

Limited to the first 50 participants!

Join us for LUNCH ON US!

A free, educational series for adults 60 and above.

11:30 a.m. to 12:30 p.m.

Franklin County Commission Chambers | 1418 S. Main St., Ottawa, KS

Enjoy a free lunch and guest speaker. Attend one or attend all!



OCTOBER 21, 2025 | Medicare In-Home Care Options

Angels Home Health

Medicare offers eligible beneficiaries in-home care options, including Home Health, Palliative Care, and Hospice. Understanding these services and how Medicare covers them is key for those who want to age in place.

RSVP by Tuesday, October 14 by calling 785-229-3530.



NOVEMBER 18, 2025 | QPR Training

K-State Extension - Rebecca McFarland

Learn to recognize and refer someone at risk for suicide. Participants learn how to Question, Persuade, and Refer (QPR); identify warning signs and causes of suicidal behavior; and connect themselves or others with help in a crisis.

RSVP by Tuesday, November 11 by calling 785-229-3530.

There will be no Lunch & Learn sessions in December or January due to the holidays and potential winter weather. We look forward to seeing you again in February!



FEBRUARY 17, 2026 | Community Roundtable: Senior Volunteering

Community Partners: Ottawa Library, United Way, Reach For the Stars After School Program, AdventHealth, ECKAAA, PrairiePaws, Connect Mobile Food Pantry

When you volunteer, you gain purpose, connection, and joy. This session highlights local opportunities, easy ways to get involved, and how giving back boosts health and community.

RSVP by Tuesday, February 10 by calling 785-229-3530.

Questions? Call 785-229-3530 • www.franklincoks.org/health



— PUBLIC HEALTH —
Franklin
COUNTY KANSAS
— EST. 1855 —

Funded thru a grant from ECKAAA as funded by the Older Americans Act through the Kansas Department for Aging and Disability Services. ECKAAA does not discriminate on the basis of race, color, nationality, origin, sex, age, religious belief, or disability. If you feel you have been discriminated against, you have the right to file a complaint with the ECKAAA, 1-800-633-5621. (TDD: 1-800-766-3777)