

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

LCCOA 

ESTD. 1978

Lincoln County Council on Aging

636-528-7000

LIVE YOUR BEST LIFE

Volume 34

MAY 2024

FREE MEDICARE COUNSELING (SHIP)

Wed., May 8 @ 10:30a

GATEWAY ALLIANCE AGAINST HUMAN TRAFFICKING

Thurs., May 9 @ 12:30p

ALZ CAREGIVER SUPPORT GROUP

Thurs., May 9 @ 2-3p

COMMUNITY GARDEN

Thursdays with JoLynn

COLOR RUN/WALK

Sat., June 1 @ 7a Clonts Field

WILD WEST LUNCHEON

Tues., June 4 @ 11:30a Christy Banquet Center (O'Fallon)

LCCOA 

ESTD. 1978
Lincoln County Council on Aging



FUNDRAISER FOR LINCOLN COUNTY MO MEALS PROGRAM

LIVE YOUR BEST LIFE
COLOR RUN/WALK

Saturday, June 1
Clonts Field, Troy MO

\$15

REGISTER NOW

LCCOAonline.org

LCCOA 

ESTD. 1978

Lincoln County Council on Aging

Open Mon-Fri
8a - 4p

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

May Menu

HOME DELIVERED CLIENTS:

Not Going To Be Home? Must Call 636-528-7000 ASAP



Lincoln County Council on Aging

1380 Boone St., Troy MO 63379

636-528-7000

M-F 8:00am—4:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
29. Pork Tenderloin, Bun, Lettuce, Cheese, Tomatoes, Potato Salad, Fruit Cocktail	30. Chicken Quesadilla, Lettuce, Sour Cream, Salsa, Mandarin Oranges	May 1. In House: Fried Chicken Homebound: Chicken Patty Mashed Potatoes, Gravy, Roll, Green Beans, Fresh Fruit	2. Beef Burrito, Tortilla, Cheese, Lettuce, Salsa, Sour Cream, Whole Grain Chips, Raisins	3. BBQ Riblet on Bun, Baked Beans, Carrots, Fresh Fruit
6. Sweet and Sour Chicken, Asian Vegetables, Rice, Mandarin Oranges	7. Tuna Salad, Croissant Roll, Lettuce, Cheese, Pasta Salad, Whole Grain Chips, Peaches	8. Lasagna, Corn, Garlic Bread, Fresh Fruit	9. Sausage, Flat Bread Pizza, Cheese, Carrots, Raisins	10. Taco Salad, Corn Chips, Lettuce, Cheese, Sour Cream, Salsa, Refried Beans, Fresh Fruit
13. Country Fried Steak, Mashed Potatoes, Gravy, Peas + Carrots, Roll, Peaches	14. Pork Fritter, Bun, Lettuce, Tomato, Cheese, Pasta Salad, Raisins	15. Catfish, Coleslaw, Hush Puppies, Baked Beans, Wheat Bread, Fresh Fruit	16. Hot Dogs, Bun, Baked Beans, Whole Grain Chips, Fruit Cocktail	17. Chicken Salad, Croissant Roll, Lettuce, Cheese, Whole Grain Chips, Potato Salad, Fresh Fruit
20. Baked Chicken Patty, Wild Rice, Mushroom Gravy, Carrots, Pears	21. Meatball Sub, Hoagie Roll, Cheese, Broccoli, Peaches	22. Pork Loin, Stuffing, Gravy, Roll, Lima Beans, Fresh Fruit	23. Chicken Teriyaki, Rice, California Blend, Pineapple	24. Polish Sausage, Sauerkraut, Mashed Potatoes, Peas, Fresh Fruit
27. CLOSED	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 Vegetables, Peaches	31. Chef Salad, Chicken, Ham, Cheese, Eggs, Lettuce, Dressing, Crackers, Fresh Fruit

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
 Ron McGaskey
 Sharon Hasekamp
 Joseph Britain

Proud member of



United Way of Greater St. Louis



www.LCCOAonline.org

 Community PARTNERS

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Mercy 

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

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RB
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Chris Silverberg
636-462-7457

Meyer Title Company


 **Hardey Senior Consulting**

nicole@hscllc.us
636.462.2701
636.628.2677
Nicole Hardey
Licensed Independent Broker
Visit Nicole 12:30p—3rd Wed—@LCCOA
See you there!

BINGO & BP
COME PLAY BINGO AND
HAVE YOUR BLOOD PRESSURE CHECKED
BY THE LINCOLN COUNTY HEALTH DEPARTMENT.

BINGO
7 20 35 47 72
12 16 42 42 61
1 19 ★ 60 74
5 29 39 51 68
13 18 44 58 70

**TUESDAY
MAY 7
10:30A**



www.LCCOAonline.org

NORTHEAST MISSOURI AREA
AGENCY ON AGING
815 N. Osteopathy Kirksville, MO 63501
669-665-4682 1-800-664-6338 Toll Free
Helping Older Missourians Remain Independent



Do you know
how to read and
understand your

Medicare Summary Notice (MSN)?

If you are in Original Medicare, not Medicare Advantage, you will receive a Medicare Summary Notice every three months, when you have claims. The Medicare Summary Notice (MSN) is not a bill for Medicare but it is a summary of medical claims they have received and made decisions on. This does not address pharmacy or Part D. We will discuss that next month. Page 1 is a 'dashboard' that summarizes recent medical claims. On the left should be YOUR information. If not, then this MSN is not yours. You should notice that on the top right it says THIS IS NOT A BILL, and is because this is an informational summary.

Page 1 will tell you if you have met any deductible required, the number of services and claims submitted, approved and denied. It will also present a list of the providers on those claims and a total that you may be billed.

Page 2 is an informational page. It starts with a gray box that provides helpful tips for you such as recognizing the providers and services listed to make sure this is really care you received. Other information here helps you if you need to report fraud, or get help.

Page 3 outlines the details of the claims covered on this MSN. With definitions provided for each of the columns, you will see your claims listed, whether they were approved or denied, billed amounts, approved amounts, paid amounts any balance that could be billed to you. If you have a secondary payer such as a Medigap the notes will indicate if the balance was submitted to the secondary payer on file with Medicare.

Page 4 provides information on how to disagree with a payment denial decision. This is called an appeal. You have several levels of appeal but it is important to follow the instructions and meet the timelines outlined here. A Missouri 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.

MISSOURI SHIP

State Health Insurance Assistance Program

Proud Community Partner



LCCOA

ESTD. 1978

Lincoln County Council on Aging



FUNDRAISER FOR
LINCOLN COUNTY MO
MEALS PROGRAM

LIVE YOUR
BEST LIFE
COLOR RUN/WALK

Saturday, June 1
Clonts Field, Troy MO

\$15

REGISTER NOW

LCCOAonline.org



Be a part of the
lifesaving cause.



**Desire Coble Realtor
Blood Drive
Lincoln County Council
on Aging**

Cafeteria
1380 Boone St.
Troy, MO 63379

**Tuesday, May 7, 2024
1:00 p.m. to 5:00 p.m.**

Please visit RedCrossBlood.org and enter: LincolnCountyMO to schedule an appointment.

Race to give April 29-May 19 and get a coupon for free haircut by email, thanks to Sport Clips Haircuts! Plus, chance to win a VIP NASCAR experience to the 2024 NASCAR Cup Series & Xfinity Races at Darlington Raceway. rcblood.org/win



Scan to schedule an appointment.

**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



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 performed 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 Birthday Cake

Wed., May 29 @ 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

**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.**

Legal Services of Eastern Missouri
 Action.Justice.Hope.

FREE LEGAL ADVICE

(314) 534-4200

Or Toll Free

800.444.0514

VISITING LCCOA

Tuesday

May 21

10:30 AM

Mental Health Care for Everyone!



THURSDAY

MAY 9

12:30P

Knowledge is power.

Two primary causes drive the spread of human trafficking – high profits and low risks. Like illegal drugs and arms, human trafficking is a market-driven criminal enterprise based on the principles of supply and demand.

Every year, human traffickers generate billions of dollars by victimizing people around the world.

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
29. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	30. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 12:30-1:30 Line Dancing	May 1. 9-11 Medicare Q&A with Chris 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl1) 12:00 Cribbage 12:30 Bingo	2. 9:00 Veterans Coffee Talk 10:30 Gardening 12:30 Cards	3. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 6:30p LCCOA TRIVIA NIGHT
6. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1) 12:30-1:30 Line Dancing	7. 9a-3p VetSer 9:00 Quilting 10:00 1st Responders Coffee 10:30 BINGO & BP w/ LCHD 10:00 Crochet 1-5p Blood Drive	8. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 10:30 SHIP Medicare Counselor 12:00 Cribbage 12:30 Bingo	9. 9:00 Veterans Coffee Talk 10:30 Gardening 2-3 Alz Caregiver Support Group	10. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
13. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	14. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 12:30-1:30 Line Dancing	15. 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	16. 9a-3p VetServ Commission 9:00 Veterans Coffee Talk 10:30 Gardening 12:30 Cards	17. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
20. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl 1)	21. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 10:30 Ellie Mental Health 12:30-1:30 Line Dancing	22. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	23. 9:00 Veterans Coffee Talk 10:30 Gardening	24. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
27. CLOSED	28. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 12:30-1:30 Line Dancing	29. 9:15 Exercise (Lvl 2) 10:30 Exercise (Lvl1) 11:30 Free Birthday Cake 12:00 Cribbage 12:30 Bingo	30. 9:00 Veterans Coffee Talk 10:30 Gardening	31. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12:30 LIVE MUSIC & Line Dancing