

AUGUST 2026

THE SOURCE

NEWSLETTER



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Get Your Tickets Today!



GET IN THE GAME!

AUTOGRAPHED GEORGE BRETT JERSEY



Your chance to win a signed George Brett jersey starts here!
Valued at \$550

Ticket Prices

1 Ticket	6 Tickets
\$1	\$5



Drawing will be at the Meals on Wheels Benefit A Night of Glitz and Giving Saturday, August 22nd
You do not have to be present to win.

You may purchase Chances to Win tickets at the Council on Aging: Monday-Friday, 7am-4pm
Check, Cash or PayPal @LVCOA.

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

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

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



**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.**

A NIGHT OF GLITZ
AND GIVING



SATURDAY
AUGUST 22ND 2026

2026 Meals on Wheels Sponsor



Platinum Sponsor

A NIGHT OF GLITZ
AND GIVING



SATURDAY
AUGUST 22ND 2026

2026 Meals on Wheels Sponsor



Platinum Sponsor

We are still seeking sponsors to help us continue delivering meals, independence, and hope to hundreds of Leavenworth County seniors each year. Businesses, organizations, and community partners interested in sponsoring this special event are encouraged to reach out.



Kat McIntyre: 913.364.5206



kmcintyre@leavenworthcounty.gov

Growing A Garden

There is something special about watching a tiny seed grow into fresh vegetables that can nourish a family. Gardening is about much more than growing food—it cultivates purpose, connection, and healthier communities.

At the Leavenworth County Council on Aging, our community garden has become a place where those values come to life. The fruits and vegetables grown in the garden help provide fresh, nutritious produce to members of our community while also demonstrating the power of neighbors helping neighbors. Every tomato, cucumber, pepper, and bean harvested is a reminder that even small acts can make a meaningful difference in the fight against food insecurity.

Gardening also offers tremendous benefits for older adults. Spending time outdoors, staying physically active, and caring for living plants can improve strength, flexibility, and overall well-being. Just as importantly, tending a garden provides a sense of routine, accomplishment, and purpose. Watching something flourish because of your care brings joy that extends far beyond the harvest.

Whether you have a large backyard, a few pots on a patio, or simply enjoy volunteering in a community garden, every seed planted is an investment in a healthier future.

Gardens nourish our bodies, strengthen our communities, and remind us that growth is possible at every stage of life. Together, we're growing fresh food, friendships, and hope—one garden at a time.

Kat McIntyre, MSW
Social Services Coordinator



8 TYPES OF MEDICATIONS THAT CAN MAKE IT HARDER TO HANDLE THE HEAT

Temperatures are rising in many regions of the country, putting people – especially older adults, who are most vulnerable to heat’s dangers – at risk for heat-related illness, even death. And one thing that doesn’t help is if you are taking medications that interfere with your body’s ability to cool itself down. It’s crucial to pay attention to this often-overlooked side effect during heat waves, which the Environmental Protection Agency says are becoming more intense and frequent. But it’s not just those stifling stretches that can be dangerous. Research shows that older patients with chronic medical conditions who take heat-sensitive medications can have medication-related problems throughout the entire summer.



How do medications affect your heat tolerance?

First, it’s important to understand how your body deals with heat and works to maintain that ideal internal temperature of 98.6 degrees.

To cool off, your body has several tricks. One is perspiration, or sweat. When sweat evaporates from your skin, it cools the body.

Another is when the blood vessels underneath your skin vasodilate (widen) and bring warm blood closer to your skin, allowing the skin to release heat.

Several different medications, though, can interfere with this complex thermoregulation system by limiting the body’s ability to sweat or by reducing blood flow to the skin. Medications can also cause dehydration, and some may make the skin more sensitive to the sun, causing a rash or sunburn.

Some individuals are more susceptible to these heat-related issues than others. Risk factors include being over 65, having chronic medical conditions and being overweight. Spending time outside during the warmest part of the day – especially if you are doing yard work, physical activity or exercise – also increases your risk.

Below are some examples of commonly used medications that can make it harder for your body to handle the heat.

- Heart medications - Prescribed for high blood pressure and blood clot prevention and to support the pumping function of the heart.
- Antidepressants - Prescribed to treat depression and anxiety.
- Antipsychotics - Prescribed for schizophrenia, bipolar disorder and other mental health disorders.
- Central nervous system stimulants - Prescribed for attention deficit hyperactivity disorder (ADHD).
- Anticholinergics - Prescribed for Parkinson’s disease and overactive bladder.
- Antihistamines - Used for seasonal allergies, bug bites and bee stings.
- Decongestants - Used for the common cold and allergies.
- Dopaminergics - Prescribed for Parkinson’s disease.

5 Tips for Managing Medications in the Heat

- 1** Don’t abruptly stop any medication. Many must be taken daily to keep the blood level high enough. Talk to your doctor if you are concerned.
- 2** Make sure you store medications properly. Insulin, for example, can become less effective if left in the heat.
- 3** Stay hydrated. Clues that you might be dehydrated are loss of body weight, making less urine and producing urine that’s darker than usual. Water from the tap (squeeze some lemon juice in for flavor) is a great way to hydrate, but be sure to check with your doctor if you have been put on fluid restriction. Avoid alcohol, as this can make you dehydrated.
- 4** Keep cool. Wear light, loose-fitting clothes, pull down the shades at home, use a fan or air-conditioning, and avoid outdoor activity during the hottest times of the day.
- 5** If a medication causes photosensitivity, wear sunscreen (SPF 15 or greater) and a sun-protective hat and clothes.

HAVEN'T RECEIVED YOUR PROPERTY TAX REFUND?



**Kansas Department
of Revenue:**
785.368.8222

Kansas Department of Revenue (KDOR)



Latest Information

High demand and reduced staffing capacity will result in longer refund timelines this year. The KDOR appreciates your patience as their team works diligently to issue refunds as quickly as possible.

Obtain Information About Your Individual Tax Refund

To obtain information regarding your current year Income tax or Homestead refund, go to www.ksrevenue.gov. You can obtain information by logging into your personal account or clicking on [Check My Refund](#).

It is essential that you enter your correct Social Security Number and exact refund amount expected in order to get your current refund status. Select the type of refund you are requesting and press the "Submit" button.

IMPORTANT

The refund status system is updated daily. Due to timing, it may take a day or two before results are posted. If you do not receive information about your refund, wait 24 hours and try again. Too many invalid attempts will lock you out for a short period of time.

Kansas Legal Services



www.kansaslegalservices.org



316.267.3975

Kansas Legal Services (KLS) is a statewide non-profit corporation dedicated to helping low-income Kansans meet their basic needs by providing crucial legal and mediation services. As the primary legal aid organization in Kansas, KLS ensures equal access to justice for the most vulnerable citizens.

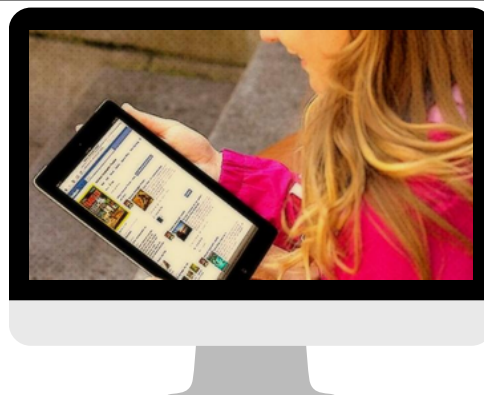
Getting Legal Assistance

Individuals seeking legal assistance must first apply. KLS field offices can't answer any questions or give legal advice until they have an application on file.

KLS gives free or low cost civil legal advice and representation for persons whose incomes make them eligible. You will find out if you are eligible for legal assistance by talking with an Intake Specialist, whether you apply online or call our intake line.

Information You Might Be Asked For:

- Exact income (such as hourly rate and number of hours each week or gross annual salary before taxes), for each person in your house, not just you
- The amount of rent or mortgage you pay
- Any fixed debt payments (like taxes you are paying) and child support paid by anyone in your household
- Medical debt
- Current or back income taxes
- Costs of children's daycare



FREE LEGAL FORMS

Kansas Legal Services provides free, interactive legal forms to assist low-income Kansans. These forms are easy to use—they guide you through simple questions and automatically fill in the documents you'll need to file or respond to legal actions in Kansas district courts.

[CLICK HERE](#) to schedule an appointment.



Celebrate
MORE LIFE. GIVE BLOOD.



**American
Red Cross**

Blood Drive
Leavenworth County
Council on Aging

Activity Room's A & B
711 Marshall St
Leavenworth, KS 66048

Monday, August 10, 2026
11:00 a.m. to 3:00 p.m.

Maximize your blood donation. Help more patients.
If you are an eligible type O, B - or A - donor, consider making a Power Red donation.
Red blood cells are the most commonly transfused blood component.

Please visit RedCrossBlood.org and enter: LCCOA to schedule an appointment.



Come to give blood in August for a \$20 Amazon Gift Card by email. Terms: rcblood.org/August.

[48] - Order ID: 873427 - Item ID: 1018834 - Qty: 1 of 1 - 445 658 - 3D5-APL-023 - AP55 - 253912

1-800-RED CROSS | RedCrossBlood.org | Download the Blood Donor App

© 2026 The American National Red Cross | 517301-3 CW

AUGUST 2026 FREE COMMUNITY MEALS

A free meal is served at the dates and places listed below.

DAY	LOCATION	ADDRESS	TIME
August 1 (1st Saturday)	First United Methodist Church	422 Chestnut	11am-1pm
August 6 (1st Thursday)	Immaculate Conception Church	711 North 5 th Street (use Kiowa St. door)	4-5:30pm
August 8 (2nd Saturday)	St. Paul's Episcopal Church with Fort Leavenworth Protestant Chapel	209 North 7th Street	11am-1pm
August 13 (2nd Thursday)	Trinity United Methodist Church with St. Francis de Sales	6th and Osage	4-5:30pm
August 15 (3rd Saturday)	St. Paul Lutheran with Trinity Lutheran Church	7th and Osage	11am-1pm
August 18 (3rd Tuesday)	First Presbyterian Church	4th and Walnut (use 4th Street door)	5-6pm
August 20 (3rd Thursday)	Sisters of Charity & Wallula Church at St. Joseph Catholic Church	306 N. Broadway	4-5:30pm
August 22 (4th Saturday)	Sisters of Charity at First United Methodist Church	422 Chestnut	11am-1pm
August 27 (4th Thursday)	Sacred Heart Church	1401 2nd Avenue	New Time: 4:30-6:00pm
August 29 (5th Saturday)	St. Paul Lutheran with Westside Leavenworth	7th and Osage	11am-1pm

These institutions are equal opportunity providers.

COMMUNITY FOOD RESOURCES

Leavenworth Food Pantries

Catholic Charities of NE Kansas
715 N 5th St. Leavenworth, KS
Phone: 913-651-8060
Monday - Thursday 9am - 3pm

First Baptist Church
340 N 13th St. Leavenworth, KS
Phone: 913-682-4426
Monday - Friday 8am - 4pm
(As available so call first)

The Remnant Church (formerly HCCI)
616 Grand Ave. Leavenworth, KS
Phone: 913-682-7770
Tuesday-Thursday 9am-1pm

Salvation Army
600 Walnut Street, Leavenworth, KS
Phone: 913-682-6523
Mondays and Tuesdays 9am - 12pm

Trinity House
900 Marion St. Leavenworth, KS
Phone: 913-682-7474
Tuesdays, Wednesdays, Thursdays
10am - 1pm

Community Pantry Locations

- Kansas St and South Broadway in Leavenworth, KS
- 711 Marshall St. Leavenworth KS
- Metropolitan Ave and 12th St (Northside) in Leavenworth, KS

Hot Meals

The Leavenworth Interfaith Community of Hope, located at 311 Kiowa, serves lunch to the Leavenworth Community, free of charge, Monday-Friday from 11:30 a.m.-12:30 p.m.

Food Stamps

SNAP applications can be filled out online at <https://cssp.kees.ks.gov/apspssp/sspNonMed.portal> or an individual can apply directly at the DCF Office which is located at 515 Limit St # 100, Leavenworth. If an individual needs assistance filling out the SNAP application, they can call Catholic Charities (913-651-8060) or the Leavenworth Interfaith Community of Hope (913-702-8108) to set up an appointment.



A FOOD SAFETY EXPERT EXPLAINS HOW TO WASH PRODUCE TO REDUCE CYCLOSPORA RISK

By: Stephanie Brown, July 27, 2026
www.verywellhealth.com

Federal health officials are investigating a Cyclospora outbreak linked to iceberg lettuce, but the source is not confirmed. Although washing produce can't guarantee you'll remove the parasite, proper cleaning can help reduce your risk of exposure to germs and other contaminants.

We asked food safety expert Janet Buffer, MPH, RD, senior institute manager of the Institute for Food Safety and Nutrition Security at George Washington University, how best to clean produce to reduce the risk of cyclosporiasis.

**This interview has been edited and condensed for clarity.*

Q:**What is the #1 thing I should do to clean my produce if I want to avoid cyclosporiasis?**

Buffer: You should always wash your fresh produce under cold running water – and this brings light to why. Put it in a colander and agitate it with your hands. Use a produce brush for melons or other produce with a solid surface. Unfortunately, there's no guarantee that *Cyclospora* will come off, but surface agitation would certainly reduce the amount. I equate it to washing your hands. When you wash your hands, it's the agitation from rubbing them together that's really going to get the dirt and bacteria off your hands. It's the same with produce.

Warm water won't do anything for your produce. If there is any bacteria on the surface, cold water with agitation will wash that away. You should rinse produce thoroughly to ensure the entire item is exposed to water, but there is no prescribed amount of time to rinse.

Cyclospora is excreted in human fecal matter and may spread via contaminated water. So make sure to remove the outer two or three layers of a head of lettuce or cabbage before washing, since those may have been sprayed with contaminated water.

Q:**Is it better to rinse the produce under running water or to put it in a water bath?**

Buffer: Really, cold running water is the best thing to use. I would not use a water bath. Water baths can actually transfer bacteria from one item to another. If you put multiple things in there and something's contaminated, you've loosened it, it's in the water, and now you're contaminating something else. If you're submerging produce for any reason, you definitely need to take it out and wash it off.

Q:**Should I use a vegetable wash, regular dish soap, or just running water to clean my produce?**

Buffer: Clean running water really is the best. Don't use a dish soap. I know it seems like it makes logical sense to use soap to wash this off, but soap can leave a residue and it's not a food-grade product. You may have a stomachache or other GI problems if you consume the dish soap residue.

I've seen mixed reviews on the produce washes. I have limited knowledge about these, but I think they're really designed to remove wax rather than any parasite or bacteria. I wouldn't invest the money, but that's my opinion.

Q:**How hard should I scrub the produce when I'm cleaning it? Will scrubbing it harder help remove more of the *Cyclospora*?**

Buffer: You wouldn't want to do elbow grease, because you're going to tear the surface. You might actually push it into the flesh of the produce, so that's not helping. You can scrub harder on your melons, but cucumbers, zucchini, and peppers are tender. Look at the produce you are washing and try to avoid putting any grooves on the surface. Use just enough pressure to agitate the surface. I would definitely get a brush designed for produce because these bristles are less likely to break the skin.

Your peeler or knife will touch both the skin and the flesh. I don't know anyone who peels perfectly and never touches the skin or the flesh at the same time.

Q:**Raspberries and herbs are sometimes hard to wash. Is it still safe to eat these if I follow the cleaning steps we discussed, or should I skip these foods for now?**

Buffer: Raspberries and cilantro have been linked to previous outbreaks. While you can rinse raspberries, you can't really wash them with any agitation, so just rinsing under cold running water is your best bet. You can wash cilantro under cold running water, pat it dry, or put it in a salad spinner and then chop it up. It's a choice. If you're really concerned about it, possibly don't eat it, but there's no indication that cilantro is part of this recall at the moment, though it has been in the past.

I would also look at where your food comes from and potentially only purchase produce from places that have not been linked to any outbreak.

READ MORE:[Infectious Diseases](#)[Foodborne Infections](#)

Make A Donation

SUPPORT US TODAY!



— FOLLOW US ON —
FACEBOOK
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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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Director: Connie Harmon

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Website: [Council on Aging.\(leavenworthcounty.gov\)](http://Council on Aging.(leavenworthcounty.gov))

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.

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