

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
OCTOBER 2023

MEDICARE Q&A

Rebecca with SHIP (CLAIM)
Wed., October 4 @ 9a

ART OF AGING EXPO

Wed., October 4 @ 10:30a-12:30p

COOKING MATTERS

Returning October 5
Preregister Call 636-456-3444

ALZ CAREGIVER SUPPORT GROUP

Thurs., October 12 @ 2-4p

VOLUNTEER APPRECIATION

Sat., October 21 @ 11a-1p

HALLOWEEN SOIREE

Sat., October 21 @ 2-4p

LIVE MUSIC

Fri., October 27 @ 12:30p

HALLOWEEN PARTY

Tues., October 31 @ 12:30p

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

Save the ^{NEW} Date **OCT 21**

VOLUNTEER APPRECIATION

Open at 11a, Lunch 11:30a
Immediately Followed By Ceremony

RSVP Call 636-528-7000 OR
LKelley@LCCOAonline.org

Followed by LCCOA's
**HALLOWEEN
SENIOR SOIREE**
2:00-4:00p
Sat., October 21

LCCOA 

..... ESTD. 1978

Lincoln County Council on Aging



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Country Fried Steak	3. Grilled Cheese	4. Fried Chicken OR Chicken Patty	5. Meatball Sub on Hoagie Roll, Whole Grain Chips	6. Beef Stew
Roll	Sandwich	Roll		Crackers, Yeast Roll
Mashed Potatoes & Gravy	Loaded Baked Potato Soup	Mashed Potatoes & Gravy	Carrots	Carrots & Potatoes in Stew
Corn	Raisins	Lima Beans	Fruit Cocktail	Fresh Fruit
Peaches		Fresh Fruit		
9. Baked Chicken Patty, Gravy	10. BBQ Riblet	11. Pork Loin	12. Tuna Casserole	13. Chili with Peanut Butter
Stuffing, Roll,	on Bun	Wheat Bread	Pasta & Breadstick	Sandwich, Crackers
Peas & Carrots	Roasted Potatoes	Mashed Potatoes, Gravy	Peas	Celery & Carrot Sticks
Applesauce	Carrots	Lima Beans	Peaches	Fresh Fruit
	Pears	Fresh Fruit		
16. Chicken Teriyaki	17. Beef Tortellini with Sauce	18. Catfish	19. Ham & Cheese Sandwich	20. Chicken Fajita Rollup
Rice	Roll	Hush Puppies, Wheat Bread	on Bun with	Tortilla with
Asian Blend	Mixed Vegetables	Coleslaw	Lettuce	Lettuce & Salsa
Mandarin Oranges	Pears	Fresh Fruit	Broccoli Cheese Soup	Fresh Fruit
			Raisins	
23. Salisbury Steak	24. Cheesy Chicken Casserole	25. Lasagna with Ground Beef	26. Fish Sandwich with Cheese on Bun, Whole Grain Chips	27. Breakfast Sausage Casserole
Caramelized Onion	Rice, Garlic Bread	Bread Stick		Banana Muffin
Parsley Potatoes	Broccoli	Corn	Lettuce	
Mixed Veggies	Fruit Cocktail	Fresh Fruit	Mandarin Oranges	Tropical Fruit
Applesauce				
30. Chicken & Dumplings, Garlic Cheddar Biscuit	31. Sweet and Sour Meatballs			
Carrots	Rice			
Peaches	California Blend			
	Pineapple			

Menus Prepared By: Denise Jordan

Jordan Meals Approved By: Rebecca Shinn, RD, LDN
All Meals Served with Yogurt (Dairy)



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

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Vice Pres.—Brian Lourance

Treasurer—Terry Boling

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Proud member of

United Way
of Greater St. Louis

www.LCCOAonline.org

Community PARTNERS



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 nicole@hscilc.us
 636.462.2701
 636.628.2677



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THE REGIONAL BUSINESS COUNCIL

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815 N. Osteopathy Kirksville, MO 63501
660-665-4682 1-800-664-6338 Toll Free
Helping Older Missourians Remain Independent



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Consulting**



Nicole Hardey
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 nicole@hscilc.us

 636.462.2701

 636.628.2677

Check the October LCCOA
calendar for upcoming events.
LCCOAonline.org
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.

Review your Medicare options Oct 15—Dec 7

Starting October 1st, on www.medicare.gov you can see what plans will be available for 2024. Starting October 15th, you can make changes. By December 7th, all changes need to be final. Any changes will take effect on January 1st.

We will be hosting an Open Enrollment event at LCCOA on October 4th where more of your questions can be answered and appointments with a counselor can be scheduled.

If you are new to Medicare or have questions about the information above, please call Missouri SHIP at (800) 390-3330 and talk to a counselor about your options.

—Rebecca Pogorzelski, R.Ph. Pharm.D.
Certified Medicare Counselor with Missouri SHIP (CLAIM)

HAPPY HALLOWEEN From Linda Morse

Every year Linda Morse Veteran LCCOA Volunteer, decorates her home and yard for Halloween. She would like everyone to know they are invited to bring their kids & grandkids to her home on Knox Street in Troy, this Halloween from 5:30 to 9pm.



DID YOU KNOW

**as technology continues to advance,
people can communicate in many different ways
besides via face-to-face communication?**

If someone's loved one lives across the country, they can still communicate with that person often using the computer or phone. Despite this, as a society, we are lonelier than ever.

Seniors are especially prone to this loneliness. A study from the University of California, San Francisco (UCSF) found that 43 percent of seniors are lonely. Whether the senior lives alone or with someone else, they may still be lonely. The UCSF study found that two-thirds of seniors who were married or living with a partner was lonely.

Those seniors who are lonesome are at greater risk for health problems and death. The risk of death for lonely seniors who are at least 60 years old is increased by 45 percent. Isolated elders also have a 59 percent greater risk of having mental and physical problems than social seniors.

The reasons for this loneliness include losing a loved one, being far away from family and having a small social circle. With the lack of people to talk to and share emotions with, seniors may bottle up feelings, which increases the risk of death. However, as a senior, there are things to do to combat this loneliness.

Making friends and developing an active social circle can help you keep busy and give you people to talk to. Some of these friends could become people you can turn to for emotional support. If you live at a senior living home or assisted living facility, you could get involved in the activities there and meet people there. If not, your local senior center, church and health clubs are also great places to meet people. Don't forget about old friends and neighbors who could also be people to reconnect and build strong friendships with.

Volunteering is another great way to get involved. Spending your time helping others could put your life and problems into perspective. It can help you realize all that you have to be thankful for in your life. One great organization to check into for volunteer opportunities is the Retired Senior Volunteer Program.

As a senior, you may have drifted away from your hobbies. Hobbies are great ways to keep motivated. Even if you have limited mobility, there are many hobbies to take part in. Some hobbies include gardening, writing, puzzles and knitting.

A final way to help prevent loneliness is by adopting a pet. Pets give unconditional love and are comforting creatures. Having a pet can even lower your blood pressure. Being around a pet can be calming, and caring for that pet can give you a routine.

Alleviating your loneliness can help you live a longer and happier life. It can even make the process of dying easier. So, as a senior, do something to combat your loneliness.

Shona McIntyre MSW, CDP ((Senior Care Advisor)) 314-401-0399

UPCOMING SENIOR FAIR

ART OF AGING EXPO

Wednesday, October 4
10:30am - 12:30pm

At LCCOA - 1380 Boone St.

This FREE event
is brought to you by the
**Lincoln County
Senior Resource Group**

The LC-SRG
is a group of vetted
resources that meets
monthly at LCCOA.



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



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

! 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!

Private SMART DEVICE Tutor

Jennifer

314-378-3111



Alzheimer's Caregiver

Support Group

2nd Thurs 2-4pm

with Barbara Ritchey



JAM SESSION with Roy
Last Friday Monthly 12:30 - 2:30p

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.'

FREE COOKING CLASS

October 5, 12, 19, 26, November 2, 9 : 1:00-2:30p

MUST PREREGISTER BY CALLING TYLER 636-456-3444

Cooking tips and techniques • Tips for proper food safety, storage and sanitation •
Nutrition information to keep your family healthy • Budgeting—Stretch your food \$\$ •
Tips to get your family to try new foods • Shopping healthfully on a limited budget

TO-GO ORDERS

TO-GO ORDERS BEGIN AFTER DINE-IN SERVICE
on Fried Chicken & Fried Catfish days.

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

Free Birthday Cake

Wed., Oct. 25 @ 11:30a

Provided by Sugar Creek

Whether your birthday is in June,
or not, 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 long 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

With the rising summer temperatures, the risk of
contamination increases. If you are approved on
an individual basis to use a cooler, the cooler must
have ice or an ice pack inside to keep food cool.

**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.**

This year LCCOA will be hosting
TWO Halloween parties!

SATURDAY, OCTOBER 21 : 2-4PM

TUESDAY, OCTOBER 31 : 12:30-2PM



Both Parties Are FREE!!!
Come in your Halloween costume.
ALL AGES WELCOME

No costume? No problem! Come join us for fun anyway!!
Tea, Water, Coffee, and Dessert will be provided.

Plus Games & Prizes!!

VOLUNTEERS' PARTY

Saturday, October 21

Doors Open at 11:00am

Lunch Served at 11:30am

Please RSVP at 636-528-7000

Or via email at LKelley@LCCOAonline.org



ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	3. 9a Anthem Q&A w/Nicole 9a-3p Veteran Serv Comm 9:00 Quilting 10:00 Crochet	4. 9a Medicare Enrollment (SHIP) 10:30-12:30 ART OF AGING EXPO 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	5. 9:00 Veterans Coffee Talk 10:30 Gardening 12:30 Walking 1-2:30p Cooking Matters 9a Essence Q&A w/Nicole	6. 9a UnitedHealthcare Q&A w/Nicole 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 11a Aetna Q&A w/Nicole
9. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	10. 9:00 Quilting 10:00 Crochet Health Dept COVID & Flu Shot Clinic	11. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	12. 9:00 Veterans Coffee Talk 10:30 Gardening 12:30 Cards 12:30 Walking 1-2:30p Cooking Matters 2-4 Alz Caregiver Support Group	13. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
16. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	17. 9:00 Quilting 10:00 Crochet	18. 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	19. 9a-3p VetServ Commission 9:00 Veterans Coffee Talk 10:30 Gardening 12:30 Walking 1-2:30p Cooking Matters	20. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
23. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	24. 9:00 Quilting 10:00 Crochet 11:00 Alz Assoc Round Table	25. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	26. 9:00 Veterans Coffee Talk 10:30 Gardening 12:30 Cards 12:30 Walking 1-2:30p Cooking Matters	27. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12:30 LIVE MUSIC
30. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	31. 9:00 Quilting 10:00 Crochet 12:30 Halloween Party	November 1. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 11:30 FREE CAKE 12:00 Cribbage 12:30 Bingo	2. 9:00 Veterans Coffee Talk 10:30 Gardening 12:30 Walking 1-2:30p Cooking Matters	3. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1