

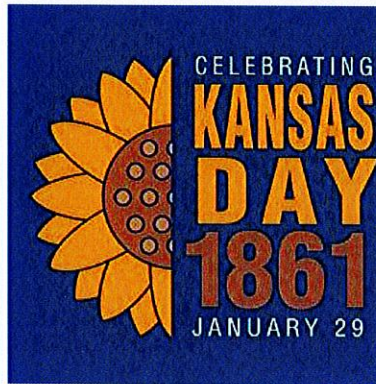
# **GOLDEN YEARS**



JANUARY, FEBRUARY, MARCH 2025

Celebrating Kansas Day, Heart Month, and  
National Nutrition Month





## CELEBRATING 164 YEARS

Kansas Day is a holiday in the State of Kansas in the United States. It is celebrated annually on January 29 to commemorate the anniversary of the state's 1861 admission to the Union. Kansas became the 34<sup>th</sup> state to join the Union.

The first Kansas Day was celebrated on January 29, 1877 by students in Paola, Kansas. Alexander Le Grande Copley was a teacher at Paola that year. He later became the superintendent of Wichita schools, where he encouraged teachers to celebrate Kansas Day.

### Some fun facts about Kansas:

Motto of Kansas – “Ad Astra per Aspera” – means “To the Stars through Difficulties.”

Capital of Kansas is Topeka.

Kansas State bird is the Western Meadowlark.

Kansas State animal is the American Buffalo.

Kansas State flower is the Wild Sunflower.

Kansas State insect is the Honeybee.

Kansas State tree is Eastern Cottonwood.

Kansas is famous because of the movie “Wizard of Oz.”

Kansas State song is “Home on the Range.”

Kansas signature food is Chili and Cinnamon Rolls.

Both Pizza Hut and White Castle restaurants first opened their doors in Wichita, KS.

### Some fun things to do to celebrate Kansas Day:

Plan a field trip to Topeka to visit the capital.

Learn about the history of Kansas.

Watch the movie “Wizard of OZ.”

Make some Chili and Cinnamon Rolls.

# **EASY CINNAMON ROLLS**

Prep Time: 1 hour, 40 mins.    Cook Time: 25 mins.    Total Time: 2 hours

Yield: 10-12 rolls

## **Ingredients**

### Dough

2 and ¾ cups all purpose flour (spooned and leveled), plus more as needed

¼ cup granulated sugar

½ teaspoon salt

¾ cup whole milk

3 Tablespoons unsalted butter

2 and ¼ teaspoons Platinum Yeast from Red Star or any instant yeast

1 large egg, at room temperature

### Filling

3 Tablespoons unsalted butter, extra softened

1/3 cup packed light or dark brown sugar

1 Tablespoon ground cinnamon

### Cream Cheese Icing

4 ounces full-fat block cream cheese, softened to room temperature

2 Tablespoons unsalted butter, softened to room temperature

2/3 cup confectioners' sugar

1 teaspoon pure vanilla extract

## **Instructions**

Make the dough: Whisk the flour, sugar, and salt together in a large bowl. Set aside.

Combine the milk and butter together in a heatproof bowl. Microwave or use the stove and heat until the butter has melted and the mixture is warm to the touch. Whisk in the yeast until it has dissolved. Pour mixture into the dry ingredients, add the egg, and stir with a sturdy rubber spatula or wooden spoon OR use a stand mixture with a paddle attachment on medium speed. Mix until a soft dough forms.

Transfer dough to a lightly floured surface. Using floured hands, knead the dough for 3-5 minutes. You should have a smooth ball of dough. If the dough is super soft or sticky, you can add a little more flour. Place in a lightly greased bowl (I use non-stick spray), cover loosely, and let dough rest for about 10 minutes as you get the filling ingredients ready.

Fill the rolls: After 10 minutes, roll the dough out in a 14x8 inch rectangle. Spread the softened butter on top. Mix together the cinnamon and brown sugar. Sprinkle it all over the dough. Roll up the dough to make a 14 inch log. Cut into 10-12 even rolls and arrange in a lightly greased 9 or 10 inch round cake pan, pie dish or square baking pan.

Rise: Cover the pan with aluminum foil, plastic wrap, or a clean kitchen towel. Allow the rolls to rise in a relatively warm environment for 60-90 minutes or until double in size.

Bake the rolls: After the rolls have doubled in size, preheat the oven to 375 F. Bake for 24-27 minutes, or until lightly browned. If you notice the tops are getting too brown too quickly, loosely tent the pan with aluminum foil and continue baking. If you want to be precise about their doneness, their internal temperature taken with an instant read thermometer should be around 195-200 F when done. Remove pan from the oven and place pan on a wire rack as you make the icing. (You can also make the icing as the rolls bake)

Make the Icing: In a medium bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese on high speed until smooth and creamy. Add the butter and beat until smooth and

combined, then beat in the confectioners' sugar and vanilla until combined. Using a knife or icing spatula, spread the icing over the warm rolls and serve immediately.

Cover leftover frosted or unfrosted rolls tightly and store at room temperature for up to 2 days or in the refrigerator for up to 5 days.



## **EASY HOMEMADE CHILI**

Prep Time: 10 mins.

Cook Time: 20 mins.

Total Time: 30 mins. Servings: 6

### **Ingredients**

1 pound ground beef  
1 onion, chopped  
1 (15 ounce) can tomato sauce  
1 (15 ounce) can kidney beans  
1 (14.5 ounce) can stewed tomatoes  
1 ½ cups water, or as needed (optional)  
1 teaspoon chili powder, or more to taste  
1 pinch garlic powder  
Salt and pepper to taste

### **Directions**

#### **Step 1**

Place ground beef and onion in a large saucepan over medium heat; cook and stir until meat is browned and onion is tender, about 5 to 7 minutes. Drain if necessary.

#### **Step 2**

Stir in tomato sauce, kidney beans, and stewed tomatoes with juice. If you prefer a thinner consistency, you can add water. Season with chili powder, garlic powder, salt, and black pepper. Bring to a boil, reduce heat to low, cover and let simmer for 15 minutes.

### **Nutrition Facts**

Per serving: 394 calories; total fat 9 g; saturated fat 4 g; cholesterol 46 mg; sodium 526 mg; total carbohydrate 49g; dietary fiber 18g; total sugars 4 g; protein 31 g; vitamin c 16 mg; calcium 151 mg; iron 8 mg; potassium 1061 mg



## KANSAS SILVER HAIRED LEGISLATORS

The Mission of the Kansas Silver-Haired Legislature (KSHL) is to empower older Kansans through education, information, and inspiration with solutions that enrich their lives.

**East Central Kansas Area Agency on Aging (ECKAAA)** has six (6) representatives: Clarence Hermann from Anderson County, Ida Wilson from Coffey County, Lenora Brecheisen from Franklin County, Rogene McPherson from Linn County, Jim Payne from Miami County and Melody Hoffsommer from Osage County.

**Clarence Hermann** lives in Garnett, Kansas. Clarence stated that he has served many years as KSHL. He believes that what we do is a necessary function for seniors and that we have a lot of work to do yet and he is glad to still be part of this.

**Ida Wilson** lives in Lebo, Kansas. Ida has served on the Advisory Board of ECKAAA for several years. She has kept the citizens at the senior centers in Coffey County informed of the happenings at the Capital and has heard their concerns.

**Lenora Brecheisen** was raised in Wellsville but lived the majority of her working life in Topeka. After working 31 years in the health insurance industry, she moved to Ottawa when she retired. In one crazy moment of boredom, she walked into the ECKAAA office and offered her services as a volunteer. This year marks 14 years as counselor for the Senior Health Insurance Counseling for Kansas (SHICK) program through ECKAAA. She currently lives at Vintage Park at Ottawa Assisted Living Facility and is limiting her SHICK counseling to the residents at the facility. As the current Franklin County representative for the Silver-Haired Legislature, she attends the organization's meetings and lobbying sessions by video conference. In response to her fellow residents' questions about Kansas politics, she holds periodic informational meetings to explain issues supported by the KSHL and other topics being discussed at the Kansas Statehouse. She also encourages the residents to voice their opinions/concerns by writing or calling their representatives. Lenora's free time is spent reading, listening to audio books, quilting, knitting, crocheting, and doing counted cross-stitch. She is also the current head of the Resident Council at Vintage Park.

**Rogene McPherson** lives in Centerville, Kansas. She is providing opportunities for the people of Linn County with an awareness of what the organization can do for older Kansans. Rogene is an outgoing individual who mentions the topic whenever possible. As a former special education director, she is sensitive to the needs of others and can help individuals with specific needs related to KSHL.

**Jim Payne** lives in Paola, Kansas. After forty years as a professor of music, Jim moved to Paola to be near his daughters and their families. Jim has directed Harvesters at Cross Point Church food pantry which gave out 370,000 pounds of food in 2022. Jim has given piano concerts at nine assisted living centers in the region. He has served as a KSHL since 2021. Jim is on the board at ECKAAA and Miami County Council of Aging. As a delegate, Jim will continue to communicate with seniors in his county to inform them of state policies that directly affects their lives and express their priority concerns to the KSHL.

**Melody Hoffsommer** was born in Lawrence, Kansas but has spent most of her life in Osage County. She has been married to her husband, Terry, for 48 years and they have three children and five grandchildren. They live south of Overbrook, close to Pomona Lake. Melody graduated from Quenemo High School and earned her BA from Ottawa University in Political Science and two (2) master's degrees at Emporia State University (Curriculum and Instruction and School Counseling). She taught Developmental Reading, American History, Kansas History, College Prep Classes, Study Skills, and a bit of English at Baldwin Schools – grades 7-12, for 15 years. She also worked as a School Counselor at Baldwin High School for 15 years and retired in 2014. Melody loves to read, mostly mysteries, historical fiction and non-fiction. She and her husband like to spend time gardening, canning, traveling, hiking, and mountain biking. Melody is grateful for the opportunity to serve the senior citizens of Osage County.

***See the following on Melody's report from the October 2024 KSHL meeting in Topeka.***

*The Kansas Silver Haired Legislature (KSHL) convened their annual Legislative session on October 8th, 9th and 10th, 2024. in Topeka, Kansas. More than fifty delegates from across Kansas attended the session to debate and determine legislative priorities for their 2025 session.*

*The KSHL is a non-partisan advocate for seniors, which is an all-volunteer organization financed through donations from various supporters without the restrictions of partisan obligations.*

*After committee hearings and debate, the following Kansas Silver Haired Legislature Resolutions (KSHLR) were adopted:*

*KSHLR #4200 - a resolution urging the Legislature to establish a medical cannabis advisory board to explore and make recommendations regarding the expanded medical use of cannabis.*

*KSHLR #4201 - a resolution urging the Legislature to support the expansion of Medicaid in Kansas.*

*KSHLR #4202 - a resolution urging the Legislature to enact legislation converting Kansas Public Employees Retirement System (KPERS) Tier 3 members to Tier 2, and abolish Tier 3, as well as provide a cost-of-living adjustment.*

*KSHLR #4203 - a resolution urging the Legislature to increase the current funding for the Senior Care Act to meet the rising costs of services and growth of the aging*

*population requiring those services while keeping current statutory eligibility requirements.*

*KSHLR #4204 - a resolution urging the Legislature to continue supporting and funding collaborative community-based transportation for senior citizens.*

*KSHL will interact with the elected Kansas Legislators (Kansas House of Representatives and Kansas Senators) to urge them to debate and adopt these resolutions during the 2025 legislative session.*

*On October 16, Kansas Silver Haired Legislature Floor Leader, Leroy Burton, testified before the Special Committee on Medical Marijuana chaired by Senator Michael Fagg. Burton testimony was in support of a medical cannabis bill that would include an advisory board (KSHL Resolution 4200) including two members from the KSHL. He expressed to the committee that the program be implemented with the same rigor and mindfulness that would be applied in any other chemical or pharmaceutical management program. Also attending were Kansas Silver Haired Legislature President Thomas Gordon, Speaker Pro Tem Chuck Schmidt and Researcher and advocate for KSHL, Juanita Ramos. Breakfast and lunch was sponsored by the Kansas Consortium Group. KSHL delegates greeted the guests, while continuing to stress the unanimous vote of the KSHL membership in supporting a medical cannabis bill (KSHLR # 4008) urging the State of Kansas to legalize the expanded use of cannabis. KSHL advocates on behalf of older Kansans and is a volunteer organization financed through donations. Scholarships are awarded annually to nursing students who are pursuing a career to support older Kansans.*

[www.KANSAS-SHL.ORG](http://www.KANSAS-SHL.ORG)

*Members of Special Committee on Medical Marijuana*

<http://www.kslegislature.gov/>

Our ECKAAA Kansas Silver-Haired Legislators will be attending the Older Kansans Day on January 21, 2025 at the Kansas State Capitol. They will meet with Senate and House Representatives in their districts to discuss some of the legislation concerning older adults. If you wish to attend or send information with your KSHL representative, contact ECKAAA and ask for Deb Henningsen or Leslea Rockers at 785-242-7200.

**See Flyer: SAVE THE DATE - OLDER KANSANS DAY**





# SAVE THE DATE



## ***OLDER KANSANS DAY***

**JANUARY 21, 2025**

**9 AM – 3 PM**

**KANSAS STATE CAPITOL**

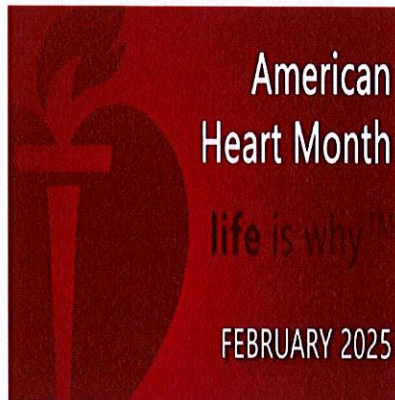
**More information to come!**

**AREA AGENCIES ON AGING • AGING AND DISABILITY RESOURCE CENTERS**

CENTRAL PLAINS • EAST CENTRAL KANSAS • JAYHAWK • JOHNSON COUNTY • NORTH CENTRAL – FLINT HILLS • NORTHEAST KANSAS  
NORTHWEST KANSAS • SOUTH CENTRAL KANSAS • SOUTHEAST KANSAS • SOUTHWEST KANSAS • WYANDOTTE – LEAVENWORTH

e-mail: [leslie@k4ad.org](mailto:leslie@k4ad.org) • WEBSITE: [www.k4ad.org](http://www.k4ad.org)





## **FEBRUARY IS HEART MONTH**

You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting our hearts.

Risk factors for heart disease: high blood pressure, high blood cholesterol, overweight or obesity, prediabetes or diabetes, smoking, not getting regular physical activity, have a family history of early heart disease, have unhealthy eating behaviors, are age 55 or older for women or age 45 or older for men. Each risk factor increases your chance of developing heart disease. The more risks you have, the higher your overall risk.

*Site: NIH.gov*

ECKAAA has several contract agreements in our service counties with local agencies to provide healthy aging programs. These programs are funded by the Older Americans Act through grants from the East Central Kansas Area Agency on Aging and Kansas Department for Aging and Disability Services.

**Some Exercise Programs for those age 60 and over are outlined below with the local agency contact information. All programs are free.**

**Walking** -The single most effective exercise is walking. Any exercise program should include cardiovascular exercise, which strengthens the heart and burns calories. Walking is something that most people can do anywhere, anytime, with no equipment other than a good pair of shoes.

**Walk with Ease** offered by Coffey County Health Department in Burlington, KS.

Contact number 620-364-8631, **AND**

Marais des Cygne District in Miami County,

Contact number 913-294-4306.

**A Matter of Balance** offered by Marais des Cygne District in Miami County,

Contact number: 913-294-4306.



**Stay Strong, Stay Healthy** offered by Frontier Extension District:

Contact numbers: Ottawa, 785-229-3520, Lyndon, 785-828-4438, Garnett, 785-448-6826 **AND** Coffey County Extension, Contact number 620-364-5313.

**Aquatic** offered by Coffey County Health Department in Burlington, KS,  
Contact number 620-364-8631.

**Yoga** Jodi Smith offers chair yoga classes at the Methodist Church in Ottawa,  
Contact number 785-418-2419.

Videos of previous chair yoga classes led by Jodi can be found on the ECKAAA website,  
[www.eckaaa.org](http://www.eckaaa.org), go to **MORE** tab, **ZOOM RECORDINGS** at bottom.

**Mobility** – Neck Stretches, Shoulder Rolls, Ankle Rolls, Knee Extensions are some mobility exercises you can do to retain mobility.

**Neck Stretches:** While sitting up straight, turn your head to the right as far as you can without pain, hold for five breaths, then repeat on the left. **Neck Tilt Exercise:** While sitting, tilt your head down so your chin touches your chest, hold for five seconds, then repeat five times.

**Shoulder Rolls:** Stand or sit up straight with your chin slightly tucked. Keep your arms relaxed. All motion will be in your shoulder blades. Roll your shoulders up, then back, then down, and then forward in a smooth circular motion. Repeat at least 2 to 4 times. Then go the other direction.

**Ankle Rolls:** While seated, lift your foot off the ground and move your foot in clockwise motion as if you were drawing circles with your toes. Reverse direction and repeat. Do several repetitions of this exercise with both feet.

**Sitting Knee Extensions:** Sit in a chair with feet firmly on the ground. Slowly extend one leg until it is parallel to the floor. Hold this position for a couple of seconds and slowly release the leg to the ground. Do 10 repetitions and switch legs.

**Balance** – Single Leg Stance with Support

**Setup:** Begin in a standing upright position holding on to a stable object for support.

**Movement:** Lift one foot off the floor and hold this position.

**Tip:** Make sure to maintain your balance during the exercise.

ECKAAA has offered several Lunch and Learn Series on topics, such as Balance Exercises, Fall Prevention, Foot Pain, and Dizziness/Vertigo. We hope to offer more lunch and learn opportunities in 2025!

**Check our website and Facebook page for future Lunch and Learn Series and activities ECKAAA will offer at [www.eckaaa.org](http://www.eckaaa.org) and on Facebook at East Central Kansas Area Agency on Aging.**



# Know the Difference

## Cardiovascular Disease, Heart Disease, Coronary Heart Disease



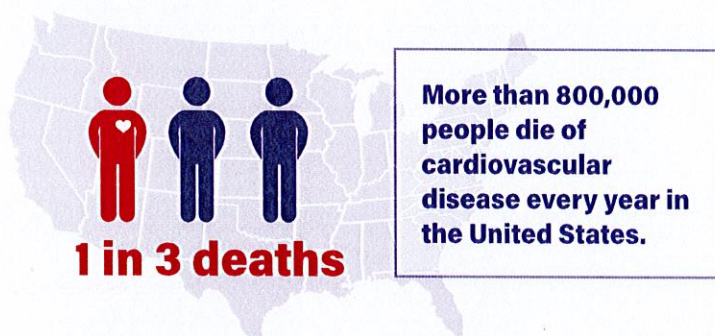
### Cardiovascular disease, heart disease, coronary heart disease — what's the difference?

Because these terms sound so similar, people use them interchangeably. This fact sheet will help you understand how these conditions differ.

## Cardiovascular Disease

### The big umbrella

Cardiovascular disease is the term for all types of diseases that affect the heart or blood vessels, including **coronary heart disease** (clogged arteries), which can cause heart attacks, **stroke**, **heart failure**, and **peripheral artery disease**.



## Heart Disease

### A type of cardiovascular disease

"Heart disease" is a catch-all phrase for a variety of conditions that affect the heart's structure and function.

Keep in mind — all heart diseases are cardiovascular diseases, but not all cardiovascular diseases are heart disease.

The most common type of heart disease is coronary heart disease. In fact, when people talk about "heart disease" they often mean coronary heart disease.



**Nearly 650,000 Americans** die from heart diseases each year.

**About 11% of American adults** (that's more than 1 of every 9) have been diagnosed with heart disease.

## Coronary Heart Disease

### A type of heart disease

Coronary heart disease is often referred to simply as "heart disease," although it's not the only type of heart disease. Another term for it is coronary artery disease.

**About 366,000 Americans** die from coronary heart disease each year.

Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. You may have heard this called clogged arteries or atherosclerosis.

The plaque reduces the amount of oxygen-rich blood getting to your heart, which can cause chest pain (also called angina). Plaque can also lead to blood clots, which block blood flow and are the most common cause of a heart attack.

### What you can do to protect yourself from cardiovascular diseases?

There's a lot you can do to protect your heart.

- Ask your doctor about your **blood pressure, cholesterol, and A1C.**
- **Reduce the sodium**, and increase the fruits, vegetables, and whole grains in your diet.
- **Be physically active.**
- **Maintain a healthy weight.**
- **Don't smoke.**
- **Manage stress.**
- **Keep your diabetes under control.**







## National Nutrition Month

March is celebrated as National Nutrition Month, which was created by the Academy of Nutrition and Dietetics to teach people about healthy habits.

Many people in the United States do not eat enough healthy foods like fruits, vegetables, and whole grains. These foods are very important for staying healthy, and a lack of these foods can be bad for your health. Eating healthy foods and regular exercise can help to avoid problems and maintain a healthy lifestyle.

Some people may think that eating healthy is too expensive, but that's not true. You can still make delicious and healthy meals without spending a lot of money. You can use lots of ingredients, including food you can buy with SNAP benefits or get from a food bank. Cooking big batches of food can also help you save time and money. Making large portions at once to eat throughout the week is one way to ensure your eating habits are healthy and efficient. This practice is called meal planning, which can make your life easier and healthier. When you plan your meals ahead of time, you don't have to worry about what to make for dinner every night, and you'll know that you're eating healthy food that's good for your body.

**Stay Active:** Regularly staying active is especially important for overall health. Simply taking a walk can make a huge difference.

**Reduce Added Sugars:** Foods and drinks with large amounts of added sugars often do not have nutritional value and are overall unhealthy.

**Slow Down at Mealtimes:** Instead of eating on the run, try sitting down and focusing on the food you're about to eat.

**Drink More Water:** Drinking water instead of drinks high in sugar can improve hydration and reduce sugar intake.

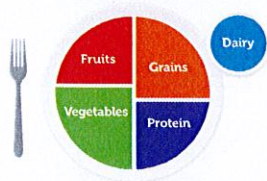
**Explore More Foods and Flavors:** Trying new foods can introduce healthy options you may not have considered before. Not only does this add more choices to meal planning, but trying new recipes can be a fun activity for you or your family that creates a healthy outcome for everyone.

These are just a few tips to help guide you during National Nutrition Month to stay healthy year-round.





Start simple  
with MyPlate



# Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



## Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



## Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



## Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



## Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



## Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.



## Keep food safe

Discard food if it has an “off” odor, flavor, or texture. Refer to the “use by” dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.



Go to [MyPlate.gov](#) for more information.  
USDA is an equal opportunity provider,  
employer, and lender.

**The benefits of healthy eating  
add up over time, bite by bite.**

FNS-905-21  
March 2022

## Kansas Department for Aging and Disability Services

### Nutrition Services

The purpose of Nutrition Services administered by the Kansas Department for Aging and Disability Services are to reduce hunger, food insecurity and malnutrition; to promote socialization of older individuals; promote health and well-being of older individuals by assisting such individuals to gain access to nutrition and other disease prevention and health promotion services to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior.

Nutrition services are targeted to people 60 years of age or older in greatest social and economic need, particularly low-income older individuals, including low-income minority older individuals, older individuals with limited English proficiency, and older individuals residing in rural areas.

Each area agency on aging (such as East Central Kansas Area Agency on Aging) must establish written procedures and assign staff to annually assess central nutrition project operations and individual congregate settings to determine whether nutrition service providers are meeting policies applicable to their programs. Nutrition service providers must complete the appropriate form to determine eligibility, ensuring that individuals requesting services are eligible per federal guidelines.

Menu criteria requirements for the meals are to provide at least 33 1/3 of the nutrients needed by adults when one (1) meal a day is provided. These nutrients include calcium, vitamin D, potassium, dietary fiber, protein, and vitamin B12. Food components include **protein**: like beef, pork, chicken, seafood, nuts or seeds, and eggs; **grains**: like 100 % whole-grain foods, bread, pasta, tortilla, cereal, oats, and brown rice; **fruits**: can include fresh, canned, frozen and dried forms; **vegetables**: can include raw, fresh, frozen, and canned; **dairy**: can include milk, yogurt, and cheeses; **fats and oils**. All foods are assumed to be in nutrient-dense forms; lean or low-fat and prepared with minimal added sugars; refined starches, saturated fat, or sodium.

Congregate nutrition service providers must do the following: provide meals five (5) or more days a week (except in rural area where such frequency is not feasible and a lesser frequency is approved by KDADS); provide at least one hot or appropriate meal per day and any additional meals that the provider may elect to provide; provide the meals in a congregate setting (**see following ECKAAA list of congregate nutrition sites**); provide nutrition education, counseling, assessment, and nutrition screening services.

Voucher payment methods for services provided under an agreement with appropriate eating establishments in the community can also be used to meet the nutrition guidelines. ECKAAA has a voucher program with the Lane Bar and Grill in Lane, KS and Price Chopper grocery stores in Paola, KS and Spring Hill, KS. For more information on the voucher program, contact ECKAAA at 785-242-7200.

The same guidelines are used to provide meals for those 60 and over who cannot attend a congregate site and need a home delivered meal. Participants must be assessed to determine eligibility. Contact ECKAAA at 785-242-7200 for information.



## **ECKAAA Congregate Nutrition Sites**

Home delivered meals are served in the local communities from these nutrition sites for participants within city limits.

### **ANDERSON COUNTY**

**Colony City Building**  
339 Cherry  
Colony, KS 66015  
(620) 363-2316

**Garnett Senior Center**  
128 West 5<sup>th</sup>  
Garnett, KS 66032  
(785) 448-0065

**Kincaid Community Building**  
500 Fifth Ave  
Kincaid, KS 66039  
(620) 439-5449

### **COFFEY COUNTY**

**Burlington Senior Center**  
202 Neosho  
Burlington, KS 66839  
(316) 323-5664

**Lebo Senior Center**  
2 W. Broadway St., PO Box 535  
Lebo, KS 66856  
(620) 256-6166

**Waverly Senior Center**  
419 Pearson  
Waverly, KS 66871  
(785) 733-2603

### **FRANKLIN COUNTY**

**Lane Bar & Grill (Voucher)**

**Ottawa Nutrition Site**  
1538 Industrial Ave  
Ottawa, KS 66067  
(785) 248-0139

**Pomona Community Center**  
219 Jefferson  
Pomona, KS 66076  
(785) 566-3608

**Richmond Community Building**  
205 East Central  
Richmond, KS 66080  
(785) 393-4213

### **LINN COUNTY**

**Blue Mound Nutrition Site**  
312 East Main  
Blue Mound, KS 66010  
(913) 756-2262

**Centerville Nutrition Site**  
410 N. 1<sup>st</sup>  
Centerville, KS 66014  
1-855-396-9674 Ext.. 2

**Mound City Nutrition Site**  
603 Main  
Mound City, KS 66056  
1-855-396-9674 Ext..1

### **Pleasanton Nutrition Site**

751 Main Street  
Pleasanton, KS 66075  
(913) 352-8896

### **MIAMI COUNTY**

**Louisburg Senior Center**  
504 S. Metcalf  
Louisburg, KS 66053  
(913) 837-5113

**Osawatomie Senior Center**  
815 6<sup>th</sup> Street  
Osawatomie, KS 66064  
(913) 755-2443

### **Paola**

Please call 913-294-9220  
Price Chopper (Voucher)  
**Spring Hill**  
Price Chopper (Voucher)

### **OSAGE COUNTY**

**Burlingame Community Center**  
116 W Lincoln  
Burlingame, KS 66413  
(785) 893-3425

**Carbondale Community Building**  
228 Main St.  
Carbondale, KS 66414  
(785) 893-1107

**Osage County Senior Center**  
604 Market St.  
Osage City, KS 66523  
(785) 528- 4170

## Heart Healthy Recipes



### **Halibut with Tomato, Olive, and Pine Nut Relish**

by Frank P. Melodia. Published Sept. 5, 2008

Yields: 4 Prep Time: 15 min. Cook Time: 14 min. Total Time: 29 min. Cal/Serv: 392

#### **Ingredients:**

3 Tbsp. pine nuts  
½ cup pitted Kalamata olives  
½ cup pitted green olives  
½ cup finely diced red tomato  
½ cup finely diced yellow tomato  
1 small shallot  
½ teaspoon grated lemon zest  
1 Tbsp. lemon juice  
3 Tbsp. extra-virgin olive oil  
2 Tbsp. chopped parsley  
Freshly ground pepper  
4 halibut fillets without skin (1 inch thick)  
Flour  
½ teaspoon kosher salt

#### **Directions:**

Step 1 – Toast pine nuts in a dry, nonstick skillet over medium heat 3 to 4 minutes, tossing frequently, until lightly toasted; remove to a small cup. In a medium bowl, combine olives, tomatoes, shallot, lemon zest and juice, and 1 tablespoon of the oil; toss. Stir in parsley and ground pepper.

Step 2 – Dust fillets in flour, tapping off excess; season with salt and a few grindings of pepper. Heat the remaining 2 tablespoons oil in a nonstick skillet over medium-high heat; add fillets. Cook 6 minutes; turn fillets and continue to cook 4 minutes, or until just barely opaque in thickest parts. Transfer to plates and spoon relish over fillets. Garnish with pine nuts.





### **Roasted Citrus Chicken Salad**

by Woman's Day Feb. 15, 2019

Yields: 4    Prep Time: 30 min.    Total Time: 30 min.    Cal/Serv: 391

#### **Ingredients:**

2 Tbsp. olive oil  
8 small chicken thighs (about 2 pounds)  
Kosher salt  
Pepper  
1 large orange, cut into 6 wedges  
8 oz. stale bread, torn into 1 inch pieces  
2 Tbsp. lemon juice  
1 teaspoon Dijon mustard  
1 5-ounce package baby kale mix

#### **Directions:**

Step 1 – Heat oven to 425 degrees F. heat 1 tablespoon oil in a large skillet over medium-high heat. Season the chicken with  $\frac{1}{2}$  teaspoon each salt and pepper and cook skin-side down until the skin is golden brown, 6 to 7 minutes. Transfer to a large rimmed baking sheet skin-side up and scatter the orange wedges around the chicken. Roast until the chicken is cooked through, 8 to 10 minutes.

Step 2 – Meanwhile, discard all but 2 tablespoons fat from the skillet and return to low heat. Add the bread to the skillet and toss in the fat to coat, then sprinkle with  $\frac{1}{2}$  teaspoon salt and pepper. Cook, tossing the bread occasionally, until crisp and lightly golden brown, 8 to 10 minutes. Remove from the pan.

Step 3 – Return the pan to medium-low heat, add the lemon juice to the pan and cook, scraping up all the brown bits, for 1 minute. Remove from heat, squeeze the roasted orange wedges into the pan, add the Dijon mustard and the remaining 1 tablespoon olive oil and whisk to combine.

Step 4 – Add the kale mix to the skillet along with the croutons and toss to coat. Serve with the chicken.



## **Veggie Loaded Egg Muffins**

By Egg Nutrition Center by Sara Haas

Prep Time: 5 min. Cook Time: 20 min. Servings: 12

### **Ingredients:**

2 jarred roasted red bell peppers  
1 green onion  
2 cups, packed baby spinach  
½ cup crumbled reduced fat feta cheese  
12 large eggs  
¼ cup low fat milk  
1 tsp Italian seasoning  
½ tsp kosher salt  
¼ tsp ground black pepper

### **Instructions:**

Preheat oven to 350F. Spray the cups of a 12 cup muffin pan generously with non-stick cooking spray.

Finely chop roasted red bell peppers, green onion and spinach, divide evenly among muffin cups. Top with feta cheese.

Whisk eggs with milk, Italian seasoning, salt and pepper in a large bowl.

Pour egg mixture evenly among muffin cups and bake until eggs are set, about 22-25 minutes.

Cool in muffin tin for 5 minutes before removing.



## Eating Healthy: Good Nutrition Quiz

To test your nutrition knowledge, answer the questions below as either True or False.

- | True                  | False                 |   |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | 1. There are many nondairy sources of calcium.                          |
| <input type="radio"/> | <input type="radio"/> | 2. Low-fat foods are always better.                                     |
| <input type="radio"/> | <input type="radio"/> | 3. Fiber isn't important.   |
| <input type="radio"/> | <input type="radio"/> | 4. You need to watch portion sizes only when eating at home.            |
| <input type="radio"/> | <input type="radio"/> | 5. The outside aisles of the grocery store are the best places to shop. |

### Answers

1. TRUE. While dairy products have the most calcium, you can also get this mineral from other foods, too. Try calcium-fortified juices, cereals, breads, rice milk, or almond milk. Other sources of calcium are canned fish, some beans, and dark, leafy greens. Soybeans and some soy items are also good options. These include soy yogurt, tempeh, and tofu made with calcium sulfate.
2. FALSE. Just because a food is low fat or fat free does not mean it's always a better nutritional choice. For instance, fat-free cookies have the same amount of sugar and calories, or often even more, than regular cookies. Read labels.
3. FALSE. High-fiber foods help keep your digestive system healthy. Try to get 25 to 38 grams of fiber a day. Also, remember to drink plenty of water to prevent constipation.
4. FALSE. Portion control is just as important when you're eating out. Many restaurants serve extra-large portions. So split your entrée with someone at the table, or ask for a take-home box. Then put half of your entrée in it right away, before you start eating.
5. FALSE. It's true that the outside aisles are where the fresh foods tend to be. These include fruits, vegetables, and dairy. But you can find many nutritious foods on the inside aisles. These include whole grains such as brown rice, whole-wheat pastas and tortillas, canned fish, dried beans, canned (no salt added) vegetables, nuts, seeds, and frozen fruits and vegetables.



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We try extremely hard to get the site closings posted early in the day but if you have a question about whether meals are being served at your site or through the home delivered meal program you can also contact the agency at 785-242-7200.