

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?

The Average Cost for
Meals for LCCOA is
\$8.87 per meal.

(raw food, labor,
utilities, etc...)



636-528-7000



LIVE YOUR
BEST LIFE

Volume 35
JUNE
2025

TAI CHI

Tuesdays & Thursdays @ 1p

GARDENING

Every Thursday @ 10:30a

LINE DANCING

Every Tuesday @ 12:30p

VETERAN SERV. OFFICER

Now 1st & 3rd Thurs., Appt Only

RED & PINK HATTERS

4th Thursday @ 11am

BIRTHDAY PARTY

4th Wednesday @ 12p

MURDER MYSTERY

Sat., Sept. 13 @ LCCOA (TBA)

FUN & FINANCE
FOR KIDS!

THURSDAY, JUNE 26 | 11 A.M.
@ Lincoln County Council on Aging



This lunch and learn
is sponsored by
Peoples Savings Bank.

The event is all about helping families
learn the benefits of having a youth
bank account and encouraging smart
money habits from an early age

 Kid-friendly banking lesson

 Coloring contest with
fun prizes to win



636-528-7000



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.

Emily Kelly, BSN RN Clinical Liaison

Anne Fryer Hospice Care Consultant

Call 636-327-4018

Emotional Support

Spiritual Care

Respite Care

Bereavement Care

LCCOA 

..... ESTD. 1978

Lincoln County Council on Aging

Kelly Hardcastle—
Executive Director

Lindsey Kelley—
Growth Coordinator

Janet Carver—
Site Director

Maureen Ostmann—
Clerical Aide

Crystal James—Kitchen Mgr.

Chris Mulvinia—Assistant
Kitchen Manager

Joe Indelicato—Kitchen Aide

1380 Boone St., Troy MO 63379

636-528-7000

M-F 8:00am—4:00pm



Ashley Rottler
Board President



Brian Lourance
Board Vice President



Terry Boling
Board Treasurer



Betty Zuroweste
Board Secretary



Ron McGaskey
Board Member



Barb Creech
Board Member



Cindy Stanek
Board Member



Mark Henebry
Board Member



Sharon Hasekamp
Board Member



Joseph Britain
Board Member



Kathy Seabaugh
Board Member



Betty Cox
Board Member

**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



proud partner of
UNITED WAY
Greater St. Louis

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.

Community PARTNERS

TOYOTA | MO



Mercy⁺

sparkgood[™]
Walmart

636-489-2770
Team@ClarityHS.net

My Tri-County Benefits and Hardey Senior Consulting
are now together as...

Clarity HEALTH SOLUTIONS
In a complicated insurance world, we bring you clarity

3rd Wednesday: 12:30 pm @ LCCOA

 **Marillac
Mission Fund**



**RB
C**
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**



Silver Health Solutions
Chris Silverberg
212 S. Lincoln Dr.
Troy, MO 63379
Phone: 636-462-7457
chris@relyonsilver.com

**silver
health
solutions**

1st & 3rd Wed. @LCCOA

9-11am



Julie Myers

636-489-2770

Team@ClarityHS.net



Nicole Hardey

My Tri-County Benefits and Hardey Senior Consulting
are now together as...



3rd Wednesday: 12:30 pm @ LCCOA



**Jennifer
Barhoumy**
photographer

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

314-378-3111



www.LCCOAonline.org

MISSOURI SHIP

State Health Insurance Assistance Program

Proud Community Partner

Medicare and Supplement Coverage

When you first enroll in Medicare you have a choice of staying in Original Medicare or joining a Medicare Advantage plan. This month we are going to talk about supplements, also known as Medigap plans that are separately purchased when one chooses to stay in Original Medicare.

A Medigap or supplement plan pays the portion of costs left after Medicare pays its part. After deductibles are paid, Medicare typically covers 80% of costs leaving 20% for the beneficiary. The challenge here is that there is no limit on that 20%. It could be 20% of a \$250,000 bill, or more. A supplement protects you from unknown costs that are leftover after Medicare pays.

Medigap plans are paid for in advance through a monthly premium. There are ten different supplement plans available, all going by letter names. The F and G plans are the most comprehensive with the F only being sold to those eligible for Medicare prior to 1/1/20. There are certain instances when you can get a Medigap plan with no medical questions asked (guaranteed issue) but outside of these limited times, you will have to answer medical questions, also known as undergoing medical underwriting.

Those that have these plans enjoy seeing any provider that accepts Medicare because there is no network. And, they have some peace of mind knowing their costs are covered after Medicare pays its share and for newer plans after you pay the Part B deductible (\$240).

Medigap plans can increase their monthly premiums year to year but in Missouri you have the opportunity to shop companies and change companies should you find a lower premium. This can be done 30 days before and after your policy anniversary date. The policy anniversary date may not be the first of the year but it will likely coincide with your Part B activation date. You must stay with the same letter plan in order to avoid underwriting. If you have questions about how this works, talk to a trusted advisor.

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

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

636-344-0628



Social Security Update
Social Security Update Newsletter
ssa.gov



SHIP
State Health Insurance
Assistance Program
NEWS

CMS.gov
NEWSROOM

FUN & FINANCE FOR KIDS!

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Kid-friendly banking lesson



Coloring contest with
fun prizes to win



COMMUNITY GARDEN
EVERY THURSDAY *10:30am.*

HATTERS GATHERING
Fourth Thursday at 11:00am

INDEPENDENCE PARTY
Thurs., July 3 at 11:00am

LCISO SENIOR ACADEMY
July 23, 24, & 25

MURDER MYSTERY
Sat., Sept. 13 @ LCCOA (TBA)

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

! TESTIMONIALS NEEDED !
We NEED Your Testimony of LCCOA Services
Write-In or Email; LKelley@LCCOAonline.org



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.



Tai Chi for Fall Prevention

Led by a University of Missouri Exercise Physiologist

WHAT IS IT?

Join **Tyler Hall**, MU Extension Nutrition and Health Specialist, for this engaging course designed especially for older adults.

Tai Chi is a fun, safe, and effective exercise program that can improve:

- Balance
- Strength
- Posture
- Flexibility
- Cardiovascular health
- Quality of life

Class size is limited to the first 15 people who register, so don't delay!

**Call Warren County Extension at
636-456-3444 to register!**

WHEN

Tuesdays and Thursdays
Starting June 3rd
1PM

WHERE

LCCOA
LINCOLN COUNTY COUNCIL ON AGING
1380 Boone St Troy MO 63379

COST

Just \$50 for 18 sessions
(That's under \$3 per class!)

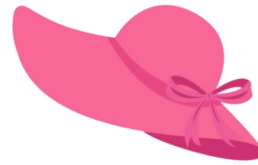


an equal opportunity/ADA institution

For more information or ADA accommodations, contact the MU Extension Warren County office at 636-456-3444

RED & PINK HATTERS

4th Thurs @ 11a



LINE DANCING

TUES 12:30p NO
REGISTRATION



Alzheimer's Caregiver

Support Group

2nd Thurs 2-3pm



636-288-9307 *with Barbara Ritchey*



LIVE JAM SESSION

Last Friday Monthly

SMART DEVICE HELP

Jennifer

314-378-3111



MIH has come to Lincoln County!

Mobile Integrated Healthcare (MIH) 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, or be referred by a healthcare provider, emergency medical services (EMS) provider, or hospital emergency department.

Call 636-528-8488

DAY TRIPS

SENIOR FAIR—Lincoln County Fairgrounds, 8:30a June 4

JR LOVE & DUKE MASON—\$12.50/pers. 7pm Sat., June 7

LINCOLN, REAGAN, TRUMP DAY—Linc.Co. Fairgrounds Sat., June 14, 5-8pm.

Day trips are planned throughout the month!
Meet up for fun & memories! Transportation is
NOT provided. Carpool or drive yourself.

Call Joyce 636-462-0613




1ST & 3RD THURS


Missouri Veterans Commission, Veteran Service Officer
Randy Null - 314-596-6232
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.**



ATTENTION
please

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.

June Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Chicken Breast, Pasta Salad, Baked Beans, California Blend, Peaches	3. Mostaccioli (beef) Breadstick, Green Beans Pears	4. Homebound: Chicken Patty In House: Fried Chicken Mashed Potatoes, Gravy, Corn, Roll, Fresh Fruit	5. Sausage & Cheese Pizza Flat Bread Carrots Raisins	6. Chef Salad (lettuce, Chicken, Ham, Eggs, Cheese, Dressing, Crackers) Fresh Fruit
9. Country Fried Steak, Roll Mashed Potatoes & Gravy Peas Fruit Cocktail	10. Chicken Salad Sandwich w/ Cheese, Croissant Roll, Whole Grain Chips Lettuce, Potato Salad, Applesauce	11. Pork Loin w/ Gravy, Wheat Bread, Stuffing, Mixed Veggies v Fresh Fruit	12. Salisbury Steak, w/Gravy, Roll, Parsley Potatoes Lima Beans, Caramelized Onions, Raisins	13. Chicken Fajita Rollup w/ Cheese, Tortilla, Spanish Rice, Lettuce & Salsa, Sour Cream Fresh Fruit
16. Chicken Teriyaki Rice Asian Vegetables Pineapple	17. Tuna Casserole Breadstick Peas & Carrots Pears	18.Fried Catfish, Hush Puppies, Coleslaw, Baked Beans, Fresh Fruit	19. Hot Dog, Bun Baked Beans Green Beans Mandarin Oranges	20. Taco Salad w/ Cheese, Corn Chips, Lettuce, Salsa, Corn, Refried Beans Fresh Fruit
23. Polish Sausage Bun Mashed Potatoes & Sauerkraut Corn Peaches	24. Chicken Philly Sandwich w/ Cheese Hoagie Bun Lettuce, Onion & Green Peppers Raisins	25. Baked Ham, Wheat Bread, Scalloped Potatoes, Carrots, Fresh Fruit	26. Sloppy Joe Bun, Mac N Cheese Mixed Vegetables Applesauce	27. Tuna Salad Sandwich w/ Cheese, Croissant Roll, Whole Grain Chips, Lettuce, Tomato, & Onion, Broccoli Salad Fresh Fruit
30. Pork Tenderloin, Bun, Cheese, Lettuce, Tomato Potato Salad Fruit Cocktail	July 1.	2.	3.	4. CLOSED

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
June 2. 9:15 Exercise (Lvl 2) 10:30 Exer Lvl1 11a Womens Bible Study 12:30 Cards	3. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing 1p Tai Chi	4. 9-11 Medicare Q&A with Chris 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo	5 9a-3p VetServ Commission 9:00 Veterans Coffee Talk 10:30a Gardening 12:30 Cards 1p Tai Chi	6. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
9. 9:15 Exercise (Lvl 2) 10:30 Exer Lvl1 11a Womens Bible Study 12:30 Cards	10. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing 1p Tai Chi	11. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 10:30 SHIP Medicare- Rebecca 12:00 Cribbage 12:30 Bingo	12. 9:00 Veterans Coffee Talk 10:30a Gardening 1p Tai Chi 2p Alz Caregiver Support Group	13. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
16. 9:15 Exercise (Lvl 2) 10:30 Exer Lvl1 11a Womens Bible Study 12:30 Cards	17. 9:00 Quilting 10a 1st Responders 10:00 Crochet 10:30 Legal Serv 12:30 Line Dancing 1p Tai Chi	18. 9-11 Medicare Q&A with Chris 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo 12:30 Medicare w/ Nicole	19. 9a-3p VetServ Commission 9:00 Veterans Coffee Talk 10:30a Gardening 12:30 Cards 1p Tai Chi	20. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
23. 9:15 Exercise (Lvl 2) 10:30 Exer Lvl1 11a Womens Bible Study 12:30 Cards	24. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing 1p Tai Chi	25. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo 12p Birthday Party	26 9:00 Veterans Coffee Talk 10:30a Gardening 11a Lunch & Learn 11a Red & Pink Hatters 1p Tai Chi	27 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12:30 LIVE MUSIC
30 9:15 Exercise (Lvl 2) 10:30 Exer Lvl1 11a Womens Bible Study 12:30 Cards	July 1. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing 1p Tai Chi	2. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo	3. 9:00 Veterans Coffee Talk 10:30a Gardening 11a Independence Party 12:30 Cards 1p Tai Chi	4 CLOSED HAPPY INDEPENDENCE DAY