

Shopping on Amazon

1. Go to [Smile.Amazon.com](https://www.smile.amazon.com)
2. Click **Your Account** from the top of the page
3. Select the option to **Change your Charity**
4. Below "Choose one of our spotlight charities" is a search bar that says; "**Or pick your own charitable organization**" -
5. Search "**Lincoln County Council on Aging**"

Be Sure to Choose the Location in **Troy, MO**

(*There is a different Council on Aging in Lincoln, KS)

Link LCCOA with your Kroger Plus Card & Kroger will give back!

Have Your Kroger Plus Card Handy

- Login Your Kroger Account OR
- Call Toll-Free 1-866-221-4141

Did You Know?

Average Cost of Meals to LCCOA is \$8.21 per meal. (raw food, labor, utilities, etc...)

**THANK YOU TO
United Way
of Greater St Louis**

for supporting LCCOA's Meals program



ESTD. 1978
Lincoln County Council on Aging

1380 Boone St.
Troy, MO

636-528-7000

LIVE YOUR BEST LIFE

Volume 32
January 2022



Wishing you all health & happiness in 2022!



Please put all pets away during delivery, for the safety of our drivers & your furry loved-one.

This issue

FLU SHOTS

Wednesday, January 26
10:00am-1:00pm

NO CHAIR YOGA

Returning Thursdays
in Spring

NO COMPUTER CLASSES

Returning Tuesdays
in Spring

Open 8a—4p
Mon.—Fri.

Lunch On-Site
11:30a - 12:30p



ESTD. 1978
Lincoln County Council on Aging

BRICK ORDERS CONTINUE

95 out of 200 47% of Goal Reached

PolarEngraving.com/LCCOA

Visit Lindsey Tues & Thurs (10am-2pm)

January Menu

** CONG = Congregate/Dine-In * HDM = Home-Delivered Meal (homebound clients) **

3. Beef Stew, Yeast Roll, Crackers, Peach Crisp	4. Sweet and Sour Meatballs, Steamed Rice, Asian Blend, Pineapple	5. Mashed Potatoes, Gravy, Green Beans, Wheat Bread, Fresh Fruit CONG : Fried Chicken HDM : Chic. Patty	6. Loaded Baked Potato Soup, Turkey Sandwich on Bun, Lettuce, Tomato, Cheese, Pears	7. Country Fried Steak, Mashed Potatoes, Corn, Gravy, Wheat Bread, Applesauce
10. Polish Sausage, Sauerkraut, Mashed Potatoes, Green Beans, Wheat Bread, Peaches	11. Cheesy Chicken Casserole, California Blend, Garlic Bread, Pears	12. Pork loin, Mashed Potatoes, Mixed Vegetables, Gravy, Wheat Bread, Fresh Fruit	13. Breakfast Brunch, Scrambles Eggs, Sausage Patty, Roasted Potatoes, Gravy, Biscuit, Jelly, Tropical Fruit	14. Fish Sandwich on bun, Potato Salad, Lettuce, Cheese, Fruit Cocktail
17. Ham and Beans, Pickled Beets, Corn Bread, Pineapple	18. Breaded Chicken Breast on Bun, Whole Grain Chips, Lettuce, Tomato, Cheese, Mandarin Oranges	19. Baked Ham, Sweet Potatoes, Green Beans, Wheat Bread, Fresh Fruit	20. Chicken Tortellini with Pasta Sauce, California Blend, Garlic Bread, Pears	21. Chili, Peanut Butter Sandwich on Wheat Bread, Celery Sticks, Crackers, Applesauce
24. Chicken & Dumplings, Carrots, Biscuit, Peach Crisp	25. Spaghetti and Meatballs, California Blend, Garlic Bread, Tropical Fruit	26. Coleslaw Hushpuppies, Wheat Bread Fresh Fruit CONG : Fried Catfish HDM : BBQ Riblet	27. Broccoli Cheese Soup, Ham Sandwich on Bun, Lettuce, Tomato, Cheese, Fruit Cocktail	28. Salisbury Steak, Parsley Potatoes, Mixed Vegetables, Gravy, Wheat Bread, Pears
31. Chicken and Wild Rice Soup, Carrots, Yeast Roll, Mandarin Oranges	February 1. Chicken Tortellini with Pasta Sauce, Broccoli, Bread Stick, Peaches	2. Mashed Potatoes, Gravy, Green Beans, Wheat Bread, Fresh Fruit CONG : Fried Chicken HDM : Chic. Patty	3. Loaded Baked Potato Soup, Turkey Sandwich on Bun, Lettuce, Tomato, Cheese, Pears	4. Country Fried Steak, Mashed Potatoes, Corn, Gravy, Wheat Bread, Applesauce

Home-Delivered—If you won't be home, please call 636-528-7000 to notify us ASAP.



ESTD. 1978

Lincoln County Council on Aging

1380 Boone St., Troy MO 63379

636-528-7000

M-F 8:00am—4:00pm

Executive Director - Kelly Hardcastle

Site Director - Janet Carver

Growth Coordinator - Lindsey Kelley

Kitchen Manager - Angel Garner

Assistant Kitchen Mgr. - Denise Jordan

Kitchen Aide - Joe Indelicato

Proud to be a NEMO Program! The Northeast Missouri Area Agency on Aging has provided programs and services for older adults since its incorporation in 1973 as a not-for-profit agency. One of 10 Area Agencies on Aging in Missouri, NEMOAAA is governed by a board of directors and an advisory council. The purpose of the Agency is to plan, coordinate, and fund a network of services for older persons throughout our sixteen county service area. Funding is provided under the amended Older Americans Act of 1965 and administered by the Missouri Department of Health and Senior Services, Division of Senior and Disability Services. NEMO AAA programs and services are available for anyone age 60 and older who lives in the counties of Adair, Macon, Ralls, Warren, Clark, Marion, Randolph, Knox, Monroe, Lewis, Montgomery, Scotland, Lincoln, Pike, and Shelby.

Board Leadership

President—Ashley Rottler
Vice Pres.—Brian Lourance
Treasurer—Terry Boling
Secretary—Betty Zuroweste

Board Members

Barbara Creech
Betty Cox
Cindy Stanek
Gerry Edwards
Mark Henebry
Pam Wood
Ron McGaskey
Sharon Hasekamp
Joseph Britain
Gus Vega

Proud member of



**United Way
of Greater St. Louis**



www.LCCOAonline.org

 Community PARTNERS

 **MENU CHANGES** 
Home-Delivered Clients **MUST READ**



Due to many unavoidable factors, LCCOA will be adjusting it's menu for home-delivered meals. HDM Clients will now receive a breaded chicken patty in lieu of fried chicken, and a barbeque riblet in lieu of fried catfish. We understand this may upset some of you, but please know that these changes are due to inflation, and are necessary for the longevity of Lincoln County's meals program. We genuinely look forward to continuing to serve, and work through these inevitable changes.

ANNOUNCEMENT : PET OWNER MEAL-RECIPIENTS

Our staff & volunteers are avid animal lovers! That is why we ask you to lock your pet in a room, before answering the door for your meal.

This is for the safety of your furry loved-one and LCCOA's delivery drivers.

We understand a cat can quickly run out the door, or a dog that has never been aggressive before, may be caught off-guard by a 'new' face.

**PLEASE LOCK UP YOUR PETS
BEFORE ANSWERING THE DOOR
TO ENSURE YOU RECEIVE YOUR MEAL, SAFELY**

If a driver sees your dog at the door/window, they have the right to NOT deliver your meal. We appreciate your cooperation with pet safety, and look forward to continuing to serve in 2022!



www.LCCOAonline.org



1ST TUESDAY & 3RD THURSDAY

Missouri Veterans Commission, Veteran Service Officer

Michael Smith - 573-522-4225

Michael.Smith@mvc.dps.mo.gov

www.mvc.dps.mo.gov



One Mission ★ Serving Veterans



Life is Calling

CaptionCall is a revolutionary telephone that quickly displays written captions of what callers say on a large, easy-to-read screen. Call 314-332-0661 or Email cgreen@captioncall.com



Grief Support 1st & 3rd Tuesdays

Grief can be especially painful near the holidays. LCCOA's grief support is for Anyone, of Any Age, grieving Any Kind of Loss - spouse, career, family, friend, pet... You're welcome to come listen, and speak if you wish. Our certified grief counselor gives ideas to help work through your loss. Share as little or as much as you like. You're not alone in what you're feeling or thinking!

Feel Free to Call Gerry at 636-639-6280



DID YOU KNOW

there is help for at-home caregivers in Lincoln and surrounding counties?

Being a caregiver is no easy task. Do you recognize the signs and symptoms of being a stressed caregiver? Take a look here. If you are experiencing any of these symptoms, you are NORMAL. It also means it's time to take breaks, ask for help, delegate responsibilities to others (or to agencies/organizations like home care, food delivery, pharmacy delivery, etc.).

Caregivers are at risk for:

- Denial
- Anger
- Giving up
- Worry
- Sadness
- Exhaustion
- Sleeplessness
- Frustration
- Overload
- Failing health

What makes us a successful dementia care provider for our loved one?

- Good self-esteem
- Patience
- Flexibility
- Creativity
- Open mind
- Good listening and observing skills
- Self-directed
- Sense of humor
- Commitment to the care team (you cannot do this all by yourself and you shouldn't try)
- Positive attitude
- Sense of self responsibility
- Willingness to learn and change
- More desire to give than to receive



**For help/direction, call Senior Lifestyle Consulting LLC
Barbara Ritchey, Certified Dementia Practitioner
636-288-9307**

Monthly series brought to you by the
Lincoln County Senior Resource Group (LC-SRG)

Day Trips

In spite of several cancellations due to COVID 19, we've had some fun trips during 2021. A BIG "THANK YOU" TO ALL THE VOLUNTEER DRIVERS! Many couldn't have gone without you.

Proposed trips for 2022: (Just some thoughts)

March	"St Pat's" Luncheon in O'Fallon	\$25
April	Hermann Farm	\$20
May	Lake of Ozarks (overnight)	\$175
June	Horse Races	\$25
July	Bonne Terre Mine	\$35
August	Country Music Show	\$20
September	Branson (overnight)	\$450
October	Hannibal Boat Luncheon	\$35

There will also be casino trips scheduled.

For questions, signing-up, or to offer volunteer-driving;
Please call Joyce at 573-384-5538

GET
your
FLU SHOT



AT LCCOA
Administered by the Lincoln
County Health Department
JANUARY 26
10A-1P

CONSENT & HIPPA FORMS can be picked-up at LCCOA

It is HIGHLY recommended to pick-up and fill-out the forms PRIOR

Bring Your Insurance Card (If Applicable) (Insurance NOT required)

**PLEASE PRE-REGISTER AT LCCOA, OR BY CALL 636-528-7000 EXT 3, and
LEAVE A MESSAGE WITH YOUR NAME & PHONE NUMBER.**

**Need Help Navigating the Medicare Maze?
We're here to help.**

silver
health
solutions



Local Agency
Local Service
Medicare Made Easy

- Advantage Plans
- Supplement Plans
- Prescription Drug Plans

Annual Election Period for Medicare is in full-swing, and it's important to review your options. Navigating the Medicare maze can be difficult, but you don't have to do it alone.

At Silver Health Solutions in Troy, we are dedicated to helping the people in our community understand their health care options. As your health changes, it's important to review your options with someone knowledgeable that you can trust.

We are a local agency, and we're here year-round to help you when you have questions about your plan, or need someone to help explain a bill, or even to help you find a new doctor. Silver Health Solutions is a trusted local resource you can count on to thoroughly explain all of your options when choosing your healthcare plan. Give us a call to set an appointment today!

Silver Health Solutions
Chris Silverberg

212 S. Lincoln Dr.
Troy, MO 63379

Office: **636-462-7457**

agency@silverberginsurance.com



UPDATE!

TO-GO ORDERS

TO-GO ORDERS WILL NOW BEGIN AT 12:15PM
on Fried Chicken & Fried Catfish days.

EMBRACE-A-SENIOR



We need Your Help!

Help us make Lincoln County an age-friendly community, maximizing opportunities for independence & dignity.

LCCOA provides a variety of services that promote health, prevent disease, reduce social-isolation, and puts an end to food-insecurity in Lincoln County, Missouri. We serve meals on-site & home-delivered, regardless of age or ability to pay. LCCOA is ever evolving and constantly looking for ways that we can make positive impact in our community. Our slogan is "Live Your Best Life", and we provide many free activities & programs every day to help encourage active-aging!

Please support home-delivered meals with a tax-deductible monetary donation.

By the year 2030 - 1 in 5 citizens will be retirement age!

Here is what your donation will do right here in Lincoln County

- \$50** = Supply homebound neighbor with hot meals for 1 week.
- \$250** = Provide Community Center electricity for 1 week.
- \$500** = Fuel food-delivery vehicles for 2 weeks.
- \$1,000** = Supply a homebound neighbor hot meals for 6 months.

PLEASE FILL OUT INFORMATION BELOW & MAIL/DROP-OFF TO LCCOA; 1380 BOONE ST., TROY MO 63379

Name/Business - _____
 Address - _____
 Email - _____ Phone - _____
 Tax-Receipt – (please circle) YES or NO
 Anonymous *OR* in Honor/Memory of - _____

Medicare Consulting with Nicole



Nicole can help you find the answers to many of the questions on your mind.

Call 636-528-6363

3rd Wed.
At BINGO

LCCOA's Anniversary & VALENTINE PARTY



EVERYONE WELCOME

CLIENTS, GUESTS, VOLIUNTEERS, FAMILY & FRIENDS

Join us to celebrate LCCOA's 44 Years of Service, and Peace & Love on the planet Earth!

**Monday, February 14
12:30pm - 2:30pm**

**MUSIC DJ DESSERT DRINKS
GAMES PRIZES**

PLEASE WEAR RED/PRINK IF ABLE.



Vote & Crown LCCOA's 2022 King & Queen of Hearts





Closures for Inclement Weather

Closures are also be posted on local media outlets:

KTVI Ch2, KMOV Ch4, KSDK Ch5, 730 AM, 1120 AM

Facebook.com/LincolnCountyCouncilonAging

Twitter.com/LCCOA1

As winter arrives, we try to prepare for the inevitable snow & ice. For those who make decisions about whether to run regular meal– routes or snow routes, or to close; these decisions are challenging. Many things are considered when making these choices on inclement weather days. However, ultimately the decision is always based on safety. Safety is the primary concern of our organization. As soon as a decision is made the local radio and television stations (listed above) are notified.

Safety & well-being of LCCOA’s volunteers, staff, and clients, is the primary concern of our organization. That being said, we ask that you please—to the best of your ability—clear/salt your walkway during icy/snowy conditions, to help ensure the delivery volunteers’ safety, walking from the vehicle to your door.

'LEAVE A LEGACY' ORDER FORM

WITHOUT CLIPART

\$35

LINCOLN COUNTY
COUNCIL ON
AGING

WITH CLIPART

\$45

 JILL MYERS
CARE GIVER
JUNE 10TH 1959

If ordering a brick with clip art, please do not write in shaded areas.

4" x 8" engraved brick \$35 w/o Clip Art; \$45 w/ Clip Art

Clip Art #: _____

**Clip Art Selection can be found at
PolarEngraving.com/LCCOA**

LCCOA has reduced the project goal to 200 bricks. We are currently at 95 bricks.

47% complete!

Please Help LCCOA Leave A Legacy!!

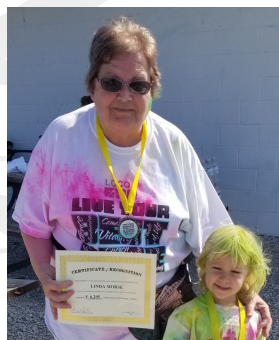




LINDA MORSE
 ABOVE & BEYOND VOLUNTEER

Where do we begin, when describing the dedicated volunteerism Linda has shown for over a decade... Our organization is extremely grateful for Linda's service and thoughtfulness! For over a decade she has raised funds for LCCOA's meal program, through *Feet To The Pavement* fundraising, hosting Bingo, and much more.

Besides raising funds, Linda is ready to volunteer anytime she's asked... and even when she's not, hehe. From stuffing goodie bags for parties, manning booths at special events, and even wiping down tables and sweeping floors. If LCCOA has a need, Linda helps or finds someone who can! Our clients agree! Linda makes their Wednesdays brighter with bingo.



Linda, we are so thankful for your service to our organization, but more so, thankful for your friendship!

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl1)	4. 9a-3p Veterans Commission 9:00 Hand Quilting 10:00 Crochet	5. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	6. 9:00 V.C.T.	7. 9:15 Exercise Lvl 2 10:30 Exercise, Lvl 1
10. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl1)	11. 9:00 Hand Quilting 10:00 Crochet 12:30 Grief Support	12. 9-11 Medicare with Chris 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	13. 9:00 Veterans Coffee Talk 12:30 Euchre/Cards	14. 9:15 Exercise Lvl 2 10:30 Exercise, Lvl 1
17. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	18. 9:00 Hand Quilting 10:00 Crochet	19. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo 12:30 Medicare with Nicole	20. 9a-3p Veterans Commission 9:00 Veterans Coffee Talk	21. 9:15 Exercise Lvl 2 10:30 Exercise, Lvl 1
24. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	25. 9:00 Quilting 10:00 Crochet 12:30 Grief Support	26. 9-11 Medicare with Chris 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	27. 9:00 Veterans Coffee Talk 12:30 Euchre/Cards	28. 9:15 Exercise Lvl 2 10:30 Exercise, Lvl 1
31. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl1)	February 1. 9:00 Hand Quilting 10:00 Crochet	2. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	3. 9:00 Veterans Coffee Talk	4. 9:15 Exercise Lvl 2 10:30 Exercise, Lvl 1

Due to Inclement Weather, activities may be cancelled or postponed at a moments notice. Please follow us on Facebook for the most up-to-date notifications!

www.Facebook.com/LincolnCountyCouncilOnAging

* FOOD CHANGES ARE HERE *

FOOD SUPPLIES ARE ALREADY BEING DISRUPTED. LCCOA IS WORKING VIGILANTLY WITH SUPPLIERS TO BEST PREPARE FOR KEEPING UP WITH THE DEMAND FOR MEALS. PLEASE BE AWARE THAT SOME ITEMS MAY CHANGE OR BECOME NO LONGER AVAILABLE. WE WILL DO OUR BEST TO MAKE CHANGES TO THE MENU IN ADVANCE, BUT THAT MAY NOT ALWAYS BE POSSIBLE. SOME REQUIRED CHANGES MAY BE MADE WITHOUT NOTICE.

STAFF & VOLUNTEERS AS K FOR YOUR UNDERSTANDING, THANK YOU.