

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?

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

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



proud partner of
UNITED WAY
Greater St. Louis

636-528-7000

LCCOA   

..... ESTD. 1978
Lincoln County Council on Aging

LIVE YOUR BEST LIFE

Volume 35

JULY
2025

INDEPEDENCE PARTY

Thursday, July 3 @ 11a

QUARTER AUCTION

Saturday, July 12 @ 12p

RED & PINK HATTERS

12p Thurs. July 10 @ Honky Tonk

LIVE COUNTRY MUSIC

Friday, July 18 @ 12:30p

BIRTHDAY CAKE

Wednesday, July 23 @ 12p

FREE FUN & FINANCE

Thursday, July 24 @ 11a

LCSSO SENIOR ACADEMY

July 23, 24, & 25 @ 12:30p

MURDER MYSTERY

Saturday, September 13 @ 2pm

636-528-7000

LCCOA   

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Lincoln County Council on Aging



Tri-County Senior Resource Group Presents

MURDER MYSTERY

AFTERNOON TEA THEATRE

2PM SAT. SEPT. 13

LCCOA 1380 Boone St., Troy MO

Tickets at Eventbrite &
Peoples Savings Bank






**ONLY
\$200
TABLE FOR 8**

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

Open Mon-Fri
8a - 4p

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

 Heat Advisory Update: Earlier Meal Deliveries for Volunteer Safety  

With summer temperatures on the rise, LCCOA will begin delivering meals earlier in the day during any official heat advisory. This change helps protect the health and safety of our incredible volunteer drivers, who are out in the community ensuring our seniors receive their meals—even in extreme weather.

If a heat advisory is issued, drivers will begin routes earlier than usual. We kindly ask clients to be ready to receive meals a bit sooner on these days.

We deeply appreciate the dedication of our volunteers and the flexibility of our meal recipients during these hot Missouri days. Thank you for helping us keep everyone safe, nourished, and cared for.

MORE RESOURCES



Legal Services of Eastern Missouri
Action.Justice.Hope.

FREE LEGAL ADVICE
(314) 534-4200
Or Toll Free
800.444.0514

Kimberly R. Finnegan, MSW, LCSW, JD
Office: 314.256.8738



Heartland
HOSPICE

Pain & Symptom Mgmt.
Emotional Support
Spiritual Care
Respite Care
Bereavement Care

Emily Kelly, BSN RN Clinical Liaison
Anne Fryer Hospice Care Consultant

Call 636-327-4018

LCCOA   

..... ESTD. 1978

Lincoln County Council on Aging

Kelly Hardcastle—
Executive Director

Janet Carver—
Site Director

Crystal James—Kitchen Mgr.

Lindsey Kelley—
Growth Coordinator

Maureen Ostmann—
Clerical Aide

Chris Mulvinia—Assistant
Kitchen Manager

Joe Indelicato—Kitchen Aide



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

P&T
PEOPLES BANK & TRUST

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

Cuivre River Electric
A Touchstone Energy Cooperative

RB
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

Silver Health Solutions
Chris Silverberg

212 S. Lincoln Dr.
Troy, MO 63379
Phone: 636-462-7457
chris@relyonsilver.com

silver health solutions



Jennifer Barhoumy
photographer

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

314-378-3111

Nicole Hardey • Julie Myers • Angela Herbel-Mitchell • Donna Williams

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

• 636-489-2770 (Option 2) • Team@ClarityHS.net •

www.LCCOAonline.org

MISSOURI SHIP

State Health Insurance Assistance Program

Proud Community Partner

Medicare Savings Programs

If you have limited income and resources and are enrolled in Medicare, there are programs to help lower your out of pocket costs. These programs are sponsored by federal and state monies designated to help cover out-of-pocket expenses for Part A and/or Part B premiums, deductibles, and coinsurance. Eligibility is based on income and resources. There is also a program administered by Social Security for medication costs; this program is called Extra Help.

Qualified Medicare Beneficiary (QMB) Helps pay for your Medicare Part A and Part B premiums, your deductible, and your coinsurance (your share in medical costs)

Specified Low-Income Medicare Beneficiary (SLMB) Helps pay your Medicare Part B premiums.

Qualified Individual Program (QI-1) You can choose if this program will pay for your Medicare Part B premiums or to receive MO HealthNet (Missouri Medicaid) coverage.

Applying for these programs will include an evaluation of your eligibility for the Extra Help program which is a program to lower copays, deductibles and premiums for Medicare Part D (drug benefit). If your monthly income and resources are below the limits in the table below, you may qualify.

	Single		Married	
	Monthly Income	Resources	Monthly Income	Resources
Extra Help	\$1976	\$17,600	\$2664	\$35130
MSP Programs	\$1781	\$9660	\$2400	\$14470

You can apply in several ways: online at mydss.mo.gov where you can complete the application online or download a PDF to mail or fax; or by visiting a local FSD Resource Center. You can contact a local FSD office or contact Missouri SHIP for questions and assistance.

Rebecca, a Counselor from MissouriSHIP, visits LCCOA on the 2nd Wednesday of the month from 1030-1. You can reach her directly at 636-344-0628 or you can call 1-800-390-3330 for a phone consultation.



Tri-County Senior Resource Group Presents

MURDER MYSTERY

AFTERNOON TEA THEATRE

2PM SAT. SEPT. 13



LCCOA 1380 Boone St., Troy MO

Tickets at Eventbrite &
Peoples Savings Bank

ONLY
\$200
TABLE FOR 8

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

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.

 **Donate today at**

 Thank you for
being the difference



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.

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.

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

LIVE COUNTRY MUSIC
FRIDAY, JULY 18 at 12:30p

SATURDAY, JULY 12

Christmas in July
QUARTERMANIA

DOORS OPEN AT NOON

BRING YOUR QUARTERS FOR
A FABULOUSLY FUN TIME!

Fundraising Auction for LCCOA

1380 Boone St., Troy MO



Tai Chi for Fall Prevention

Led by a University of Missouri Exercise Physiologist

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

Just \$50 for 18 sessions

(That's under \$3 per class!)

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

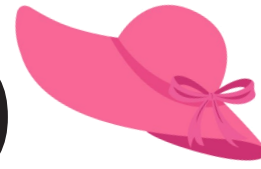
 **Extension**
University of Missouri

an equal opportunity/ADA institution

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

**CALL TO
REGISTER
FOR NEXT
SESSION**

RED & PINK HATTERS



Thurs., July 10
11am at Honky Tonk

(Main St., Troy)

LINE DANCING

TUES 12:30p NO
REGISTRATION



Alzheimer's Caregiver

Support Group

2nd Thurs 2-3pm



636-288-9307 *with Barbara Ritchey*



SMART DEVICE HELP

Jennifer

314-378-3111



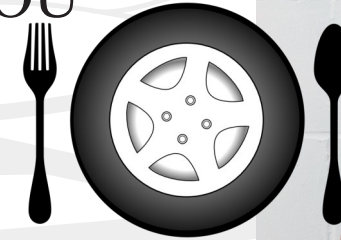
THANK YOU LINDA MORSE
& Everyone who DONATED to
Linda Morse's Collection!

THANKS TO COMMUNITY
SUPPORTERS LIKE YOU

Linda was able to raise

\$5,735

for LCCOA's Meals Program



Help Us Feed Our Neighbors in Need

If you are able to give, your donation can provide a hot, nutritious meal to someone who cannot afford one.

Please consider supporting LCCOA's Meals Program.
Together, we can make sure no one is left hungry or forgotten.

Give today. Help a neighbor tomorrow.

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

FUN & FINANCE FOR KIDS!

KID FRIENDLY
BANKING LESSON

COLORING
CONTEST

THURSDAY, JULY 24 | 11 A.M.
@ Lincoln County Council on Aging

FREE PRIZES

BRING YOUR
GRANDKIDS & HELP
THEM LEARN THE
IMPORTANCE OF
SAVING MONEY!

This lunch and learn
is sponsored by
Peoples Savings Bank.



SENIOR ACADEMY Safe Living

Tips & Tricks from the Sheriff's Office to
help seniors live their best lives—safely.

JULY 23, 24 & 25 @ 12:30p

 **1ST & 3RD THURS**
Missouri Veterans Commission, Veteran Service Officer
Randy Null - 314-596-6232
MUST CALL TO SCHED. APPT. 

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

PET OWNER MEAL-RECIPIENTS
🐾 **PLEASE LOCK UP YOUR PETS**
BEFORE ANSWERING THE DOOR

Donation for Meals is \$5
for those over 60.
Meals for those under 60 are \$8.

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.

July Menu



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

Monday	Tuesday	Wednesday	Thursday	Friday
30. Pork Tenderloin, Bun, Cheese, Lettuce, Tomato Potato Salad Fruit Cocktail	July 1. Crab Cakes, Macaroni Salad, Carrots, Pears	2. Homebound: Chicken Patty In House: Fried Chicken Mashed Potatoes, Gravy, Corn, Roll, Fresh Fruit	3. Hamburger Bun Baked Beans Lettuce, Tomato Raisins	4. CLOSED
7. Country Fried Steak, Roll Mashed Potatoes & Gravy Peas Fruit Cocktail	8. Ham Salad on Croissant Pasta Salad w/ Broccoli Pineapple Chunks	9. Chicken Fried Rice Peas + Carrots Fresh Fruit	10. Chicken Kabab Bowl Red Pep- per, Onions Roasted Pota- toes Pineapple	11. Chicken Ceaser Salad Croutons Tomatoes Man- darin Oranges Parmesan Cheese
14. Beef (Alfredo sauce) Tortellini, Garlic Bread Win- ter Blend Fresh Fruit	15. Meatball (subs) Hoagie Carrots Peaches Cheese	16. Catfish Hush Pup- pies Baked Beans Coleslaw Fresh Fruit	17. Beef Hot Dog Bun Baked Beans Green Beans Mandarin Oranges	18. Chicken Fajita Salad Spanish Rice Salsa Let- tuce, Black Beans Raisins Cheese, Sour Cream
21. Meatloaf Corn Mashed Potatoes (w. Gravy) Fresh Fruit	22. Pulled Pork Bun 3 Bean Salad Baked Beans Raisins	23. Fajita Chicken Roll, Pasta con Brocc. Broccoli Fresh Fruit	24. Fish Patty Bun, Whole Grain Chips Mixed Veggies Fruit Cocktail Cheese	25. Chicken Bacon Ranch Salad (Cucumber, to- mato, Lettuce, Green Onions, Ranch Dressing)
28. Chicken Salad Croissant, Multi- grain Chips Let- tuce, Fresh Fruit Cheese	29. Beef Quesadilla Spanish Rice Let- tuce Salsa Ap- plesauce Sour Cream	30. Pork Loin Stuffing (w. Gravy) Mixed Veggies Fresh Fruit	31. Ham, Turkey (sandwich) Hoagie, Wholegrain chip Lettuce, Tomato Tropical Fruit Cheese	August 1. Beef Burrito, Tortilla, Refried Beans, Salsa, Lettuce, Cheese, Sour Cream, Raisins

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
June 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. 9-11 Medicare Q&A with Chris 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo	3 9a-3p VetServ Commission 9:00 Veterans Coffee Talk 10:30a Gardening 11a PARTY 1p Tai Chi	4. CLOSED HAPPY INDEPEND- ENCE DAY
7. 9:15 Exercise (Lvl 2) 10:30 Exer Lvl1 11a Womens Bible Study 12:30 Cards	8. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing 1p Tai Chi	9. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 10:30 SHIP Medicare- Rebecca 12:00 Cribbage 12:30 Bingo	10. 9:00 Veterans Coffee Talk 10:30a Gardening 12p Hatters at Honky Tonk 1p Tai Chi 2p Alz Caregiver Support Group	11. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
14. 9:15 Exercise (Lvl 2) 10:30 Exer Lvl1 11a Womens Bible Study 12:30 Cards	15. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing 10:30 Legal Serv 1p Tai Chi	16. 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	17. 9a-3p VetServ Commission 9:00 Veterans Coffee Talk 10:30a Gardening 12:30 Cards 1p Tai Chi	18. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12:30 LIVE COUNTRY MUSIC
21. 9:15 Exercise (Lvl 2) 10:30 Exer Lvl1 11a Womens Bible Study 12:30 Cards	22. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing 1p Tai Chi	23. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo 12p Birthday Party 12:30 LCSO Academy	24 9:00 Veterans Coffee Talk 11a Fun & Finance w/ Peoples Savings Bank 12:30 LCSO Academy 1p Tai Chi	25 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12:30 LCSO Academy
28 9:15 Exercise (Lvl 2) 10:30 Exer Lvl1 11a Womens Bible Study 12:30 Cards	29. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing 1p Tai Chi	30. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo	31. 9:00 Veterans Coffee Talk 10:30a Gardening 12:30 Cards 1p Tai Chi	August 1. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1