

WALMART SHOPPING

Log in to your Walmart Account or App

Click ACCOUNT

Click "Giving & Impact"

Click "Choose Your Preferred Charity"

Search Lincoln County Council on Aging in Troy, MO



LIVE YOUR BEST LIFE

Volume 34
APRIL 2024

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 \$9.12 per meal. (raw food, labor, utilities, etc...)

*THANK YOU TO
United Way
of Greater St Louis*
for supporting LCCOA's Meals program

FREE COOKING CLASS
Returning in May. 636-456-3444

ALZ CAREGIVER SUPPORT GROUP
Thurs., April 11 @ 2-3p

FREE MEDICARE COUNSELING (SHIP)
Wed., April 10 @ 10:30a

ODILA's 95th BIRTHDAY PARTY
Thurs., April 18 @ 12:00p

FREE BIRTHDAY CAKE
Wed., April 24 @ 11:30a

LIVE MUSIC
Fri., April 26 @ 12:30p

LCCOA TRIVIA NIGHT FUNDRAISER
Fri., May 3 @ 6:30p

TRIVIA NIGHT 2024

FRIDAY MAY 3

LCCOA  ESTD. 1978

DOORS OPEN 6PM JOIN US FOR A FUN EVENING!
PRIZES, RAFFLES & TRIVIA!
LCCOA, 1380 Boone Street, Troy MO

8 PLAYERS/TABLE - \$160/TABLE TRIVIA BEGINS 6:30 PM
MUST BE 18 OR OLDER TO PLAY
SPONSORSHIP OPPORTUNITIES AVAILABLE

BYO SNACKS **SODA & SETUPS PROVIDED**
8 ROUNDS + BASKET DRAWINGS + 50/50 + MULLIGANS AVAILABLE

USE YOUR BRAIN POWER REGISTER BY APRIL 8
MUSIC + MOVIES + POP CULTURE + HISTORY + SPORTS + MORE!
PROCEEDS BENEFIT LINCOLN COUNTY COUNCIL ON AGING

Open Mon-Fri
8a - 4p
Lunch On-Site
11:30a - 12:30p

636-528-7000

April Menu

HOME DELIVERED CLIENTS:

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



Monday	Tuesday	Wednesday	Thursday	Friday
1. BBQ Chicken Breast, Baked Beans, Pasta Salad, Peaches	2. Ham Sandwich on Bun, Lettuce, Tomatoes, Cheese, Whole Grain Chips, Pears	3. Mashed Potatoes, Gravy, Roll, Green Beans, In House: Fried Chicken Homebound: Chicken Patty Fresh Fruit	4. Sausage Flat Bread Pizza, Cheese, Carrots, Raisins	5. Chef Salad, Ham, Chicken, Cheese, Lettuce, Tomatoes, Crackers, Dressing, Fresh Fruit
8. Country Fried Steak, Mashed Potatoes, Gravy, Peas, Roll, Fruit Cocktail	9. Chicken Salad, Croissant Roll, Lettuce, Cheese, Potato Salad, Whole Grain Chips, Applesauce	10. Pork Loin, Stuffing, Gravy, Mixed Veggies Wheat Bread Fresh Fruit	11. Salisbury Steak, Parsley, Potatoes, Green Beans, Caramelized Onions, Gravy, Roll, Raisins	12. Chicken Fajita Rollup, Tortilla, Lettuce, Cheese, Salsa, Sour Cream, Spanish Rice Fresh Fruit
15. Chicken Teriyaki, Rice, Asian Vegetables, Pineapple	16. Tuna Casserole, Pasta, Peas and Carrots, Breadstick, Pears	17. Catfish, Coleslaw, Hush Puppies, Baked Beans, Wheat Bread, Fresh Fruit	18. Sweet and Sour Meatballs, Rice, California Blend, Mandarin Oranges	19. Taco Salad, Refried Beans, Lettuce, Cheese, Sour Cream, Salsa, Chips, Fresh Fruit
22. Polish Sausage, Bun, Mashed Potatoes, Sauerkraut, Corn, Peaches	23. Chicken Philly, Hoagie, Onions, Green Peppers, Cheese, Lettuce, Whole Grain Chips, Raisins	24. Baked Ham, Scalloped Potatoes, Green Beans, Wheat Bread, Fresh Fruit	25. Sloppy Joes, Bun, Mac N-Cheese, Mixed Vegetables, Applesauce	26. Tuna Salad, Croissant Roll, Lettuce, Cheese, Pasta Salad w/veggies Whole Grain Chips, Fresh Fruit
29. Pork Tenderloin, Bun, Lettuce, Cheese, Tomatoes, Potato Salad, Fruit Cocktail	30. Chicken Quesadilla, Lettuce, Sour Cream, Salsa, Mandarin Oranges	May 1. Mashed Potatoes, Gravy, Roll, Green Beans, In House: Fried Chicken Homebound: Chicken Patty Fresh Fruit	2. Beef Burrito, Tortilla, Cheese, Lettuce, Salsa, Sour Cream, Whole Grain Chips, Raisins	3. BBQ Riblet on Bun, Baked Beans, Carrots, Fresh Fruit

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
Ron McGaskey
Sharon Hasekamp
Joseph Britain

Proud member of



United Way of Greater St. Louis



www.LCCOAonline.org

 Community PARTNERS 

TOYOTA | MO



 **Marillac Mission Fund**

P&T
PEOPLES BANK & TRUST

 **Cuivre River Electric**
A Touchstone Energy Cooperative 

Mercy 

RB
THE REGIONAL BUSINESS COUNCIL

 **Hardey Senior Consulting**
nicole@hscllc.us
636.462.2701
636.628.2677

Nicole Hardey
Licensed Independent Broker

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

FETTER & SONS
F&S
COLLISION & CUSTOMS

Meyer Title Company 

You are invited
 *to celebrate*
Odila's 95th Birthday!

**THURSDAY
APRIL 18
12:00 PM**

**FOOD,
MUSIC,
GAMES,
& CAKE**

**EVERYONE
WELCOME!**



 **Hardey Senior Consulting**

nicole@hscllc.us
636.462.2701
636.628.2677


Nicole Hardey
Licensed Independent Broker

Visit Nicole 12:30p—3rd Wed—@LCCOA
See you there!



www.LCCOAonline.org

NORTHEAST MISSOURI AREA
AGENCY ON AGING
815 N. Osteopathy Kirksville, MO 63501
669-665-4682 1-800-664-6338 Toll Free
Helping Older Missourians Remain Independent

MISSOURI SHIP

State Health Insurance Assistance Program

Proud Community Partner

Have you ever disagreed with a payment decision made by Medicare or your plan?

If so, you do have rights. You can appeal healthcare service, item, or drug you think Medicare should have covered. This includes care or supplies or drugs that you have already received. The appeal can also include the amount you are expected to pay for a service, item or drug. You can also appeal changes to service such as decreased care or limits put onto care or drugs.

There are different processes for appealing based on whether you have Original Medicare or a Medicare Advantage plan.

With Original Medicare you will want to read the Medicare Summary Notice and note the date by which you file an appeal. You will need to complete the Redetermination Request Form and send by the date noted. If you miss this date you may be able to get an extension if you show 'good cause', such as being in the hospital. Generally you should expect a decision within 60 days.

If you have a Medicare Advantage plan, the appeal starts with the plan. The denial notice will include information on how to appeal the decision. Appeals should be submitted within 60 days. The plan has 30 days to make a decision on services and 60 days to make a decision on payment. If you believe there is potential harm in waiting you can ask for an 'expedited' decision which will come within 72 hours. It will be helpful to make sure the information below is also included:

- Your name, address, and the Medicare number on your Medicare card
- The items or services for which you're requesting a reconsideration, the dates of service, and the reason(s) why you're appealing.
- The name of your representative and proof of representation, if you've appointed a representative.
- Any other information that may help your case.

You can easily reach a SHIP counselor by calling 1-800-390-3330

Visit with our local SHIP counselor, Rebecca,
on the 2nd Wednesday of the month at LCCOA.

TRIVIA NIGHT 2024

FRIDAY MAY 3

LCCOA ESTD. 1978

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6PM

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+ 50/50 + MULLIGANS AVAILABLE



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MUSIC + MOVIES + POP CULTURE + HISTORY + SPORTS + MORE!

PROCEEDS BENEFIT LINCOLN COUNTY COUNCIL ON AGING

REGISTER
BY
APRIL 8



REGISTER:

[LCCOAONLINE.ORG](https://lccoasonline.org)

OR CALL 636-528-7000 OR EMAIL lkelly@lccoasonline.org

2024 GOLD Community Partner



Reduce your risk of dementia

There are things you can do to reduce your own risk of developing dementia. These include keeping active, eating healthily and exercising your mind.

There is a lot of evidence that lifestyle choices can affect our risk of developing dementia. Dementia risk is lowest in people who have healthy behaviours in mid-life (aged 40–65). No single behaviour is guaranteed to prevent dementia, and some are more easy to change than others.

Physical Exercise

Drink Less Alcohol

Don't Smoke

Stay Mentally Well and Socially Active

Manage long-term Health Conditions

Protect Your Hearing

Protect Your Head

Environmental Risk Factors

Certain forms of air pollution increase a person's risk of dementia. It is difficult for an individual to reduce their exposure to polluted air and better environmental policies are needed to reduce air pollution.

NUTRITION EDUCATION TOPICS PROVIDED BY
Northeast Missouri Area Agency on Aging

**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

ARTICLE PUBLISHED BY
Alzheimer's Society



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

LINE DANCING



Tuesdays 12:30-1:30p
NO Pre-Registration Required.



SMART DEVICE TUTOR



Jennifer
314-378-3111



Alzheimer's Caregiver
Support Group



2nd Thurs 2-3pm



636-288-9307 *with Barbara Ritchey*

LIVE JAM SESSION



Last Friday Monthly 12:30 - 2:30p
Bring Your Instrument & Join In! Or just come to listen & enjoy.

ANNOUNCEMENT : PET OWNER MEAL-RECIPIENTS

PLEASE LOCK UP YOUR PETS

BEFORE ANSWERING THE DOOR



Senior Lifestyle Consulting LLC

- In-Services
- Content provider - Activity Connection
- Organizer/ Facilitator - SLC Alzheimer's Caregiver Support Group
- Chairman - Lincoln County Senior Resource Group

- 35+ Years Activity Director Certified
- Dementia Practitioner Certified
- Senior Exercise Certified (Spiro 100)
- Fall Prevention Coach Certified (A Matter of Balance)

Barbara Ritchey
Owner / Consultant



636-288-9307



ritcheyb69@gmail.com

We train Activity Professionals, Senior Living communities, In-Home Care Providers, and any other organizations/businesses that touch the lives of Seniors.

Email: ritcheyb69@gmail.com Ph: 636-288-9307

1ST TUES & 3RD THURS

Missouri Veterans Commission, Veteran Service Officer

Michael Smith - 636-202-6215

Michael.Smith@mvc.dps.mo.gov

Free Birthday Cake

Wed., April 24 @ 11:30a

Provided by Sugar Creek

Join us to celebrate ALL
the wonderful folks who came
into this world in this month!



Sugar Creek
assisted living & memory care
by Americare

TO-GO ORDERS

TO-GO ORDERS BEGIN AFTER DINE-IN SERVICE
On All Busy Days.



Suggested Contribution

Donation for Meals is \$5

for those over 60.

Meals for those under 60 are \$8.

UPDATE : SPECIAL ORDERS

LCCOA is faced with a 'good' problem...
we are serving more Lincoln County
residents than ever! But that means we are
also no longer able to accommodate special
meal requests. Every meal will be prepared
the same, with the exception of allergies.
Please notify Janet with your food allergies.

- . You may ask for NO gravy, and
it will be left off the entire meal.
- . You may request NO yogurt.
- . You may request NO bread.

We appreciate your understanding & cooperation.

Please feel free to call LCCOA's Site Director, Janet,
at 636-528-7000 Ext 1 if you have questions.

Coolers & Food Safety

No food will be left in coolers, unless
approved on an individual basis by calling
Janet at 636-528-7000 Ext 1

**Due to this we ask that if you will not
be home at the time of your meal
delivery, please call to let us know.**



VISITING LCCOA
TUES. APRIL 16
11:00 AM
FREE LEGAL ADVICE

VISITING LCCOA
Tuesday
April 23
11:00 AM
Mental Health Care for Everyone!



UPCOMING DAY TRIPS

Wild West Luncheon : June 4 : 11:30am : \$30

The Christy Banquet Center

9000 Veterans Memorial Pkwy, O'Fallon MO 63366

Saddle up and get ready for a rootin' tootin' good time at our Silver and Gold Club Wild West Themed Luncheon! We're dustin' off our cowboy boots and dancing the day away to country tunes performed by Fanfare. There will be amazing food, raffles, prizes for best dressed, and more. We hope to see you there. Dress in your best cowboy/cowgirl costumes.

Purchase Tickets at <https://events.baue.com/events/wild-west-luncheon>

or Call (636) 940-1406

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	2. 9a-3p VetServ Commission 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 12:30-1:30 Line Dancing	3. 9-11 Medicare Q&A with Chris 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl1) 12:00 Cribbage 12:30 Bingo	4. 9:00 Veterans Coffee Talk 12:30 Cards	5. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
8. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	9. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 12:30-1:30 Line Dancing	10. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 10:30 SHIP Medicare Counselor 12:00 Cribbage 12:30 Bingo	11. 9:00 Veterans Coffee Talk 2-3 Alz Caregiver Support Group	12. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
15. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	16. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 11:00 Legal Serv. East MO 12:30-1:30 Line Dancing	17. 9-11 Medicare Q&A with Chris 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo 12:30 Medicare w/ Nicole	18. 9a-3p VetServ Commission 9:00 Veterans Coffee Talk 12:30 Cards 12:30 Odila's 95th Birthday Party	19. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
22. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	23. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 11:00 Ellie Mental Health 12:30-1:30 Line Dancing	24. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 11:30 Free Birthday Cake 12:30 Bingo	25. 9:00 Veterans Coffee Talk	26. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12:30 LIVE MUSIC & Line Dancing
29. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	30. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 12:30-1:30 Line Dancing	May 1. 9-11 Medicare Q&A with Chris 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl1) 12:00 Cribbage 12:30 Bingo	2. 9:00 Veterans Coffee Talk 12:30 Cards	3. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 6:30p LCCOA TRIVIA NIGHT

Online Calendar at www.LCCOAonline.org