

APRIL 2024



Live Well. Age Well.

711 Marshall Street, Suite 100
Leavenworth, KS 66048
Phone: 913.684.0777
Fax: 913.684.0779
Transportation: 913.684.0778

THE SOURCE

COUNCIL ON AGING

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Our Programs

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

NATIONAL VOLUNTEER APPRECIATION

We want to take this opportunity to shine a light and **THANK ALL OF OUR VOLUNTEERS** who use their time, talent, voices and resources to meet critical needs within our community! Volunteers are critical to the Council on Aging's mission. We have over 180 volunteers who assist with Meals on Wheels, the Volunteer Income Tax Assistance program, Leisure and Learning activities, pet services and our Christmas Stocking program.

IN 2023 WITH THE HELP OF OUR VOLUNTEERS WE

- Delivered **105,437** Meals on Wheels,
- Completed **1,176** tax returns saving over **\$171,000** in filing fees,
- Stuffed Christmas stockings and provided gifts for **777** seniors,
- Provided pet food and necessary veterinary care for **239** pets, and
- Enriched and expanded our Leisure and Learning programs.

NEVER FORGET THE DIFFERENCE YOU'VE MADE!



THE COUNCIL ON AGING WELCOMES DAWN OWENS, ASSISTANT DIRECTOR!

Let's get to know Dawn!

Dawn, tell us a little about yourself.

I grew up in The Bronx (New York City) and moved to Kansas City in 1991. I've worked in the older adult programming arena for almost 20 years, developing programs for older adults in Kansas City, Broward County, FL, and New Haven, CT.

After moving around the country for 6 years, I made one of the best decisions in my life to come back to Kansas City in 2022.

I have a son named Asher, 2 beautiful German Shephard grand-puppies and am happiest when I'm with them or spending time with my friends.

What drew you to the COA?

What drew me to the COA was being able to work with an agency that is so well-respected and making an impact on older adults in Leavenworth County.

I also wanted to surround myself with others whose professional and personal goals were to have a positive influence on the older adults in their community.

What kind of projects are you most excited to work on?

First, I'm most excited about meeting as many of our participants as possible and learning how we can continue to meet their needs.

In addition, I'm looking forward to working on all of the fun and engaging special events we host to help raise funds and awareness of the COA.

What is something you can't live without?

Well, it's not just one "something." I can't live without my son, my friends, my family, music, reading and walking. All of those bring me joy and peace.

What is a fun fact about yourself?

I was the lead singer in 2 bands here in Kansas City.



*Looking for a way to give
back to the community?*

VOLUNTEER WITH
LEAVENWORTH COUNTY



MEALS on WHEELS

- Do you have 90 minutes during the week? (late morning)
- Do you like meeting new people?
- Do you want to help those in our community?
- Do you drive?

If you would like to be a Meals on Wheels volunteer, contact Dawn Owens at the *Council on Aging* by calling 913.684.0786 or email dowens@leavenworthcounty.gov

All Meals on Wheels volunteers must be able to pass a criminal background check.

You Don't Have To Navigate It Alone

By Sarah Baker, Leavenworth VA

Life has its challenges. You don't have to solve them alone. That's true whether it's an everyday struggle, or something more complicated. You are not alone. You've got this. And if you don't? Don't wait; reach out. You don't have to navigate it alone. As we age, these struggles become more complex; loneliness and isolation can feel overwhelming. There are many outlets to get the support you deserve.

988 - This is the new suicide and crisis lifeline. You can call, text, or chat (online) with a trained counselor 24 hours a day, 7 days a week (including holidays!) Anyone who is depressed, going through a hard time, needs to talk OR knows someone experiencing this and would like to learn how to support them can use this service. If you are a Veteran, press 1 at the prompt to be redirected to the Veteran's Crisis Line. If you are Spanish-speaking, press 2 at the prompt. For TTY Users, Use your preferred relay service or dial 711 then 988.

The Warm Ear Line - Sometimes you just need to talk to someone about your mental health. It's great when you can reach out to a loved one—but that's not always possible. Fortunately, Warmlines are there to help! If you are lonely or needing non-crisis support, this is a great resource to have on hand.

866-WARM-EAR (866-927-6327)

Local Number is: (913) 281-2251

4 pm - 10 pm Local Time, 7 days a week

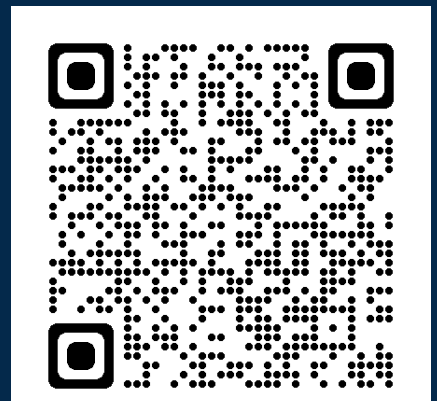


GUN LOCK ACCESS

Firearm deaths account for 50.3% of non-Veteran U.S. adult suicide deaths, 71% of Veteran deaths, and firearm suicide rates are highest among adults aged 75 and older. This doesn't account for accidental deaths of family in the home (including grandchildren, spouses, etc.). We understand you may have gun(s) for protection. A gunlock is a simple intervention to help protect yourself and others from intentional or unintentional danger. As a Council on Aging service user, you now have access to free gunlocks at the front desk. Take as many as you need. You have 12 guns? PLEASE help yourself to 12 locks! Thank you, Leavenworth VA, for providing this essential service.



For Veteran-specific resources, scan the QR code below for additional Veteran-centric resources.



MARK YOUR CALENDARS



Give from
the heart.

Donate blood and
help save lives.



The Leavenworth County Council on Aging is partnering with the American Red Cross to host bi-monthly blood drives.

Monday, April 1, 2024
from 1:00-5:00pm

Monday, June 10, 2024
From 10:00am-2:00pm

Click the link below to sign up.

[Donate Blood, Platelets or Plasma. Give Life | Red Cross Blood](#)

WHAT NEXT? LOSS SUPPORT GROUP

The Loss Support Group provides information about the loss experience and a setting in which group members may share their loss experiences and develop safe, healthy and effective coping. This is a free, ongoing support group for adults 50 & better.

2ND & 4TH TUESDAY OF EACH MONTH
FROM 1:00PM - 2:00PM



April Dates: 9th and 23rd
Location: Council on Aging,
711 Marshall St., Suite 100

Caregiver Support Group

This group will meet at **Grounded Coffee** in Tonganoxie on
April 10, 2024 at 1:00pm.

Address: 304 E 4th St., Tonganoxie, KS



LEAVENWORTH COUNTY COUNCIL ON AGING
2024

Public Hearing

Public Hearings are great opportunities to learn about programs and/or give feedback regarding senior services in Leavenworth County.

APRIL 17, 2024

1:30 - 2:30 PM

Refreshments will be served



*Anyone requiring accommodation (i.e. qualified interpreter, large print reader and hearing assistance) in order to attend this meeting is requested to notify the Council on Aging at 913.684.0777 no later than 48 hours prior to the hearing.



OLDER
AMERICANS
MONTH

Powered
by Connection

SAVE THE DATE: MAY 2ND, 10AM-2PM

The Council on Aging is partnering with local organizations to host a

POSITIVE AGING RESOURCE FAIR

in celebration of

Older Americans Month!

Please join us at the COA for this free event. No registration required.

Door Prizes

Swag

Resources

Screenings

Lunch

50/50 chances

COUNCIL ON AGING PROGRAM SPOTLIGHT: CHORE PROGRAM, IN-HOME PROGRAM

This program is designed for qualified homeowners who reside in single-family residences and are unable to perform upkeep or minor home maintenance. Income restrictions apply.

Chore examples include:

- Curb to Curb trash service
- gutter cleaning (one story homes only)
- minor door repairs (hinges, locks & knobs)
- minor plumbing (garbage disposals, leaky faucets)
- minor stair repairs (replacing boards)
- replacing light bulbs
- shoveling snow
- smoke detector checks and installation

For more information about the Chore Program, call Dawn Owens at 913.684.0786.



The COA now has a prescription drop box for your unused or expired medications.

You are able to safely and securely gather and dispose of your unused medicines at the COA's on-site medicine drop-off box, located in the lobby.

For additional information on what can be dropped off, contact Jessica at 913.684.0733 or Michael at 913.684.0783



LEISURE & LEARNING

We have three new activities added to our calendar!

⇒ What's Your Story?

Recall personal life stories, answer genealogy questions and share family photos. Record and construct a memory keepsake.

2nd & 4th Monday of each month from 2pm - 3pm.
No registration or cost.

⇒ Puzzles & Pencils

Join us for an hour of puzzle books, jigsaw puzzles, and adult coloring. All supplies will be provided or bring your own.

1st & 3rd Monday of each month. From 2pm - 3pm.
No registration or cost.

⇒ Let's Do Local

Left in Leavenworth County during a COA trip? Join us instead for Let's Do Local!

Check the calendar each month to learn which local business will be hosting an alternative event. Stay tuned for upcoming details!



Are You a Homeowner Needing Help?

Repair with **0% down** and **100% financing**

USDA Rural Development offers homeowners in eligible rural areas a great opportunity:

HOME REPAIRS

- Repair, improve or modernize your home. Examples include roof, HVAC, or accessibility repairs
- Offered directly by USDA for properties located in eligible rural areas.
- Grants available for those age 62 or older
- Applicant's income must be below local very low- income limits determined by USDA
- Grants must be used to remove health and safety hazards.

TERMS

- Maximum Loan is \$40,000
- Lifetime Maximum Grant is \$10,000
- Loans at 1% interest
- Loans are repaid over 20 years
- Grants must be repaid if the property is sold in less than three years.
- If applicants can repay part, but not all the costs, applicants may be offered a loan and grant combination
- Loans and grants are subject to asset limitations

Check your Eligibility:

<https://eligibility.sc.egov.usda.gov/eligibility/welcomeAction.do>

Find Your Local Rural Development Office: <https://rd.usda.gov/page/state-offices>

USDA is an equal opportunity provider, employer, and lender.

Dear Applicant:

Thank you for your interest in our Single Family Housing (SFH) Home Repair program through Rural Development.

Prior to submitting your intake form, you can complete a property assessment to determine if your property is located in an eligible area. The link for the property assessment is below:

<https://eligibility.sc.egov.usda.gov/eligibility/welcomeAction.do?pageAction=sfpd>



NUTRITION CORNER:

WHAT IS NUTRITION AND WHY IS IT IMPORTANT FOR OLDER ADULTS?

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need so they can function and grow. They include [carbohydrates](#), [fats](#), [proteins](#), [vitamins](#), [minerals](#), and water.

Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as [osteoporosis](#), [high blood pressure](#), [heart disease](#), [type 2 diabetes](#), and certain cancers. But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein.

What can make it harder for me to eat healthy as I age?

Some changes that can happen as you age can make it harder for you to eat healthy. These include changes in your:

- Home life, such as suddenly living alone or having trouble getting around
- Health, which can make it harder for you to cook or feed yourself
- Medicines, which can change how food tastes, make your mouth dry, or take away your appetite
- Income, which means that you may not have as much money for food
- Sense of [smell and taste](#)
- Problems chewing or [swallowing](#) your food

How can I eat healthy as I age?

To stay healthy as you age, you should:

- Eat foods that give you lots of nutrients without a lot of extra calories, such as
 - * Fruits and vegetables (choose different types with bright colors)
 - * Whole grains, like oatmeal, whole-wheat bread, and brown rice
 - * Fat-free or low-fat milk and cheese, or soy or rice milk that has added [vitamin D](#) and [calcium](#)
 - * Seafood, lean meats, poultry, and eggs
 - * Beans, nuts, and seeds

- Avoid empty calories. These are foods with lots of calories but few nutrients, such as chips, candy, baked goods, soda, and alcohol.
- Pick foods that are low in cholesterol and fat. You especially want to try to avoid saturated and trans fats. Saturated fats are usually fats that come from animals. Trans fats are processed fats in stick margarine and vegetable shortening. You may find them in some store-bought baked goods and fried foods at some fast-food restaurants.
- Drink enough liquids, so you don't get [dehydrated](#). Some people lose their sense of thirst as they age. And certain medicines might make it even more important to have plenty of fluids.
- Be physically active. If you have started losing your appetite, exercising may help you to feel hungrier.

What can I do if I am having trouble eating healthy?

Sometimes health issues or other problems can make it hard to eat healthy. Here are some tips that might help:

- If you are tired of eating alone, try organizing some potluck meals or cooking with a friend. You can also look into having some meals at a nearby senior center, community center, or religious facility.
- If you are having trouble chewing, see your dentist to check for problems
- If you are having trouble swallowing, try drinking plenty of liquids with your meal. If that does not help, check with your health care provider. A health condition or medicine could be causing the problem.
- If you're having trouble smelling and tasting your food, try adding color and texture to make your food more interesting
- If you aren't eating enough, add some healthy snacks throughout the day to help you get more nutrients and calories
- If an illness is making it harder for you to cook or feed yourself, check with your health care provider. He or she may recommend an occupational therapist, who can help you find ways to make it easier.

Source: National Institute on Aging, 03/2024



To be added to our email distribution list, please contact us @seniors1st@leavenworthcounty.gov



For our full events and activities calendar, visit our homepage @Council on Aging



— FOLLOW US ON —
FACEBOOK
f
CLICK HERE TO BE DIRECTED TO OUR PAGE.

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.

AGING RESOURCES

- Adult Protective Services.....1.800.922.5330
- Emergency Respite:
 - Country Care.....913.773.5517
 - Medical Lodge.....913.772.1844
- Guidance Center.....913.682.5118
- Kansas Aging and Disability Resource Center
.....855.200.2372
- Leavenworth County Health Department
.....913.250.2000
- Medicare 1.800.633.4227
- Poison Control Center.....1.800.222.1222
- Property Fraud Alert Hotline.....1.800.728.3858
- Social Security Office1.800.772.1213
- Wyandotte/Leavenworth Area Agency on Aging
..... 913.573.8531

A LITTLE HUMOR

Q : Why can't you plant spring flowers?



A: Because you haven't botany!

Q : What did one spring chicken say to the other?



A: You're looking egg-cellent.



Q : Why are the frogs so happy?

A: They eat whatever bugs them.

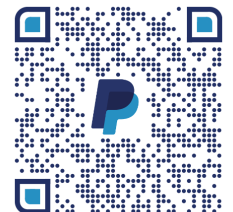
WE WANT TO
HEAR FROM
you.

Do you have a trip idea? Have you been looking for a specific health or education class? Is there a hobby you would like to see at the COA?

Contact Jessica at 913.684.0733 to share your idea. We want 2024 to be our most adventurous year yet!

To best accommodate all of our clients, the COA is set to take payments and donations online through **PayPal**.

Scan the QR code or in PayPal search for **Leavenworth County Council on Aging** or use @LVCOA



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:
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