

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 \$9.25 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
December 2022



MEDICARE Q&A

Silver Solutions with Chris

Wednesdays, Dec. 7 & 14

9:00-11:30am

Vetted Resource At LCCOA

This issue

KEEP POSTED :
Inclement Weather is Coming

MARK CALENDAR :
Christmas Party
Thurs., Dec 22 at 12:30p

CLOSED
Friday, December 23 &
Monday, December 26
Merry Christmas!

White Elephant Gift Exchange
Dec. 22 At Christmas Party
Bring \$5 wrapped gift to participate.

EMBRACE-A-SENIOR

If you are blessed to have 'extra' this holiday season, please consider
Embracing A Local Senior!



ESTD. 1978
Lincoln County Council on Aging

Link Your Amazon Account
& Kroger Plus Cards

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

Open M-F, 8a - 4p

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

December Menu

HOME DELIVERED CLIENTS

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

Nov 28. Chicken & Wild Rice Soup Carrots Biscuit Applesauce	Nov 29. Breakfast Sausage Casserole Banana Muffin Tropical Fruit	Nov 30. Pork Loin Mashed Potatoes Gravy Mixed Veggies Wheat Bread Fresh Fruit	December 1. Tuna Casserole Peas Breadstick Pears	2. Beef Stew Yeast Roll Crackers Fresh Fruit
5. Polish Sausage Sauerkraut Mashed Potatoes Carrots Wheat Bread Peaches	6. Cheeseburger On bun Lettuce, Tomato Cheese Potato Casserole Fruit Cocktail	7. Mashed Potatoes, Gravy, Corn, Roll, Fresh Fruit Dine-In: Fried Chicken Home-Delivered: Chicken Patty	8. Broccoli Cheese Soup Ham Sandwich on White Bread Lettuce, Tomato Cheese Applesauce	9. Country Fried Steak, Gravy Mashed Potatoes Green Beans Roll Fresh Fruit
12. Salisbury Steak, Gravy Caramelized Onions Parsley Potatoes Mixed Veggies Roll, Pears	13. Chicken & Dumplings Carrots Biscuit Crackers Apple Crisp	14. Baked Ham Scalloped Potatoes Peas, Gravy Wheat Bread Fresh Fruit	15. Breakfast Sausage Casserole Banana Muffin Tropical Fruit	16. Chili Celery Sticks Peanut Butter Sandwich on White Bread Fresh Fruit
19. Baked Chicken Stuffing Gravy Mixed Veggies Crisp	20. Hot Dog on Bun Baked Beans Potato Salad Peaches	21. Pork Loin Cranberry Applesauce Glaze Mashed Potatoes, Green Beans, Gravy, Roll Fresh Fruit	22. BBQ Riblet on Bun Roasted Potatoes Peas & Carrots Pears	23. CLOSED
26. CLOSED	27. Chicken Sandwich on Bun, Lettuce, Cheese, Corn, Fruit Cocktail	28. Hush Puppies Coleslaw, Wheat Bread, Fresh Fruit Dine-In: Catfish Home-Delivered: Fish Patty	29. Beef Stroganoff Green Beans Roll Pineapple	30. Chicken & Wild Rice Soup Carrots Biscuit Crackers Fresh Fruit



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
Maureen Ostmann

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

 Community PARTNERS 

TOYOTA | MO

 **Cuivre River Electric**
A Touchstone Energy Cooperative 

employees
community fund
of Boeing St. Louis 

 **Ameren**
MISSOURI

 **Bank of Old Monroe**

 **Marillac Mission Fund**

 **MFA OIL**

Local Agency
Local Service
Medicare Made Easy
silver health solutions 
Chris Silverberg
636-462-7457

 **P&T**
PEOPLES BANK & TRUST

Mercy 

Hardey Senior Consulting

Every 3rd Wednesday
12:30pm at LCCOA



Medicare Supplements. Medicare Advantage.
Prescription Drug Plans.

Nicole@hsccllc.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 Contribution
Donation for Meals is \$5

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

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



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



! WELCOMING NEW PARTICIPANTS !

Crochet on Tuesdays at 10am

Cross Stitch Fridays at 10am

Both activities are GREAT for beginners, and folks of all abilities. Never cross-stitched before? No problem! This is a NO JUDGMENT ZONE

Keep Away
WINTER
BLUES



DID YOU KNOW



3 Ways To De-Stress Holiday Shopping With An Older Adult?

Holiday shopping can test one's patience! Consider these ideas if you're a family caregiver trying to figure out how to make a shopping outing as simple and enjoyable as possible for yourself and the loved one you're caring for.

Choose the Right Time

Avoid peak shopping hours. Weekends and afternoons can be challenging especially when finding parking. It can be even more difficult if you need to find disabled parking, as there are far fewer of those spots available. Public transportation will also be crowded, and schedules may be different on weekends. Busy times also mean crowded aisles and long lines at registers, restrooms, and fitting rooms. It can all test anyone's patience and endurance, especially someone who has mobility challenges or other health concerns.

Take Advantage of Store Service

Ever since the pandemic, some stores have offered free or same-day delivery to the buyer's home. Many still offer free curbside pickup for items you've purchased online. Find out if a store employee can help you load purchases into your car. This can be a big help if you're pushing a wheelchair or otherwise helping your senior to the car. Department store clerks aren't likely to help in this way, but smaller retailers and mom-and-pop stores may be happy to help. Big-box stores and grocery stores typically help customers load their cars.

Take a break or two

Research shows that older shoppers, especially those over age 70, want access to seating in stores. If you're shopping with a senior who walks on their own, be mindful of taking rest breaks. Look for seating areas inside stores or in adjacent public spaces or restaurants. Sitting and people-watching can be a fun break from shopping. While you're at it, be sure your senior drinks plenty of water.



Right at Home offers in-home care to seniors and adults with disabilities who want to live independently. Most Right at Home offices are independently owned and operated, and directly employ & supervise all caregiving staff.

636-379-9955

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 }

December 6, 2022 - 11:30 am – 2:00 pm \$25

Holiday Luncheon at the Christy Banquet Center, 9000 Veterans

Memorial Pkwy, O'Fallon, MO

Celebrate the holidays! A great meal and entertainment by Scott Laytham & Karl Holmes Duo.

Reservations & money due by November 18th. Provide your own transportation.

FOOTLOOSE - December 9 thru 11

By the Performing Arts Department

at St Charles Community College's *Young People's Theatre*

- 9th at 7 PM
- 10th at 2 PM
- 11th at 2 PM
- 10th at 7 PM

May 1 – 5, 2023 The Ark Encounter & Creation Museum

\$615 dbl occupancy

Changes have been made regarding this trip, including price.

5 days, 4 nights includes 4 nights lodging; 4 breakfasts and 4 dinners; admission to Ark Encounter, Creation Museum, Newport Aquarium and Riverboat Sightseeing Cruise on Ohio River. Need to know in advance number interested in going. Contact Joyce Pickering (573)384-5538 or Jan Bettencourt (636)485-2663

September 12, 13 & 14, 2023 Branson

3 days & 2 nights to see "Queen Esther" at the Sight & Sound Theater plus more. Price includes travel, lodging, all admission fees and meals, except when stopping enroute to eat.

There are trips planned to go to Nashville in Spring 2023 & Mackinaw Island in Fall 2023. These are Diamond Tours on big tour busses. More info coming.

**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**

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.



NOVEMBER IS *Embrace* -A- *Senior* MONTH



LIVE YOUR *Best Life*



LCCOA 
ESTD. 1978
Lincoln County Council on Aging

This is what your tax-deductible donation will do

\$50

right here in Lincoln County!

Supply a homebound senior with hot meals for 1 week.

\$200

Provide site electricity for 1 month.

\$500

Fuel food delivery vehicles for 2 weeks.

\$1000

Supply a homebound senior hot meals for 6 months.

DONATIONS MADE TO LCCOA 1380 Boone St., Troy MO 63379



CHRISTMAS PARTY

Thursday
Dec 22
12:30p

Everyone is welcome to come celebrate Christmas at LCCOA!

IF you would like to participate in the White Elephant Gift Exchange - Please Bring a Wrapped Gift valued at \$5-\$10 (Not Required to Party)

We're going to have a party
And a lovely Christmas tea,
And flags and lighted candles
Upon the Christmas Tree!
And silver balls and lanterns,
Tied on with golden string,
Will hide among the branches
By little bells that ring.

And then there will be crackers
And caps and hats and toys,
A Christmas cake and presents
For all the girls and boys.
With dancing, games & laughter,
With music, songs and fun,
We'll make our Christmas Party
A joy for everyone!



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.





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.

THANK YOU ALL FOR ANOTHER AMAZING YEAR

From Lindsey

Another amazing year is about to turn, and I couldn't be more grateful for the friends I've made at LCCOA. All the incredible advice, and life lessons I've had through knowing you all. I hope to see MANY of you on the 22nd for the Christmas Party, but even if you can't join us - know you are thought of! Please remember, that out there in this wildly beautiful, and often CRAZY world, that there are people here who wish you well & empathize with your struggles. You are NOT alone! We will make it through this year, and the years ahead, together, as a community.

Well Wishes & Merry Christmas my fellow LCCOA'ns
from my home to yours!

♥ Lindsey

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
Nov. 28. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	Nov. 29. 9:00 Hand Quilting 10:00 Crochet	Nov. 30. 9-11 Medicare Q&A w/Chris 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	December 1. 9:00 Veterans Coffee Talk 10:00 Cross Stitch	2. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
5. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	6. 9:00 Quilting 9a-3p Veterans Commission 10:00 Crochet	7. 9-11 Medicare Q&A with Chris 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	8. 9:00 Veterans Coffee Talk 10:00 Cross Stitch 12:30 Cards 2p Alz Caregiver Support Group	9. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
12. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	13. 9:00 Quilting 10:00 Crochet	14. 9-11 Medicare Q&A with Chris 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	15. 9a-3p Veterans Commission 9:00 Veterans Coffee Talk 10:00 Cross Stitch 1:30 Senior Resource Grp Mtg	16. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
19. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	20. 9:00 Quilting 10:00 Crochet	21. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo 12:30 Medicare with Nicole	22. 9:00 Veterans Coffee Talk 10:00 Cross Stitch CHRISTMAS PARTY 12:30 pm	23. CLOSED
26. CLOSED	27. 9:00 Hand Quilting 10:00 Crochet	28. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	29. 9:00 Veterans Coffee Talk 10:00 Cross Stitch	30. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12:30 Jam Session with Roy

Online Calendar at www.LCCOAonline.org