

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



..... ESTD. 1978

Lincoln County Council on Aging

636-528-7000

LIVE YOUR BEST LIFE

Volume 34

JUNE 2024

FREE MEDICARE
COUNSELING (SHIP)

Wed., June 12 @ 10:30a

ALZ CAREGIVER
SUPPORT GROUP

Thurs., June 13 @ 2-3p

SELF DEFENSE
FOR SENIORS

Tues., June 18 @ 12:30p

COMMUNITY GARDEN

Thursdays with JoLynn

PATRIOTIC
PASTRIES SALE

Wed., July 3 @ 10a-1p

CHRISTMAS IN JULY
QUARTERMANIA

Sat., July 13 @ 12p

*Christmas in July
QUARTERMANIA*

Sat., July 13

At LCCOA

**GREAT EVENT
FOR ALL AGES!!**

**Doors Open 12p
Auction Begins 1p**

**Part Bingo, Part Auction,
ALL FUN!**



..... ESTD. 1978

Lincoln County Council on Aging

Open Mon-Fri
8a - 4p

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

All Meals Served with Yogurt (Dairy)

Monday	Tuesday	Wednesday	Thursday	Friday
27. CLOSED MEMORIAL DAY	28. Chicken Fajita Rollup, Lettuce, Cheese, Salsa, Sour Cream, Spanish Rice, Tortilla, Applesauce	29. Baked Ham, Scalloped Potatoes, Peas & Carrots, Wheat-berry Bread, Fresh Fruit	30. Sloppy Joes, Bun, Mac + Cheese, Mixed Veggies, Peaches	31. Chef Salad, Chicken, Ham, Cheese, Eggs, Lettuce, Dressing, Crackers, Fresh Fruit
3. BBQ Chicken, Baked Beans, Pasta Salad, Applesauce	4. Sweet + Sour Meatballs, Rice, California Blend, Mandarin Oranges	5. In House: Fried Chicken Homebound: Chicken Patty Mashed Potatoes, Gravy, Roll, Green Beans, Fresh Fruit	6. Ham + Cheese sandwich, White Bread, Lettuce, Potato Salad, Raisins	7. Tuna Casserole, Breadstick, Peas, Fresh Fruit
10. Crab Cakes, Pasta Salad, Winter Blend, Raisins	11. Chicken Philly, Lettuce, Cheese, Hoagie, Onions, Green Peppers, Whole Grain Chips, Peaches	12. Pork Loin, Stuffing, Peas + Carrots, Gravy, Roll, Fresh Fruit	13. Breakfast Sausage Casserole, Banana Muffin, Tropical Fruit	14. Taco Salad, Refried Beans, Lettuce, Cheese, Sour Cream, Salsa, Corn Chips, Fresh fruit
17. Country Fried Steak, Mashed Potatoes, Gravy, Peas, Applesauce, Roll	18. Chicken Teriyaki, Rice, Asian Vegetables, Mandarin Oranges	19. Catfish, Coleslaw, Hush Puppies, Baked Beans, Wheat Bread, Fresh Fruit	20. Cheeseburger, Bun, Lettuce, Tomatoes, Baked Beans, Raisins	21. Grilled Chicken, Cranberry Salad, Lettuce, Tomatoes, Dressing, Shredded Parmesan Cheese, Crackers, Fresh Fruit
24. Fish Sandwich, Bun, Lettuce, Cheese, Potato Salad, Raisins	25. Pork Tenderloin Sandwich, Bun, Mac + Cheese, Lettuce, Tomatoes, Pears	26. Baked Ham, Sweet Potatoes, Peas, Wheat Berry Bread, Fresh Fruit	27. Sausage Flat Bread Pizza, Cheese, Carrots, Fruit Cocktail	28. Chicken Salad with Cranberries, Croissant Roll, Lettuce, Cheese, Pasta Salad, Fresh Fruit
July 1. Crab Cakes, Pasta Salad, Winter Blend Veggies, Applesauce	2. Chicken Quesadilla, Salsa, Cheese, Lettuce, Sour Cream, Fiesta Beans, and Raisins	3. In House: Fried Chicken Homebound: Chicken Patty Potato Salad, Baked Beans, Roll, Fresh Fruit	4. CLOSED INDEPENDENCE DAY	5. Tuna Casserole, Peas, Breadstick, Fresh Fruit

Community PARTNERS

TOYOTA | MO

P&T
PEOPLES BANK & TRUST

Mercy 

 **Ameren**
MISSOURI

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

**Nicole Hardey**
Licensed Independent Broker

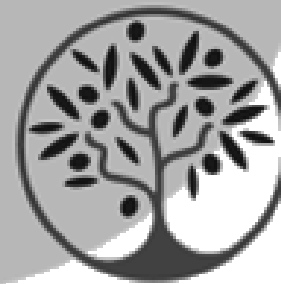
 **Marillac Mission Fund**

 **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
silver health solutions 
Chris Silverberg
636-462-7457



Hardey Senior Consulting

 nicole@hscllc.us

 636.462.2701

 636.628.2677



Nicole Hardey
Licensed Independent Broker

Visit Nicole 12:30p—3rd Wed—@LCCCOA

See you there!

**ALL Lincoln County
First Responders
WELCOME Every Tuesday
for Free Pastries @ LCCCOA!**

! TESTIMONIALS NEEDED !

We NEED Your Testimony of LCCCOA Services
Write-In or Email; LKelley@LCCCOAonline.org



www.LCCCOAonline.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

**Do you know
how to read and
understand your**



Do you know how to read and understand your Explanation of Benefit (EOB)?

A recent article discussed how to read your Medicare Summary Notice (MSN). Today we are going to review the Explanation of Benefit (EOB) which is a document you receive if you are in a Medicare Advantage plan, or you have a separate Part D drug plan. Both Medicare Advantage and Medicare Part D plans are offered by individual companies.

For example, each month you fill a prescription, your Medicare Prescription Drug Plan mails you an "Explanation of Benefits" (EOB). This notice gives you a summary of your prescription drug claims and costs. Same for Medicare Advantage plans; you will receive a monthly Explanation of Benefits (EOB). The EOB is not a bill, but it does help you understand how costs will be shared between you and your plan. Key pieces of information to understand include what the provider charged, how much of that charge was 'allowed' and how much was paid by the plan.

The "what you owe" or "patient balance" amounts are the costs that you may be billed by your plan or provider. This does not show amounts you might have already paid. And, it is important to understand because the amount you are billed cannot be more than any listed amounts under "what you owe" or "patient balance". If they are, you need to talk with your provider.

If your EOB shows that an item or service is not being covered, look for a section that includes notes, comments, footnotes, or remarks to find out the reason why. Based on the reason for denial, you may want to appeal the decision. The process for appealing includes several levels but you need to follow the process and appeal by the deadlines outlined on the EOB. A SHIP Counselor can help you with this process.

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.**

A festive poster for "Christmas in July QuarterMania" featuring a snowman character on the left, a blue and white snowflake border, and text announcing a basket preview and quarter auction on Saturday, July 13. The poster is set against a light blue background with a white border.

Christmas in July QuarterMania

Saturday, July 13

Basket Preview Starts At Noon
Quarter Auction Begins At 1:00PM
LCCOA – 1380 Boone St., Troy MO

"What Is A Quarter Auction?"
Don't worry, everything will be explained at the beginning and feel free to ask questions at ANY time. Attendees purchase numbered paddle(s). Bids are made with quarters. See a basket up you want to bid on, just throw your quarters into the pot. Host will draw a number, and the person who bid with that paddle-number, WINS! If that person did NOT bid, the host will draw again until a winner is picked.

Funds Raised Go Directly To LCCOA

PATRIOTIC

PASTRIES SALE

FUNDRAISER FOR LCCOA

AWESOME
TREATS FOR
YOUR JULY 4
PARTIES!

PLUS LOCAL
CRAFTS!

GOODIES
FOR A
GREAT CAUSE!

SUPPORT
LOCAL

WED., JULY 3

10a-1p

AT LCCOA

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.

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

silver 
health
solutions

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 preformed 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**

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

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

- 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

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 GARDENING

LCCOA's Community Garden in partnership with JoLynn from the MU Extension provides accessible raised beds for gardening. **Join Us!**



**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 & Food Safety

HOT Weather is Returning!!

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 for any reason,
please call to let us know.**



THANK YOU LINDA MORSE

This year Linda raised

\$7,105

for the meals program
through LCCOA's
**Live Your Best Life
Color Run/Walk**

"Thank you to
everyone who was
able to donate to the
meals program!"

~Linda Morse

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
3. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	4. 9a-3p VetSer 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 12:30-1:30 Line Dancing	5. 9-11 Medicare Q&A with Chris 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl1) 12:00 Cribbage 12:30 Bingo	6. 9:00 Veterans Coffee Talk 10:30 Gardening 12:30 Cards	7. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
10. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	11. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 12:30-1:30 Line Dancing	12. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 10:30 SHIP Medicare Counselor 12:00 Cribbage 12:30 Bingo	13. 9:00 Veterans Coffee Talk 10:30 Gardening 2-3 Alz Caregiver Support Group	14. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
17. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	18. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 12:30-1:30 Line Dancing 12:30 Self-Defense for Seniors	19. 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	20. 9a-3p VetServ Commission 9:00 Veterans Coffee Talk 10:30 Gardening 12:30 Cards	21. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
24. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	25. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 12:30-1:30 Line Dancing	26. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	27. 9:00 Veterans Coffee Talk 10:30 Gardening	28. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12:30 LIVE MUSIC & Line Dancing
JULY 1. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	2. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 12:30-1:30 Line Dancing	3. 10a-1p PATRIOTIC PASTRIES SALE 12:00 Cribbage 12:30 Bingo	4. CLOSED	5. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1

Online Calendar at www.LCCOAonline.org



SIMPLE SELF DEFENSE FOR
SENIORS

TUESDAY
JUNE 18
12:30pm

Bring A Friend!



Brought to Us by