

Walmart  sparkgood

## 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

**636-528-7000**

**LCCOA**   

..... ESTD. 1978 .....

Lincoln County Council on Aging

# LIVE YOUR BEST LIFE

Volume 35  
JANUARY  
2025

#### HOLIDAY CLOSURES

December 31 & January 1

#### MEN & WOMENS CARDS

Mondays @ 12:30pm

#### DIGITAL LITERACY

Thurs., January 9 @ 10:30a

#### FREE—LEGAL SERVICES

Tues., January 21 @ 10:30a

#### VALENTINE RAFFLE

Wed., February 12 @ 11:30a

#### FREE COOKING CLASS

Thurs., February 13 @ 1pm

#### VALENTINE'S PARTY

Fri., February 14 @ 12:30p

### WINTER ADVISORY

LCCOA follows Lincoln County R3

School District Closures for  
inclement weather.

Stay tuned to news,  
radio, and social media  
for closures.

### THANK YOU BINGO PLAYERS

LCCOA's Bingo players raised

**\$6,000**

in 2024 for LCCOA



**636-528-7000**

**LCCOA**   

..... ESTD. 1978 .....

Lincoln County Council on Aging

Open Mon-Fri  
8a - 4p

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

# MORE RESOURCES



**FREE LEGAL ADVICE**  
**(314) 534-4200**  
Or Toll Free  
**800.444.0514**

Kimberly R. Finnegan, MSW, LCSW, JD  
Office: 314.256.8738



**314-401-0399**

**Senior Community  
Connections, LLC**

Shona McIntyre (MSW, CDP) has helped thousands of families place their loved ones in all levels of care in independent living, assisted living, memory care, and skilled nursing.

**Heartland** 

HOSPICE

**Pain & Symptom Mgmt.**

**Emotional Support**

**Spiritual Care**

**Respite Care**

**Bereavement Care**

Emily Kelly, BSN RN Clinical Liaison

Anne Fryer Hospice Care Consultant

**Call 636-327-4018**

**LCCOA** 

..... 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**  
**Maureen Ostmann**

**Denise Jordan**  
**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  
Mark Henebry  
Ron McGaskey  
Sharon Hasekamp  
Joseph Britain  
Kathy Seabaugh

**Proud member of**



**United Way  
of Greater St. Louis**



**www.LCCOAonline.org**



# Community PARTNERS


**TOYOTA | MO**

**PBT**  
PEOPLES BANK & TRUST

**Mercy** 

**sparkgood**™  
Walmart 

 **Hardey Senior Consulting**

 [nicole@hscilc.us](mailto:nicole@hscilc.us)

 636.462.2701

 636.628.2677



**Nicole Hardey**  
Licensed Independent  
Broker



[www.LCCOAonline.org](http://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

 **Marillac  
Mission Fund**

 **Cuivre River  
Electric**  
A Touchstone Energy  
Cooperative 

  
THE REGIONAL BUSINESS COUNCIL

employees  
**community fund**  
 of Boeing St. Louis

Local Agency  
Local Service  
Medicare Made Easy

**Chris Silverberg**  
636-462-7457

**silver  
health  
solutions** 

## THANK YOU BINGO PLAYERS

LCCOA's Bingo players raised \$6,000 in 2024 for LCCOA



**Silver Health Solutions**

**Chris Silverberg**

212 S. Lincoln Dr.

Troy, MO 63379

Phone: 636-462-7457

[chris@relyonsilver.com](mailto:chris@relyonsilver.com)


**silver  
health  
solutions** 


**1st & 3rd Wed. @LCCOA**


**9-11am**



**Hardey Senior  
Consulting**

 [nicole@hscilc.us](mailto:nicole@hscilc.us)

 636.462.2701

 636.628.2677



**Nicole Hardey**  
Licensed Independent  
Broker

**12:30pm—3rd Wednesday at LCCOA**



**To make an appointment for an in-person discussion or a phone discussion, call me directly at 636-344-0628.**

Happy New Year!! Annual Open Enrollment closed December 7th and the new year is here! Every January through March, is Medicare Advantage Open Enrollment. Those that are in a Medicare Advantage plan get another opportunity to change plans. If for some reason, you missed evaluating your plans prior to the December 7th Open Enrollment deadline, and you are in Medicare Advantage, you get another opportunity. At this time, you can switch from your Medicare Advantage Plan (excluding Medical Savings Accounts, cost plans, and PACE) to another Medicare Advantage Plan, or to Original Medicare with or without a Part D plan. Any changes made are effective the first of the month after the plan gets your requests. For example, if you make a change in January, it would likely be effective February 1st. If you are considering a change, make sure you:

- \* Find out what plans are available in your area. You can do this by looking in the back of the Medicare & You 2025 book, reviewing plans on [medicare.gov](https://www.medicare.gov) or talking to a SHIP counselor.
- \* Make sure the plan meets the needs you have. If you are wondering how to pick a plan, we recommend you look at: costs of medications, are your doctors in the network, the maximum out of pocket for health services, then all the extras (hearing, vision, dental, etc).
- \* Make the change by March 31st. This can also be done on the plan website, on [www.medicare.gov](https://www.medicare.gov), by calling Medicare (1-800-MEDICARE) or working with a SHIP counselor. You can easily reach a SHIP counselor by calling 1-800-390-3330 or visiting with your local SHIP counselor, Rebecca, on the second Wednesday of the month at LCCOA.

Reference: <https://www.medicare.gov/basics/get-started-with-medicare/get-more-coverage/joining-a-plan>

**Rebecca Pogorzelski, R.Ph., Pharm.D,**  
Certified Counselor MissouriSHIP

**636-344-0628**



**Jennifer Barhoumy**



*photographer*

..... ❖ .....

Jennifer is an avid supporter of LCCOA and she's been vetted by us on numerous occasions.

**314-378-3111**

## DAY TRIPS

- \* **December 31st** There will be a New Year's Dance at LCCOA. \$15/person. 8:00pm-12:30pm.
- \* **January 26th** Eagle Days at the Apple Shed in Clarksville. American Legion providing food.
- \* **January 23rd** "A Salute to Broadway" musical at The Ludwig Theater at the Apple Shed in Clarksville, 2 PM.



*Operating Above the Standard*

\*Drivers no longer accept payment.  
Riders can add funds to their account  
BEFORE riding, and each time they ride  
the fare will be withdrawn.

#### The LINC (Service for Residents of Lincoln County)

Service within Lincoln County:

- Monday - Friday
- Fare is \$2 per stop

Service to St. Louis Co./City for Medical Appointments Only

- Wednesdays and Fridays
- Fare is \$10 round-trip

#### OATS Transit Service

Service to St. Charles

- Tuesdays & Thursdays

Service Lincoln County to Troy & Troy In-Town

- Monday through Friday

**To schedule a ride in Lincoln County call 800-654-6287.**

*Same-day & next-day reservations are taken from 7 a.m. to 1 p.m.*

*All other reservations are taken from 7 a.m. to 4 p.m.*

## **! TESTIMONIALS NEEDED !**

We NEED Your Testimony of LCCOA Services  
Write-In or Email; [LKelley@LCCOAonline.org](mailto:LKelley@LCCOAonline.org)

**Link LCCOA with your Kroger Plus Card  
& Kroger will give to LCCOA!**

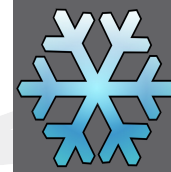
Have Your Kroger Plus Card

. Login Your Kroger Account  
OR

. Call Toll-Free



**1-866-221-4141**



# **WINTER ADVISORY**



LCCOA follows Lincoln County  
R3 School District Closures for  
inclement weather.

Stay tuned to news, radio, and  
social media for closures.

Upon our re-opening after ice  
or snow, please have your  
walkway/porch salted  
and/or shoveled, for the  
safety of the meal deliverers.

If your walkway or driveway is  
unsafe, the meal will  
not be delivered.





# LINE DANCING



Tuesdays 12:30-2:30p

NO Pre-Registration Required.



*Come have a great time!*

Please Note: There will be NO Line Dancing the week of Christmas & the week of New Years.

## SMART DEVICE HELP



**Jennifer**  
**314-378-3111**



Alzheimer's Caregiver

**Support Group**

2nd Thurs 2-3pm



636-288-9307 *with Barbara Ritchey*



**LIVE JAM SESSION**  
**RETURNING IN 2025**

**This is what your tax-deductible donation will do** right here in Lincoln County!

**\$50**

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.

## MIH has come to Lincoln County!

**Mobile Integrated Healthcare (MIH)** is a patient-centered, innovative delivery model offering on-demand, needs-based care and preventive services, delivered in the patient's home or mobile environment.

CPs and CHWs make regular home visits and offer the following care:

- Basic preventive care, including detailed assessments, vital signs, lab draws, EKGs, ultrasounds, wound care, and IV infusions
- Home safety assessments
- Medication reconciliation
- Facilitation of telehealth visits with providers
- Focus on addressing social determinants of health
- Care coordination, primary care provider enrollment, and Medicaid navigation

Patients can refer themselves to the program or be referred by a healthcare provider, emergency medical services (EMS) provider, or hospital emergency department upon discharge.

**Call 636-528-8488**

# 1ST TUES & 3RD THURS

Missouri Veterans Commission, Veteran Service Officer


**Michael Smith - 636-202-6215**

Michael.Smith@mvc.dps.mo.gov

**MUST CALL TO SCHED. APPT.**



## PET OWNER MEAL-RECIPIENTS

 **PLEASE LOCK UP YOUR PETS**  
**BEFORE ANSWERING THE DOOR**

**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.

## NO SPECIAL ORDERS

LCCOA cannot 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

No food will be left in coolers,  
**unless approved on an  
individual basis.**

**Call Janet 636-528-7000 Ext 1**

If you will not be home at the time  
of your meal delivery,  
you **MUST** call to let us know.



# January Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
30. BBQ Riblet Baked Beans Roasted Potatoes Bun Fruit Cocktail	31. <b>CLOSED</b>  <b>Happy New Year's Eve</b>	<b>JANUARY 1.</b> <b>CLOSED</b>  <b>Happy New Year</b>	2. Chicken Philly, Bun, Onions, Green Peppers, Cheese, Whole Grain Chips, Lettuce, Mandarin Orange	3. Taco Salad Refried Beans Lettuce, Cheese, Chips, Fresh Fruit
6. Salisbury Steak, Carmalized Onions, Mashed Potatoes, Gravy, Peas & Carrots, Roll, Applesauce	7. Chicken Quesadill, Tortilla, Cheese, Lettuce, Sour Cream, Salsa, Spanish Rice, Peaches	8. Pork loin, Stuffing, Gravy, Corn, Dinner Roll, Fresh Fruit	9. Sloppy Joe's Bun, Macaroni Cheese, Bakes Beans, Fruit Cocktail	10. Breakfast Sausage Casserole, Cheese, Peppers, Gravy, Banana Muffin, Fresh Fruit
13. Chicken & Dumplings, Biscuit, Peas, Peaches	14. Meatball Sub, Hoagie Roll, Cheese, Pasta Salad, Whole Grain Chips, Fruit Cocktail	15. Catfish Hush Puppies Coleslaw Wheat Bread Fresh Fruit	16. Beef Hotdogs Bun, Potato Salad, Baked Beans Raisins	17. Broccoli Cheese Soup, Ham Sandwich, Crackers, Fresh Fruit
20. Polish Sausage, Bun, Sauerkraut, Mashed Potatoes, Mixed Veggies, Applesauce	21. Sweet & Sour Chicken, Rice, California Blend Mandarin Oranges	22. Pasta Con Broccoli, Alfredo Sauce, Chicken, Garlic Bread, Fresh Fruit	23. Chili with Beef & Beans, Corn, Salad, Baked Beans, Raisins	24. Tuna Casserole, Lima Beans, Pasta, Bread stick, Fresh Fruit
27. Baked Chicken Breast, Mushroom Gravy, Wild Rice, Winter Blend, Raisins	28. Cornbread Taco Bake (Beef), Lettuce, Cheese, Salsa, Sour Cream, Pears	29. Lasagna, (Beef), Corn, Breadstick, Fresh Fruit	30. Pork Tenderloin Fritter, Bun, Lettuce, Cheese, Potato Salad, Peaches	31. Loaded Baked Potato Soup, Bologna Sandwich, Crackers, Fresh Fruit

# ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
30. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) <b>12:30 Cards</b>	31. <b>CLOSED</b> <b>Happy New Year's Eve</b>	January 1. <b>CLOSED</b> <b>Happy New Year</b>	2 9:00 Veterans Coffee Talk	3 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1
6. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) <b>12:30 Cards</b>	7. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	8. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 <b>10:30 SHIP Medicare- Rebecca</b> 12:00 Cribbage 12:30 Bingo	9. 9:00 Veterans Coffee Talk <b>10:30 Digital Literacy</b> w/ Lindsey <b>12:30 Cards</b>	10. 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1
13. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) <b>12:30 Cards</b>	14. 9:00 Quilting 10a 1st Responders 10:00 Crochet <b>10:30 Legal Serv.</b> 12:30 Line Dancing	15. <b>9-11 Medicare Q&amp;A with Chris</b> 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo <b>12:30 Medicare w/ Nicole</b>	16. <b>9a-3p VetServ Commission</b> 9:00 Veterans Coffee Talk <b>2-3 Alz Caregiver Support Group</b>	17. 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1
20. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) <b>12:30 Cards</b>	21. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	22. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo	23. 9:00 Veterans Coffee Talk	24. 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1
27. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) <b>12:30 Cards</b>	28. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	29. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo	30 9:00 Veterans Coffee Talk	31 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1