Walmart : Spark good **WALMART SHOPPING**

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
- . Click MY ACCOUNT
- Scroll Down & Click COMMUNITY **REWARDS**, then **CHOOSE CHARITY** & search LCCOA

1-866-221-4141

Did You Know?

The Average Cost for Meals for LCCOA is \$8.87 per meal. (raw food, labor, utilities, etc...)



636-528-7000



Volume 35 SEPTEMBER 2025

TUTORING PROGRAM

Tuesday, September 9 @ 10am

FERN & FLUTE

(Buy Your Own Mocktails)

Wed., Sept. 10 at 12-1pm

SEWING w/LIZ

Fridays at 1pm

COOKING w/ TYLER

Thurs. Sept. 11, 18 & 25 @ 1pm

MURDER MYSTERY

Saturday, September 13 @ 2pm

BIRTHDAY CAKE w/ PSB

Wednesday, September 17 @ 12p

WATERCOLORS w/TRICIA

Tuesday, September 23 @ 9a

SHIP Medicare w/ REBECCA Wednesday, Sept 24 @ 10:30a-1p

RED & PINK HATTERS

11a Thurs, Sept 25 @ Roadhouse

LIVE COUNTRY MUSIC

Friday, September 26 @ 12:30p

636-528-7000

Lincoln County Council on Aging

LCCOA 1380 Boone St., Troy MO

Tickets at Eventbrite & **Peoples Savings Bank**

Join us for an afternoon of munchies, mystery, and MEMORIES!

Open Mon-Fri 8a - 4p

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

FREE COOKING CLASS

SPACE IS LIMITED MUST PREREGISTER CALL TYLER @ 636-456-3444

> September 11, 18, & 25 LCCOA (a) 1PM



12-1P— WED., SEPT. 10

COME CHECK OUT FERN & FLUTE'S SIGNATURE MOCKTAILS!

WOMAN and **VETERAN** owned business!

Sip, savor, and mingle! Mocktails will be available to buy at the event.

> (LCCOA will NOT provide complimentary drinks.)



Mocktails are non-alcoholic mixed drinks that mimic the appearance, complexity, and experience of alcoholic cocktails but without the alcohol.



FREE LEGAL ADVICE

 $|_{\text{Eastern}}^{\text{of}}(314) \, 534-4200|$

Missouri Action.Justice.Hope.

Or Toll Free

800.444.0514

Kimberly R. Finnegan, MSW, LCSW, JD

Office: 314,256,8738

10:30a Every 3rd Tues



Lincoln County Council on Aging

1380 Boone St., Troy MO 63379 636-528-7000

M-F 8:00am—4:00pm

Board of Directors



Ashley Rottler Board Member

Ron McGaskev

Board Member



Brian Lourance President

Barb Creech

Board Member



Terry Boling **Board Treasurer**



Betty Zuroweste Board Secretary



Janet Carver, Site Manager

Lindsey Kelley, **Growth Coordinator**

Crystal James, Kitchen Manager

Chris Mulvania. Asst. Kitchen







Joseph Britain **Board Vice President**



Cindy Stanek

Board Member

Kathy Seabaugh **Board Member**



Betty Cox Board Member



Maureen Ostmann, Clerical Aide

Kitchen Aide



Helping Older Missourians Remain Independent





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, and Shelby.

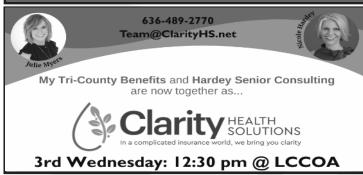


TOYOTA | MO











Marillac Mission Fund



employees
community fund
of Boeing St. Louis



Local Agency Local Service Medicare Made Easy

Chris Silverberg 636-462-7457 silver health solutions

www.LCCOAonline.org

Silver Health Solutions Chris Silverberg

212 S. Lincoln Dr.

Troy, MO 63379

Phone: 636-462-7457

chris@relyonsilver.com

silver health solutions





636-489-2770 (Option 2)

Team@ClarityHS.net •



State Health Insurance Assistance Program **Proud Community Partner**

Extra! Extra! Read all about it!

The Medicare Annual Open Enrollment Period is October **15-December 7th** and it will be here soon!! Starting October 1st, you can see the 2026 plan offerings on www.medicare.gov. This is the time to review your Medicare Part D or Medicare Advantage plan choices. Last year there were quite a few changes by law. This year I suspect there will be significant business changes. What did we see last year that might foreshadow

• Plan consolidation - Silverscript, as one example, combined and consolidated their plans into one plan with a higher premium. Some people saw it and changed; others were surprised in January.

changes for 2025?

- · Benefit changes many plans now have a percentage coinsurance for nonpreferred drugs and in some cases preferred brand name drugs.
- Supplemental benefits in Medicare Advantage plans were decreased. The maximum out of pocket for covered Part D medications will increase from \$2000 to \$2100. And, the Medicare Prescription Payment Plan will again be offered which will help spread costs out more evenly throughout the year. This option can be helpful for those on expensive brand name drugs and hit the maximum early in the year.

Please watch your mail!. You will receive an Annual Notice of Change document in the mail in September 2025 that will outline the changes for your plan. It will be very important that you review your medication coverage and your overall plan selection either on medicare gov

Please reach out early so all your questions can be answered in a timely manner.

-Rebecca Pogorzelski, R.Ph., Pharm.D, Certified Counselor MissouriSHIP Rebecca, a Counselor from MissouriSHIP,

Usually 2nd Wednesday monthly from 10:30a-1p.

Exception *** WED. SEPT. 24 *** Call Rebecca - 636-344-0628

MissouriSHIP.org



Tri-County Senior Resource Group Presents

AFTERNOON TEA THEATRE

M SAT. SEPT. 13

LCCOA 1380 Boone St., Troy MO

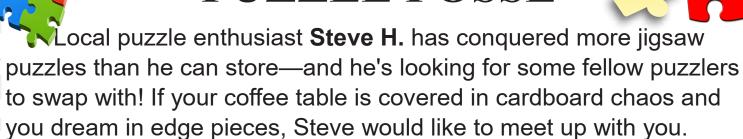


Tickets at Eventbrite & **Peoples Savings Bank**

TABLE FOR 8

Join us for an afternoon of munchies, mystery, and **MEMORIES!**

PUZZLE POSSE



Leave your info with Lindsey at LCCOA!

PROPOSED DAY TRIPS

Sat. Sept. 6—JR Love Theater in Perry MO—7pm—\$12.50

Sun, Sept. 21—Cornet Chop Suey at the Appleshed — 2pm—\$20

Day Trip Questions? Call Joyce at 636-462-0613

MIH has come to Lincoln County!

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, Facilitation of telehealth visits with providers

Call 636-528-8488



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.

Watercolors with Tricia

Join Tricia Layton from Humana for a cheerful morning of creativity and connection! Following up after last month's wreath-making group, Tricia is back to share her love of watercolor painting in a relaxed, social setting.

- ☐ Tuesday, September 23 | 9:00–11:00 AM
- \Box LCCOA
- ☐ All materials are provided

Big thank-you to Tricia from Humana for bringing her energy, fun, and creativity to our community!



LIVE COUNTRY MUSIC LAST FRIDAY at 12:30p

LCCOA NEEDS YOUR HELP TO FEED HOMEBOUND SENIORS

IF YOU ARE ABLE, PLEASE CONSIDER MAKING A DONATION

Your gift ensures someone in our community doesn't go without a meal. Together, we can make sure no one is forgotten.

O Donate today at www.LCCOAonline.org

Thank you for being the difference

IST & 3RD THURS Missouri Veterans Commission, Veteran Service Officer Call Randy 636-202-6215

RED & PINK HATTERS

Thurs. Sept 25, 12p Roadhouse - Hawk Point

INE DANCING

TUES 12:30p

Alzheimer's Caregiver **Support Group**

2nd Thurs 2-3pm 636-288-9307 with Barbara Ritchey

SMART DEVICE HELP Jennifer 314-378-3111

One Team working to improve the lives of Seniors in our Community

/TriCountySeniorResourceGroup



Services Tri-County SRG Covers:

- ☐ Health Care & Therapy
- ☐ Legal Planning (Trusts, Directives, Executors)
- ☐ Assisted & Independent Living
- ☐ Memory Care & Dementia Support
- ☐ Caregiving & Daily Activities
- ☐ Meal Programs
- ☐ Referrals & More



Why Families Choose Us

- Built on trust & experience
- Vetted professionals working together
- Recommend only what we'd choose for our own loved ones Not 'fly-by-night' — we're here for the long haul

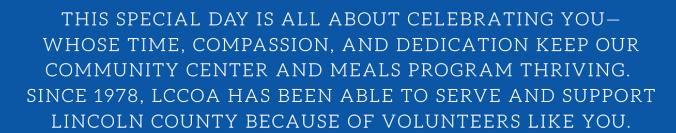
Aging is a journey—sometimes joyful, sometimes challenging. We're here to guide you with resources, referrals, and peace of mind... always with dignity.

For More Info Call Barb at 636-288-9307 or Chris at 636-462-7457

THANK YOU, VOLUNTEERS

APPRECIATION LUNCHEON

SEPT 27 @ 11AM

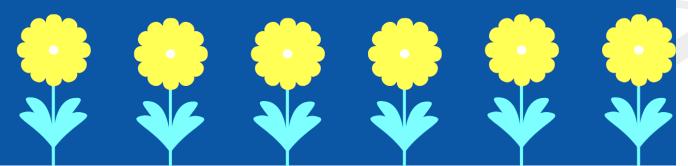


LCCOA

VOLUNTEERS MAY NOT ALWAYS HAVE TIME, BUT YOU MAKE TIME FOR OTHERS—AND THAT MEANS THE WORLD TO US. WE WELCOME YOU TO BRING A LOVED ONE OR A CLOSE FRIEND TO SHARE THIS DAY WITH YOU. WE KINDLY ASK THAT EVERYONE BE MINDFUL OF SPACE SO THAT ALL VOLUNTEERS AND THEIR GUESTS MAY CELEBRATE COMFORTABLY.

JOIN US FOR LUNCH, FELLOWSHIP, AND A BRIEF CEREMONY WHERE WE CAN SAY THE MOST IMPORTANT WORDS OF ALL: THANK YOU.

YOU FEED THE COMMUNITY—AND NOW LET US FEED YOU!



Make a Difference in a Child's Life! Learn More Tuesday, September 9 | 10AM

We're excited to welcome Mary Click from the OASIS Institute to share the heart-warming OASIS Intergenerational Tutoring Program!

- Pairs caring older adults with elementary students (K-3rd) for fun, one-on-one reading and mentoring time.
- * It's a chance to help kids grow, gain confidence, and feel supported
- Volunteers enjoy meaningful connections and the joy of giving back.



Come see how you can be part of this amazing opportunity!

Donation for Meals is \$5

for those over 60. Meals for those under 60 are \$8.

TO-GO ORDERS BEGIN AFTER DINE-IN SERVICE On ALL Busy Days.

LCCOA cannot accommodate special meal requests.

Please notify us of food allergies.

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.

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.

September Menu HOME DELIVERED CLIENTS:



Lincoln County Council on Aging

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

Monday	Tuesday	Wednesday	Thursday	Friday		
1. CLOSED	2. Chicken Quesadilla Spanish Rice Lettuce Salsa Applesauce Sour Cream	3. Homebound: Chicken Patty In House: Fried Chicken Mashed Potatoes, Gravy, Corn, Roll, Fresh Fruit	4. Ham, Turkey (sandwich) Hoagie, Wholegrain chip Lettuce, Tomato Tropical Fruit Cheese	5. Beef Burrito, Tortilla, Refried Beans, Salsa, Lettuce, Cheese, Sour Cream, Raisins		
8. Pork Tenderloin, Bun, Cheese, Lettuce, Tomato Potato Salad Fruit Cocktail	9. Meatball (subs) Hoagie Carrots Peaches Cheese	10. Pork Loin Stuffing (w. Gravy) Mixed Veggies Fresh Fruit Bread Stick	11. Hamburger, Cheese, Bun Roasted Pota- toes, Lettuce, Tomato, Raisins	12. BBQ Riblet, Bun, Potato Salad, Baked Beans, Applesauce		
15. Country Fried Steak, Roll Mashed Potatoes & Gravy Peas Fruit Cocktail	16. Crab Cakes, Macaroni Salad, Carrots, Pears	17. Catfish Hush Pup- pies Baked Beans Coleslaw Fresh Fruit	18. Chicken Kabab Bowl Red Pep- per, Onions Roasted Pota- toes Pineapple	19. Chicken Ceaser Salad Croutons Tomatoes Man- darin Oranges Parmesan Cheese		
22. Beef (Alfredo sauce) Tortellini, Garlic Bread Winter Blend Fresh Fruit	23. Ham Salad on Croissant Pasta Salad w/ Broccoli Pineapple Chunks	24. Chicken Fried Rice Veggie Eggroll Fresh Fruit	25. Beef Hot Dog Bun, Whole Grain Chips, Green Beans Mandarin Oranges	26. Chicken Fajita Salad Spanish Rice Salsa Let- tuce, Black Beans Raisins Cheese, Sour Cream		
29. Chicken, Pasta, Rosa Sauce, Parm Cheese, Broccoli, Fresh Fruit	30. Pulled Pork Bun, Slaw, Baked Beans Raisins	OCTOBER 1. Homebound: Chicken Patty In House: Fried Chicken Mashed Potatoes, Gravy, Corn, Roll, Fresh Fruit	2. Fish Patty Bun, Whole Grain Chips Mixed Veggies Fruit Cocktail Cheese	3. Chicken Bacon Ranch Salad Cucumber, To- mato, Lettuce, Green Onions, Ranch Dressing Peaches		

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
1. CLOSED	10a 1st Responders	9:15 Exercise Lvl 2	Service Officer 9:00 Veterans Coffee Talk	5. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 1p Sewing with Liz
(Lvl 2) 10:30 Exer Lvl1 11a Womens	10a 1st Responders 10:00 Crochet 10a OASIS —	10:30 Exerc. Lvl1 11a Fern & Flute (buy your own mocktails) 12:00 Cribbage	Coffee Talk 10:30a Gardening 2p Alz Caregiver	12. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 1p Sewing with Liz
(Lvl 2) 10:30 Exer Lvl1	10a 1st Responders	9:15 Exercise Lvl 2 10:30 Exerc. Lvl1	Service Officer 9:00 Veterans Coffee Talk	19 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 1p Sewing with Liz
(Lvl 2) 10:30 Exer Lvl1	9a Watercolors	12:00 Cribbage	25 9:00 Veterans Coffee Talk 10:30a Gardening 12p Hatters @ Roadhouse	26 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12:30p LIVE COUNTRY MUSIC 1p Sewing with Liz
(Lvl 2)	10a 1st Responders	9:15 Exercise Lvl 2	2. 9:00 Veteran Service Officer 9:00 Veterans Coffee Talk 10:30a Gardening 12:30 Cards	3. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 1p Sewing with Liz