

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
May 2022

This issue

BLOOD PRESS. CHECK
May 4 & 17, 10:15 - 11:15am

COMPUTER CLASSES
Tuesdays at 10:00a

GARDENING
Thursdays at 10:30am

CROSS STITCH
Fridays at 10:30am

CHAIR RX
Starting May 12th at 12:15p
Activity Room

Open 8a—4p
Mon.—Fri.

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



..... ESTD. 1978

Lincoln County Council on Aging

Missouri Veterans Commission

Service Officer, Michael Smith,
has a NEW Phone Number!

636-202-6215

! TESTIMONIALS NEEDED !

Whether you dine-in,
participate in activities, or are
a homebound recipient, we
NEED your testimonial!

Write-In or Email;
LKelley@LCCOAonline.org

CHECK THE BACK COVER
For Instructions HOW TO LINK
*Your Amazon Account &
Kroger Plus Cards*
You shop. They donate to LCCOA.

May Menu

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

2. Country Fried Steak, Corn, Mashed Potatoes Gravy Wheat Bread Apricots	3. Tuna Salad on Croissant Roll Pasta Salad Lettuce, Cheese, Whole Grain Chips Peaches	4. Mashed Potatoes, Gravy, Green Beans, Wheat Bread, Fresh Fruit Dine-In: Fried Chicken Home-Delivered: Chicken Patty	5. Hot Dog on Bun Baked Beans Potato Salad Pears	6. Chef Salad Ham, Chicken, Tomatoes, Eggs, Crackers Dressing Peaches
9. Salisbury Steak Parsley Potatoes Mixed Veggies Gravy Wheat Bread Pears	10. Breaded Chicken Breast on Bun Peas, Lettuce, Tomato, Cheese, Whole Grain Chips Applesauce	11. Pork loin Mashed Potatoes Gravy, Green Beans Wheat Bread Fresh Fruit	12. Beef Burrito with Tortilla Wrap Lettuce, Cheese, Salsa, Sour Cream, Spanish Rice Fruit Cocktail	13. Grilled Chicken Cranberry Salad, Cheese Tomatoes, Crackers Dressing Tropical Fruit
16. Spaghetti and Meatballs Steamed Broccoli Breadstick Peaches	17. Chicken Salad on Croissant Roll Pasta Salad Lettuce, Tomato, Cheese, Whole Grain Chips	18. Hush Puppies Coleslaw, Wheat Bread, Fresh Fruit Dine-In: Catfish Home-Delivered: Fish Patty	19. Chicken Philly on Hoagie Roll Carrots Lettuce, Cheese Onions, Green Peppers	20. Taco Salad Refried Beans Lettuce, Cheese Salsa, Sour Cream, Corn Chips
23. Baked Chicken Breast Wild Rice Mushroom Gravy Carrots Fruit Cocktail	24. Sloppy Joes on Bun Macaroni & Cheese Green Beans Peaches	25. Pasta Con Broccoli Chicken Strips Garlic Bread Fresh Fruit	26. Chicken Teriyaki Steamed Rice Asian Veggies Mandarin Oranges	27. Chicken Fajita Salad, Cheese, Black Beans Salsa, Lettuce Sour Cream Spanish Rice Pears
30. CLOSED Happy Memorial Day	31. Sweet & Sour Meatballs California Blend Steamed Rice Pineapple	June 1. Mashed Potatoes, Gravy, Green Beans, Wheat Bread, Fresh Fruit Dine-In: Fried Chicken Home-Delivered: Chicken Patty	2. Hot Dog on Bun Baked Beans Potato Salad Pears	3. Chef Salad Ham, Chicken, Tomatoes, Eggs, Crackers Dressing Peaches



..... 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



www.LCCOAonline.org

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

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, and look forward to continuing to serve in 2022!



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



The home-delivered meals menu has changed.
HDM Clients will now receive a breaded chicken patty in lieu of fried chicken, and a fish patty in lieu of fried catfish.
We understand this may be upsetting. Please know that these changes are unavoidable, and are necessary for the longevity of the meals program.

Thank you from LCCOA's Staff & Volunteers

*** FOOD CHANGES ARE HERE ***

FOOD SUPPLIES ARE BEING DISRUPTED.

LCCOA IS WORKING DILIGENTLY WITH SUPPLIERS TO BEST PREPARE AHEAD FOR MEALS. PLEASE BE AWARE THAT SOME ITEMS MAY CHANGE OR BECOME NO LONGER AVAILABLE WITHOUT NOTICE. WE WILL DO OUR BEST TO MAKE CHANGES IN ADVANCE, BUT THIS MAY NOT ALWAYS BE POSSIBLE.

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



In the United States more people have strokes than heart attacks?

Stroke Facts:

A stroke is defined as an attack on the brain. When a stroke occurs the brain maybe prevented from getting the needed blood supply due to arteries being obstructed or damaged. A stroke can lead to impaired vision, speech, and movement of the body pending the part of the brain a stroke occurred. The two types of strokes are ischemic and hemorrhagic. Ischemic stroke is when an artery is blocked ceasing blood flow. A hemorrhagic stroke is when an artery in the brain is ruptured. The rupture can lead to swelling, pressure, or damage to the brain. Risk factors for stroke include age, gender, race, and family history. More manageable risk factors pertain to medical history and life choices.



Balance

Loss Of Balance, Dizziness



Eyes

Vision Changes



Face

Facial Drooping, Severe Headache



Arms

Weakness, Numbness



Speech

Trouble Speaking, Confusion



Time

To Call 911

Stroke Symptoms:

Dizziness
Weakness
Trouble speaking
Vision changes
Loss of balance
Headache
Confusion
Difficulty understanding
Numbness
Trouble walking
Stroke Awareness:
Urgency is key
Know the symptoms
Spread the word

Brought to you by
LC-SRG Member:

Mercy Hospital Lincoln
Ashley Myers - MSW
Social Worker
Office : 636-528-8551



The minute it is suspected a friend or loved one could be having a stroke or the individual appears off call 911. Response time is vital to a strokes lasting impact. Calling 911 even if wrong is the right response. With more people in the United States having strokes than heart attacks more should know how to identify symptoms and how to respond quickly.

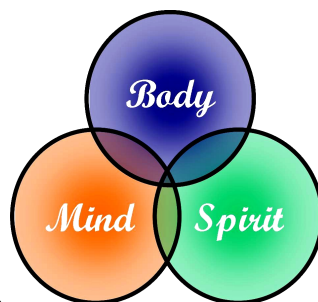
Overreact2stroke.com

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

CHAIR RX IS BACK!

NEW NAME *May 12 thru 26*

Thursdays at 12:15pm
MORE than just Chair Yoga!



Day Trips

BRANSON SHOW EXTRAVAGANZA

Length of Trip	Amazing Price	Date of Trip
5 Days - 4 Nights	\$560 pp/Double Occupancy	June 06 - 10, 2022

This Tour Includes:

- Motorcoach transportation
- 4 nights lodging in the Branson area
- Admission to 6 Fabulous Shows! Including:
- Three Morning Shows:
ALL HANDS ON DECK, DOUG GABRIEL MORNING SHOW & A NEIL DIAMOND TRIBUTE SHOW
- Three Evening Shows:
THE HAYGOODS SHOW, PRESLEYS' COUNTRY JUBILEE SHOW & JESUS Show at the Sight & Sound® Theatre
- 8 meals: 4 breakfasts and 4 dinners

FOR INFO & RESERVATIONS, CALL PAM! 636-399-5675

Departing American Legion in Elsberry at 8am, and from
Sacred Heart Catholic Church in Troy at 9am.

www.diamondtours.com/Join-Tour/1889578

For questions, or to offer volunteer-driving for Day Trips;
Please call Joyce at 573-384-5538

**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.

Golf Ball DROP

Clonts Field
Saturday, June 4
9:00am

WIN WIN WIN!
50/50



1 Ball	\$5
10 Balls	\$40
30 Balls	\$100

At LCCOA's
Live Your Best Life Fun Run



BLOOD PRESSURE CHECKS

MAY 4 & 17
10:15 - 11:15 AM



Alzheimer's Caregiver Support Group

May 12 from 2:00 - 4:00pm
with Barbara Ritchey



OPEN MIC with Roy Ritchey

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

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

COMPUTER CLASS 10AM TUESDAYS

Join Jennifer & Ed in the library or activity room every Tuesday! They will help you with your devices; laptop, cell phone, tablet, etc..

Don't be shy or embarrassed!

We are all learning & it's GOOD to try new things!



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

DO YOU 'LIKE' LCCOA?

Please tell your family, friends, and places you spend money, about our organization! We reach out annually for local supporters, and when they have already heard about us from a loved-one or client they are more likely to give. We would be grateful for you vetting LCCOA!

COLOR RUN

Lincoln County Council of Aging



SATURDAY
JUNE 4TH, 2022

CLONTS FIELD
401 CLONTS FIELD DR, TROY

TSHIRT & SWAG
BAG INCLUDED
WITH EVERY REGISTRATION

Register through Lincoln County
Council of Aging Facebook Page

7AM: GATES OPEN

8AM: RACE STARTS

ALL AGES WELCOME

5K WALK
or **RUN K**

ADULT (13-59)
\$15

SENIORS (60+)
\$10

KIDS (1-12)
\$5

COVID BOOSTER (4th Dose)

Here at LCCOA!

Provided by the Lincoln County Health Department

Wednesdays May 4 & 18th

10:00am to 1:00pm

Don't forget to bring your insurance card!

(*You will not be billed for the vaccine, only for administrative costs.

If it is not covered by insurance, you will not be charged.*)

Picture Perfect!



ABOVE:
Exercisers Extraordinaire!
Joyce Pickering & Lois Fenwick

BELOW:
King & Queen of Hearts 2022
Jeremy & Dottie



LEFT (Left to Right):
Trouble Makers!
Nancy Otte, and
Al & Phyllis Pruitt

EFFECTIVE COMMUNICATION STRATEGIES

An education program presented by the Alzheimer's Association®



Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect.

Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

**Tuesday, May 17
12:30 p.m. - 1:30 p.m.**

**LCCOA
1380 Boone St.
Troy, MO 63379**

**To register visit:
<https://tinyurl.com/LCC1722>
Or call 800-272-3900**

Visit alz.org/CRF to explore additional education programs in your area.

alzheimer's  association®

1591 5379

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl1)	3. 9a-3p Veterans Commission 9:00 Quilting 10:00 Crochet 10:00 Computer Class 12:30 Grief Support	4. 9:15 Exercise Lvl 2 10a-1p COVID Booster (4th) 10:15 Blood Press. Check 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	5. 9:00 Veterans Coffee Talk 10:30 Gardening 1:00 Cooking Class	6. 9:15 Exercise Lvl 2 10:30 Exercise, Lvl 1 10:30 Cross Stich
9. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl1)	10. 9:00 Quilting 10:00 Crochet 10:00 Computer Class	11. 9-11 Medicare with Chris 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	12. 9:00 Veterans Coffee Talk 10:30 Gardening 12:15 Chair RX 12:30 Euchre/ Cards Alz's Caregiver Support 2-4pm	13. 9:15 Exercise L2 10:30 Exercise, Lvl 1 10:30 Cross Stich
16. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	17. 9:00 Quilting 10:00 Crochet 10:00 Computer Class 10:15 Blood Press. Check 12:30 Effec. Comm. Strats for Alz's 12:30 Grief Sup	18. 9:15 Exercise Lvl 2 10a-1p COVID Booster (4th) 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Medicare with Nicole	19. 9a-3p Veterans Commission 9:00 Veterans Coffee Talk 10:30 Gardening 12:15 Chair RX 12:30 Senior Resource Grp Mtg	20. 9:15 Exercise L2 10:30 Exercise, Lvl 1 10:30 Cross Stich
23. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	24. 9:00 Quilting 10:00 Crochet 10:00 Computer Class	25. 9-11 Medicare with Chris 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	26. 9:00 Veterans Coffee Talk 10:30 Gardening 12:15 Chair RX 12:30 Euchre/ Cards	27. 9:15 Exercise L2 10:30 Exercise, Lvl 1 10:30 Cross Stich 12:30 Open Mic
30. CLOSED HAPPY MEMORIAL DAY	31. 9:00 Hand Quilting 10:00 Crochet 10:00 Computer Class	June 1. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	2. 9:00 Veterans Coffee Talk 10:30 Gardening 12:15 Chair RX	3. 9:15 Exercise L2 10:30 Exerc. L1 10:30 Cross Stich

Online Calendar at www.LCCOAonline.org