

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

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

LCCOA 

..... ESTD. 1978

Lincoln County Council on Aging

636-528-7000

LIVE YOUR BEST LIFE

Volume 33
DECEMBER 2023

SHIP MEDICARE Q&A

Wed., December 6 @ 10:30a-1p

ALZ CAREGIVER SUPPORT GROUP

Thurs., December 14 @ 2-3p

LIVE MUSIC

Fri., December 15 @ 12:30p

BLOOD DRIVE

Tues., December 19, 1:30-5:30p

CHRISTMAS PARTY

Fri., December 22 @ 12:30p

**MEDICARE
OPEN ENROLLMENT
ENDS DEC 7**

SAVE THE DATE

**DEC
22**

CHRISTMAS PARTY

12:30p at LCCOA

**FREE fun & holiday
cheer for EVERYONE!**

*Drinks, Desserts, Games
& Prizes.*

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

LCCOA 

..... ESTD. 1978

Lincoln County Council on Aging

December Menu

HOME DELIVERED CLIENTS:
Not Going To Be Home? Must Call 636-528-7000 ASAP



27. Chicken Patty on Bun with Lettuce, Cheese; Pasta Salad, Peaches	28. Fish Sandwich with Lettuce and Cheese on Bun, Whole Grain Chips, Raisins	29. Scalloped Potatoes, Peas, Roll, Dine In: Cordon Bleu Homebound: Chicken Patty	30. Meatball Sub on Hoagie with Cheese; Celery Sticks, Whole Grain Chips, Pears	December 1. Loaded Baked Potato Soup Grilled Cheese Sandwich Crackers Fresh Fruit
4. Spaghetti and Meatballs, Corn, Garlic Bread, Applesauce	5. Crab Cakes, Macaroni Salad, California Blend, Mandarin Oranges	6. Mashed Potatoes, Gravy, Green Beans, Roll, Home-bound Chicken Patty, In House Fried Chicken, Fresh Fruit	7. Crunchy Hamburger Casserole, Pasta, Peas, Pears	8. Chicken and Dumplings, Roast Carrots, Garlic Cheddar Biscuits, Fresh Fruit
11. Polish Sausage, Mashed Potatoes, Sauerkraut, Raisins	12. Cheeseburger, Bun, Pasta Salad, Baked Beans, Mandarin Oranges	13. Catfish, Hush Puppies, Cole-slaw, Wheat Bread, Fresh Fruit	14. Chicken Teriyaki, Rice, Asian Vegetables, Pineapple	15. Broccoli-Cheese Soup, Ham Sandwich, White Bread, Fresh Fruit
18. Chicken Parmesan, Cheese, Corn, Garlic Bread, Applesauce	19. Beef Burrito, Refried Beans, Tortilla, Lettuce, Cheese, Salsa, Sour Cream, Peaches	20. Pork Loin, Green Beans, Roll, Stuffing, Gravy, Cranberry Applesauce, Fresh Fruit	21. Hot Dogs, Potato Salad, Bun, Baked Beans, Apples	22. Chicken Philly, Cheese, Onions, Green Peppers, Bun, Whole Grain Chips, Fresh Fruit
25. CLOSED	26. CLOSED	27. Scalloped Potatoes, Peas and Carrots, Roll, Fresh Fruit In House- Cordon Bleu Home Bound Chicken Patty	28. Cheesy Chicken Casserole, Rice, Garlic Bread, Crisp	29. Beef Stroganoff, Pasta, Carrots, Yeast Rolls, 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	Lindsey Kelley	Joe Indelicato
Janet Carver	Denise Jordan	Melinda Grgurich
Maureen Ostmann		

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

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PEOPLES BANK & TRUST

Mercy†

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Old Monroe**

 **Hardey Senior
Consulting**

✉ nicole@hscllc.us
☎ 636.462.2701
📠 636.628.2677



Nicole Hardey
Licensed Independent
Broker



www.LCCOAonline.org

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636-462-7457

silver 
health
solutions

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C**

THE REGIONAL BUSINESS COUNCIL

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**



Nicole Hardey
Licensed Independent
Broker

✉ nicole@hscllc.us

☎ 636.462.2701

📠 636.628.2677

Check the November calendar for upcoming
events & visit me at LCCOA on the
3rd Wednesday @ 12;30p
See you there!

ANNOUNCEMENT : PET OWNER MEAL-RECIPIENTS

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



**Suggested Contribution
Donation for Meals is \$5**
for those over 60. Meals for those under 60 will be \$8.

MISSOURI SHIP

State Health Insurance Assistance Program

Review your Medicare options Oct 15—Dec 7

Speak FREE with a Certified Medicare Counselor
from Missouri SHIP (CLAIM),

please call Rebecca Pogorzelski, R.Ph. Pharm.D. at

636-344-0628

Or SHIP's Toll-Free Hotline 800-390-3330

WHAT'S 'EXTRA HELP'?

"Extra Help" is a Medicare program to help people with limited income and resources pay [Medicare drug coverage \(Part D\)](#) premiums, deductibles, coinsurance, and other costs.

You also won't have to pay a Part D late enrollment penalty while you get Extra Help.

Some people qualify for Extra Help automatically, and other people have to apply.

Who gets Extra Help automatically?

You'll get Extra Help automatically if you get:

- Full Medicaid coverage
- Help from your state paying your Part B premiums (from a [Medicare Savings Program](#))
- Supplemental Security Income (SSI) benefits from Social Security

You'll get a letter about your Extra Help. It tells you things like how much you'll pay, and your new Medicare drug plan, if you don't have one already.

If you don't automatically get Extra Help, you can apply for it:

Call Social Security at 1-800-772-1213. TTY users can call 1-800-325-0778. Or call LCCOA's

[State Health Insurance Assistance Program \(SHIP\)](#)

Counselor, Rebecca Pogorzelski at 636-344-0628

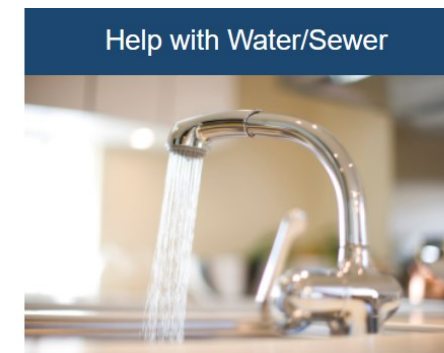
SHIP MEDICARE Q&A

Wed., Dec. 6
10:30a-1p



DID YOU KNOW LIHEAP stands for Low Income Home Energy Assistance Program?

The Low Income Home Energy Assistance Program (LIHEAP) and Low Income Household Water Assistance Program (LIHWAP) may be able to help eligible Missourians pay their energy, water, or sewer bill. LIHEAP also provides emergency services to those in crisis.



The Low Income Home Energy Assistance Program (LIHEAP) may be able to help you pay your home energy bills through:

- **Energy Assistance** - A one-time payment for one fuel type for your heating or cooling costs from October-May.
- **Energy Crisis Intervention Program (ECIP)** - Helps pay your energy bill when you have a termination or disconnect notice indicating a specific disconnect date, a final billing statement advising the account has been terminated, a propane-fuel oil tank is filled at less than 20% capacity, the customer is a cash on delivery (COD) customer, pre-paid electric customer indicates their pre-paid usage is about to run out, or when an applicant indicates another fuel source is about to run out (Wood, corn pellets, kerosene). The amount of help you receive is based on the amount of bill with the energy provider.
 - Winter ECIP is available November—May based on funding. The maximum amount you could get is \$800.
 - Summer ECIP is available June—September based on funding. The maximum amount you could get is \$600.

You may be eligible for help if you:

- Are responsible for paying the utilities for your home (including if you rent)
- Are a Missouri resident
- Are a United States citizen (or have been legally admitted for permanent residence)
- Have \$3,000 or less in your bank accounts, retirement accounts, or investments
- Meet or are below the **income guidelines** for your household size

CONTACT Lincoln County NECAC at 636-528-7604

Email jallan@necac.org or lincsc@necac.org

11 Woodcrest Dr., Troy



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

! TESTIMONIALS NEEDED !

LCCOA NEEDS Your Testimony of Our Services

Write-In or Email; LKelley@LCCOAonline.org

TESTI-MONIES HELPS LCCOA RECEIVE MONIES!

Your testimony could help LCCOA receive funds for the meals program, expanding services, adding activities and more!

Our HUGE
'thanks' to
**People's
Bank
& Trust**
for stepping up
as a
GOLD 2023



Link Walmart Accounts & Kroger Plus Cards

('How To' on the back cover)

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

! WELCOMING NEW PARTICIPANTS !
LINE DANCING
Tuesdays 12:30-1:30p
No Pre-Registration Required.
Just come have fun!

Keep Away
WINTER
BLUES

SMART DEVICE TUTOR



Jennifer

314-378-3111



**Alzheimer's Caregiver
Support Group**



2nd Thurs 2-3pm

with Barbara Ritchey



LIVE JAM SESSION

Usually Last Friday 12:30 - 2:30p

!Dec 15 due to Christmas!

Bring Your Instrument & Join In!
Or just come to listen & enjoy.



**Senior Lifestyle
Consulting, LLC**

ARE YOU CARING FOR A LOVED ONE
WITH MEMORY LOSS-DEMENTIA-
ALZHEIMER'S?

I CAN HELP...

Your Senior Care Coach

1

I assess your
families needs
when it comes
to home
activities of
daily living

2

I help you work
out a plan for
basic home care
needs and set
up an activities
schedule, plus
more as needed

3

I make trusted
referrals when
needed and
guide you for as
long as you'd
like!



My qualifications include...30+years in the
healthcare industry, Certified Dementia
Practitioner, Certified Fall Prevention Coach,
Facilitator-SLC Alzheimer's Caregiver Support
Group and Certified in Senior Exercise programs

BARB RITCHEY 636.288.9307

'MY PASSION IS TO LEAVE EVERY FAMILY WITH A FEELING OF
PEACE, KNOWLEDGE AND DIRECTION WITH THEIR LOVED ONE.'

AMERICAN RED CROSS BLOOD DRIVE

TUES., DEC. 19, 1:30-5:30pm

More Info & To Schedule An Appointment Go To

RedCrossBlood.org

and enter: Troy Missouri

1ST TUES & 3RD THURS

Missouri Veterans Commission, Veteran Service Officer

Michael Smith - 636-202-6215

Michael.Smith@mvc.dps.mo.gov

TO-GO ORDERS

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

Free Birthday Cake

Wed., Dec 27 @ 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

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.



Reduce Sodium without Losing Flavor

Brought to you by the American Heart Association and NEMO AAA
(Northeast Missouri Area Agency on Aging)

At the store/while shopping for food:

- **Choose packaged and prepared foods carefully.** Compare labels and choose the product with the lowest amount of sodium (per serving) you can find in your store
- **Pick fresh and frozen poultry that hasn’t been injected with a sodium solution.** Check the fine print on the packaging for terms like “broth,” “saline” or “sodium solution.”
- **Select condiments with care.** For example, soy sauce, bottled salad dressings, dips, ketchup, jarred salsas, capers, mustard, pickles, olives and relish can be sky-high in sodium. Look for a reduced- or lower-sodium version.
- **Opt for canned vegetables labeled “no salt added” and frozen vegetables without salty sauces.** When they’re added to a casserole, soup or other mixed dish, there are so many other ingredients involved that you won’t miss the salt.

When preparing food:

- **Use** onions, garlic, herbs, spices, citrus juices and vinegars in place of some or all of the salt to add flavor. Our recipes and tips can help!
- **Drain and rinse** canned beans (like chickpeas, kidney beans, etc.) and vegetables. You’ll cut the sodium by up to 40 percent.
- **Combine** lower-sodium versions of food with regular versions. If you don’t like the taste of lower-sodium foods right now, try combining them in equal parts with a regular version of the same food.
- **Cook** pasta, rice and hot cereal without salt. You’re likely going to add other flavorful ingredients, so you won’t miss the salt.
- **Cook** by grilling, braising, roasting, searing and sautéing to bring out natural flavors. This will reduce the need to add salt.
- **Incorporate** foods with potassium like sweet potatoes, potatoes, greens, tomatoes and lower-sodium tomato sauce, white beans, kidney beans, nonfat yogurt, oranges, bananas and cantaloupe.

At restaurants:

- **Tell them how you like it.** Ask for your dish to be made without extra salt.
- **Taste your food before adding salt.** If you think it needs a boost of flavor, add freshly ground black pepper or a squeeze of fresh lemon or lime and test it again before adding salt. Lemon and pepper are especially good on fish, chicken and vegetables.
- **Watch out for these food words:** pickled, brined, barbecued, cured, smoked, broth, au jus, soy sauce, miso or teriyaki sauce. These tend to be high in sodium. Foods that are steamed, baked, grilled, poached or roasted may have less sodium.

Control portion sizes. When you cut calories, you usually cut the sodium too. Ask if smaller portions are available, share the meal with a friend or ask for a to-go box when you order and place half the meal in the box to eat later.

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
27. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	28. 9:00 Quilting 10:00 Crochet	29. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 11:30 FREE CAKE 12:00 Cribbage 12:30 Bingo	30. 9:00 Veterans Coffee Talk	December 1. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
4. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	5. 9a-3p VetServ Commission 9:00 Quilting 10:00 Crochet	6. 9-11 Medicare Q&A with Chris 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	7. 9:00 Veterans Coffee Talk 12:30 Cards	8. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
11. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	12. 9:00 Quilting 10:00 Crochet	13. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	14. 9:00 Veterans Coffee Talk 2-3 Alz Caregiver Support Group	15. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12:30 LIVE MUSIC
18. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	19. 9:00 Quilting 10:00 Crochet 1:30-5:30 Blood Drive	20. 9-11 Medicare Q&A with Chris 12:00 Cribbage 12:30 Bingo 12:30 Medicare w/ Nicole	21. 9a-3p VetServ Commission 9:00 Veterans Coffee Talk 12:30 Cards	22. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12:30 Christmas Party
25. CLOSED	26. CLOSED	27. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 11:30 FREE CAKE 12:00 Cribbage 12:30 Bingo	28. 9:00 Veterans Coffee Talk	29. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1