ON
FACEBOOK



CLICK HERE TO BE DIRECTED TO OUR PAGE.

HAVE FEEDBACK OR SUGGESTIONS ABOUT THE COA'S PROGRAMS AND SERVICES?

You can reach us by:

Email - seniors1st@leavenworthcounty.gov

Drop box - Located in the COA's reception area.

Call - 913.684.0777

Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:
Leavenworth County Council on Aging

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SENIOR EXPRESS TRANSPORTATION

We are available to assist with your transportation needs for seniors age 50 and better, as well as persons of any age with disabilities. Services include shopping and business (bank/post office) trips once per week, and hairdresser appointments as well as transportation to medical trips and for work. As always, reservations are required, and taken on a first call, first serve basis, for all trip purposes. Accessible vehicles available.

A fee is required per trip per person.

- \$2.50 per one-way trip within the County, including drive-thru business trips.

- \$10.00 per one-way trip to the Parallel Corridor, including Providence Medical Center and the Legends-area medical plazas.*

- \$15.00 per one-way, out-of-county medical trips within a 50-mile radius of Leavenworth.*

For current service status and to schedule your trip, call 913.684.0778.

COUNCIL ON AGING DIRECTORY

Executive Director:

Connie Harmon 913.684.0784

Human Services Department:

Community-Based Services Coordinator,

Jessica Pontbriant 913.684.0733

Social Work & Support Services Coordinator,

Kat McIntyre, MSW 913.364.5206

In-Home Support Coordinator:

Becky Kellogg 913.785.6726

Leisure & Learning Coordinator:

Toni Howard 913.684.0889

Nutrition Coordinator:

Georgia Moore 913.684.0776

Pet Services Coordinator:

Cara Campbell 913.364.5754

Transportation Department Supervisor:

David Tuttle 913.758.6720