

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 \$9.43 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

636-528-7000

1380 Boone St.
Troy, MO

LIVE YOUR BEST LIFE

Volume 32
October 2022

This issue

PROCLAMATION SIGNING
Tues., Oct 4 at 10:50am
At 201 Main St., Troy

COFFEE & CAMARADERIE
Thurs., Oct 6, at 10:30a

ART OF AGING EXPO
Wed., Oct. 12, 10:30a-12:30p

VACCINE CLINIC
Thurs, Oct 13, 10:30a-12p

CLAIM MEDICARE
ASSISTANCE
Tues, Oct. 18 at 10:30am

ALZ ASSOC - FREE CLASS
CAREGIVERS: MANAGING MONEY
Wed., Oct. 19, at 10:30am

LAUGHTER & THE BRAIN
Thurs., Oct. 20, at 10:30am

HALLOWEEN PARTY
Mon., Oct. 31, 12:30p

LCCOA

ESTD. 1978
Lincoln County Council on Aging

Open M-F, 8a - 4p

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

MEDICARE

OPEN ENROLLMENT IS HERE

OCT 15 - DEC 7

Vetted Resource Available

Wednesdays 12th, 19th, 26th

9:00-11:30am

At LCCOA

Suggested Contribution
Amount for Meals is

\$5 donation per meal
(\$8 suggested for those under 60yrs)

Link Your Amazon Account
& Kroger Plus Cards

You shop. They donate to LCCOA.
(*How To' on the back cover)

October Menu

HOME DELIVERED CLIENTS

Not Going To Be Home? Must Call 636-528-7000 ASAP

3. Polish Sausage, sauerkraut, Mashed Potatoes, Gravy, Green Beans, Wheat Bread, Pears	4. Beef Tortellini, Pasta Con Broccoli, Breadstick, Fruit Cocktail	5. Mashed Potatoes, Gravy, Corn, Wheat Bread, Fresh Fruit Dine-In: Fried Chicken Home-Delivered: Chicken Patty	6. Tuna Casserole, Peas, Breadstick, Peaches	7. Beef Stew, Yeast Roll, Crackers, Applesauce
10. Salisbury Steak, Caramelized Onions, Parsley Potatoes, Mixed Vegetables, Wheat Bread, Gravy, Apricots	11. Loaded Baked Potato Soup, Ham Sandwich on Bun, Lettuce, Tomato, Cheese, Pears	12. Roast Beef, Mashed Potatoes, Gravy, Peas, Wheat Bread, Fresh Fruit	13. Cheesy Chicken Casserole, Broccoli, Garlic Bread, Fruit Cocktail	14. Chili, Crackers, Celery Sticks, Peanut Butter Sandwich on White Bread, Peaches
17. Chicken & Dumplings, Carrots, Biscuit, Peach Crisp	18. Hot Dog on Bun, Baked Beans, Potato Salad, Pineapple	19. Hush Puppies, Coleslaw, Wheat Bread, Fresh Fruit Dine-In: Catfish Home-Delivered: Fish Patty	20. Chicken Teriyaki, Asian Blend, Steamed Rice, Mandarin Oranges	21. Country Fried Steak, Mashed Potatoes, Gravy, Green Beans, Wheat Bread, Pears
24. Baked Chicken, Wild Rice, Carrots, Mushroom Gravy, Applesauce	25. Breakfast Sausage Casserole, Banana Muffin, Orange Juice, Tropical Fruit	26. Pork loin, Mashed Potatoes, Gravy, Mixed Vegetables, Wheat Bread, Fresh Fruit	27. Broccoli Cheese Soup, Turkey Sandwich on Bun, Lettuce, Pears	28. Chicken Pot Pie, Peas & Carrots, Biscuit, Fruit Cocktail
31. Meatballs in Brown Gravy, Carrots, Rice, Apple Crisp	November 1 Meatball Sub on Hoagie Roll, Carrots, Cheese, Whole Grain Chips, Fruit Cocktail	2. Mashed Potatoes, Gravy, Corn, Wheat Bread, Fresh Fruit Dine-In: Fried Chicken Home-Delivered: Chicken Patty	3. Tuna Casserole, Peas, Breadstick, Peaches	4. Beef Stew, Yeast Roll, Crackers, Applesauce



ESTD. 1978

Lincoln County Council on Aging

1380 Boone St., Troy MO 63379
636-528-7000 M-F 8:00am—4:00pm

LCCOA Staff

Kelly Hardcastle
Janet Carver

Lindsey Kelley
Denise Jordan

Joe Indelicato
Melinda Grgurich

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
Mark Henebry
Pam Wood
Ron McGaskey
Sharon Hasekamp
Joseph Britain
Sharida Mitchell



Proud member of



United Way
of Greater St. Louis



www.LCCOAonline.org

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NORTHEAST MISSOURI AREA
AGENCY ON AGING
815 N. Osteopathy Kirksville, MO 63501
660-665-4682 1-800-664-6338 Toll Free
Helping Older Missourians Remain Independent

Hardey Senior Consulting

Every 3rd Wednesday
12:30pm at LCCOA



Medicare Supplements. Medicare Advantage.
Prescription Drug Plans.

Nicole@hscllc.us

Phone:
636-462-2701

Fax:
636-628-2677

ANNOUNCEMENT : PET OWNER MEAL-RECIPIENTS

 **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.



Suggested Donation
Amount for Meals is \$5

for those over 60. Meals for those under 60 will be \$8.

Grief Support 1st & 3rd Tues @ 12:30pm

'Sorrow is unavoidable, but when we face it, suffering sows the seeds of second chances. Of renewed clarity, reordering of priorities and enlarged perspective. In being broken open by anguish, we can discover that despair must eventually give way to daylight. Miracles don't need to be big to move your mountains. No matter who you are and where you're at, your grief is never, ever unworthy of acknowledgement.'

Feel Free to Call Gerry at 636-639-6280



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



1ST TUESDAY & 3RD THURSDAY

Missouri Veterans Commission, Veteran Service Officer

Michael Smith - 636-202-6215

Michael.Smith@mvc.dps.mo.gov

www.mvc.dps.mo.gov



One Mission ★ Serving Veterans



DID YOU KNOW

Weatherizing your home can reduce your monthly utility costs every month?

WEATHERIZATION PROGRAM

The program is designed to provide low-income families, especially the elderly, the physically disadvantaged and families with children with repairs to their homes that will assist them with conserving energy and lowering their monthly fuel bill. Many families struggle with the high cost of heating their homes. For low-income families it can be a matter of deciding between paying your heating bill or purchasing food. The home may not have insulation or efficient heating equipment, which causes the monthly bill to be higher than necessary. The Weatherization program is a long-term response to this problem. Through the Weatherization program we can provide families with insulating their homes and ensuring they have safe and efficient heating equipment. These repairs are made at no cost to the family.

Once a home has been weatherized, the annual energy cost per dwelling is reduced by an average of \$413 per household.

Rental Units, Home Owners and Mobile Homes qualify.

Work measures may include but are not limited to:

Insulation (attic, walls, floor)

Replace broken or missing windows

General Air Sealing

Check all gas appliances

Furnace (clean & tune, repair, replacement)

Please contact your local
NECAC office to
schedule an appointment!

FY2022 Poverty Income Guidelines for Weatherization Programs: **Lincoln County NECAC**

11 Woodcrest Drive, Troy MO

636-528-7604

Family Unit:	
1 - \$27,180	5 - \$64,940
2 - \$36,620	6 - \$74,380
3 - \$46,060	7 - \$83,820
4 - \$55,500	8 - \$93,260

-Add \$9,440 for each additional family member over a household size of 8.

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

Day trips

{ Day trips depend on interest, so please
call Joyce at 573-384-5538 to inquire }

Cannon Dam Opry

28894 MO-19, Perry MO 63462

October Schedule : Show Time 7:00pm

1st - J.R. & The Country Sensations

15th - J.R. & The Country Sensations

29th - Helen Russell Show

ARK ENCOUNTER & CREATION MUSEUM

The Spring of 2023 the bus tour agency is offering a 5-day/4-night trip to Ark Encounter; Creation Museum; Cincinnati Museum Center; OMNIMAX show and a Sightseeing Boat Cruise along the Ohio River. Trip includes transportation, all entry fees, lodging, 4 breakfasts and 4 dinners. \$539 pp, dbl occupancy.

In order to organize a trip, we need to know
in advance the number interested in going.
Trip is open to all (no young children).

**Day Trips help your mind, body & soul.
Don't be shy, call for info today!**

Need Help Navigating the Medicare Maze? We Can Help

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 healthcare 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
Phone: 636-462-7457
chris@relyonsilver.com



- Advantage Plans •
- Supplement Plans •
- Prescription Drug Plans •

silver
health
solutions

Private SMART DEVICE Tutor

To better serve those who need assistance with computers, and technology one-on-one,

appointments can be made by calling

Jennifer at 314-378-3111



Please bring Usernames & Passwords for your Email and any other accounts you may have; Prime, Netflix, Walmart, Kroger, Facebook, etc....

Alzheimer's Caregiver

Support Group

2nd Thurs
Monthly

Sept. 8th from 2:00 - 4:00pm
with Barbara Ritchey



JAM SESSION with Roy

Every 4th Friday 12:30 - 2:30p

Bring Your Instrument & Join In!

Or just come to listen & enjoy.



Troy Area Chamber of Commerce Man and Women of the Year & Give Back Award Nominations

Please take a moment to nominate the Man, Woman, and Business or Organization, that you feel has worked to make a difference and truly give back to our community through their contributions of time, talent & treasure in 2022.



Man and Woman of the Year & Give Back Award Nomination Form

Deadline is November 21, 2022

Forms may be mailed to the Chamber's office or emailed to angela@troyonthemove.com

Troy Area Chamber of Commerce

850 East Cherry St, Suite A / Troy, MO 63379

These awards will be presented at the 2023 Chamber Awards and Installation Banquet which will be held on Friday, January 20, 2023 at The Factory on Cherry. The winner will be determined by the Selection Committee which is composed of the previous two year's recipients.

Name, address, phone # and/or email of the individual/business/organization you wish to nominate:

Please detail the ways in which you feel the individual/business/organization has given back to the community through their time, talent and treasure:

Your name, email and phone #

Resistance Train to Prevent Muscle Loss



Contributors: Sarene Alsharif,
MPH and Esther Ellis, MS, RDN, LDN
Published August 31, 2022
Reviewed December 2021

When it comes to muscle: use it, lose it or build it! Muscle plays a crucial role in human health; it allows us to stand, walk, balance, lift and breathe. Building and maintaining muscle is important for both men and women, because strong muscles help reduce back pain, prevent falls and more. Registered dietitian nutritionists, personal trainers and physicians agree muscle mass is important for optimal calorie burning, dense bones and increased energy.

Consistent resistance training at all ages plays an important role in preventing both sarcopenia and osteoporosis. Sarcopenia is a slow muscle loss that occurs with aging. An individual that is not physically active can lose an estimated 3% to 5% of lean body muscle per decade after the age of 30. Sarcopenia contributes to loss of strength, mobility issues and disability, and falls are a particular concern for older adults with sarcopenia. Resistance training at least twice a week and consuming an adequate amount of high-quality sources of protein may help to slow or partially reverse the effects of natural, gradual sarcopenia.

Resistance training may help prevent osteoporosis, a condition characterized by weak, porous bones, which then become prone to fractures. Similar to sarcopenia, osteoporosis has a gradual onset, with inadequate nutrition and lack of physical activity being some of the risk factors. Adequate calcium and vitamin D consumption paired with sufficient physical activity, specifically resistance training and weight-bearing exercises, can help prevent osteoporosis, reduce severity of the disease or stop its progression.

Although resistance training strengthens and maintains the major muscle groups, it does not always equate to bulking up. Resistance training does not need to happen at the gym; in fact, it is easy to do anywhere. For best outcomes, the *Physical Activity Guidelines for Americans* recommend strength training two to three times a week, to the point at which it would be difficult to do another repetition. While some people may prefer weight machines, free weights are often a preferred method and can be used anywhere. When using weight machines, free weights or resistance bands, selecting the proper weight is crucial to improving strength and preventing injury. Set a target of eight to 12 repetitions and work up gradually to two to three sets.

If you prefer exercises that do not require weights, exercises that use your own body weight also are a good option. Pushups, squats, planks, hip lifts and dips are just some of the numerous equipment-free resistance training options. Yoga can also build muscle using body weight while improving flexibility and reducing stress.

Incorporating resistance training into a regular exercise routine is crucial for maintaining healthy muscles and bones while increased muscle mass can boost energy and metabolism.

Sarene Alsharif, MPH, is a self-employed nutrition educator and writer in Rockford, Ill.

Tags

ART OF AGING EXPO

At
LCCOA
1380
Boone St.,
Troy MO

Wednesday, October 12

10:30am - 12:30pm

This FREE event is
brought to you by the
LC-SRG
Lincoln County
Senior Resource Group



Every
3rd Thursday
At LCCOA



HOME-DELIVERED MEAL CLIENTS

**If You Will Not Be Home,
You Must Call 636-528-7000**

Please make your loved-ones & caregivers aware:

If you are going to a doctors appointment, visiting friends, family, or otherwise travelling, or are taken to the hospital, to

Please Call LCCOA Immediately

This is to reduce food waste, and also prevent unnecessary confusion for our volunteers and your loved-ones, when we have to call because no one answered the door. Thank You.

Coolers & Food Safety

Many times clients will ask us to leave a lunch in a cooler. This is not safe.

Scientific research through the Health Department and nationwide 'Meals on Wheels' programs, has shown that hot meals should be delivered within 2 hours of preparation, and then eaten or refrigerated within 2 hours of that. Any longer and you are at risk of food poisoning.

This is for your own health safety, to reduce food waste, and also to prevent unnecessary confusion for our volunteers and your loved-ones.

We appreciate your understanding and cooperation.

Thank You

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	4. 9a-3p Veterans Commission 9:00 Quilting 10:00 Crochet 11:00 Proclamation Signing 12:30 Grief Sup	5. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	6. 9:00 Veterans Coffee Talk 10:30 Coffee & Camaraderie 10:30 Gardening 12pm Medicare with Jennie	7. 9:15 Exercise L2 10:30 Exerc. L1
10. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	11. 9:00 Quilting 10:00 Crochet 10:30 Healthcare Decoded w/Jill (BaratHaven)	12. 9-10:30 Medicare Q&A w/Chris 9:15 Exercise Lvl 2 10:30-12:30 Art of Aging EXPO 12:00 Cribbage 12:30 Bingo	13. 9:00 Veterans Coffee Talk 10:30 FREE Card Making Class 10:30-12 Vaccine Clinic 12:30 Cards 2p Alz Caregiver Support Group	14. 9:15 Exercise L2 10:30 Exercise, Lvl 1
17. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	18. 9:00 Quilting 10:00 Crochet 10:30 CLAIM Medicare Counseling 12:30 Grief Sup	19. 9-11 Medicare with Chris 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 10:30 Laughter & The Brain 1:30 Senior Resource Grp Mtg	21. 9:15 Exercise L2 10:30 Exercise, Lvl 1
24. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	25. 9:00 Quilting 10:00 Crochet	26. 9-11 Medicare Q&A w/Chris 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	27. 9:00 Veterans Coffee Talk 10:30 Gardening 12:30 Euchre/ Cards	28. 9:15 Exercise L2 10:30 Exercise, Lvl 1 12:30 Jam Session w/ Roy
31. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1) 12:30 Halloween Party	Nov 1. 9a-3p Veterans Commission 9:00 Hand Quilting 10:00 Crochet 12:30 Grief Supp	2. 9-11 Medicare Q&A w/Chris 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	3. 9:00 Veterans Coffee Talk 10:30 Gardening	4. 9:15 Exercise L2 10:30 Exerc. L1

Online Calendar at www.LCCOAonline.org