

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



LIVE YOUR BEST LIFE

Volume 34
NOVEMBER
2024

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

ALZHEIMER'S EDUCATION
Wed, November 6 @ 11a

MEDICARE COUNSELING
Wed, November 13 @ 10:30a

DIGITAL LITERACY
Thurs., November 14 @ 10:30a

FREE—LEGAL SERVICES
Tuesday, Nov 19 @ 10:30a

LCHD VACCINE @LCCOA
Wednesday, Nov. 20 @ 10a-1p

**EMPOWER MISSOURI
GIFT CARD FOR ATTENDEES**
Thurs., November 21 @11a

**THANKSGIVING BAKE
SALE & CRAFT FAIR**
Wed., November 27, 10a-1p

FREE THANKSGIVING DAY DINNER For Lincoln County Residents

PROVIDED BY

LINCOLN COUNTY VETERANS COFFEE TALK
And MOSCOW MILLS LIONS CLUB

THURSDAY, NOVEMBER 28TH, 2024

30 FREISE INDUSTRIAL DRIVE—MOSCOW MILLS, MO 63362

MEALS DELIVERED TO HOMES: 9:00—11:00 A.M.

MEALS SERVED AT LIONS CLUB: 11:00 A.M. TO 1:00 P.M.

UNDERSTANDING AND RESPONDING
TO DEMENTIA-RELATED BEHAVIOR

Wed., Nov. 6 @ 11a



ESTD. 1978

Lincoln County Council on Aging

636-528-7000



ESTD. 1978

Lincoln County Council on Aging

Open Mon-Fri
8a - 4p

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

November Menu



HOME DELIVERED CLIENTS:

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

Monday	Tuesday	Wednesday	Thursday	Friday
28. Country Fried Steak, Gravy, Mashed Potatoes, Roll, Mixed Veggies, Pineapple	29. Pulled Pork on Bun with BBQ Sauce, Baked Beans, Potato Salad, Apple Crisp	30. Lasagna Garlic Bread Corn Fresh Fruit	31. Chicken Parmesan, Spaghetti Noodles, Sauce, Peas, Breadstick, Applesauce	November 1. Chicken Philly, Hoagie, Onions, Green Peppers, Lettuce, Cheese, Pasta Salad, Fresh Fruit
4 Salisbury Steak (Rice, Gravy, Caramelized Onions) Green Beans, Roll, Peaches	5. Tuna Casserole, Pasta, Breadstick, Carrots, Raisins	6. In House: Fried Chicken Homebound: Chicken Patty Mashed Potatoes, Gravy, Peas, Roll, Fresh Fruit	7. Meatball Sub (Cheese, Pasta Sauce, Hoagie) Whole Grain Chips, Broccoli Fresh Fruit	8 Cornbread Taco Bake (Beef, Lettuce, Salsa, Cheese, Sour Cream) Fresh Fruit
11 Polish Sausage, Mashed Potatoes, Sauerkraut, Bun, Carrots, Pears	12 Chicken Quesadilla (Cheese, Tortilla, Lettuce, Salsa, Sour Cream, Refried Beans) Raisins	13 Catfish, Coleslaw, Potato Salad, Wheat Bread, Fresh Fruit	14 Tortellini (Pasta Sauce), California Blend, Garlic Bread, Mandarin Oranges	15 Beef Chili with Beans, Corn Bread, Carrot Sticks, Crackers, Fresh Fruit
18 Chicken + Dumplings (Carrots, Biscuit, Peas) Applesauce	19 Pork Tenderloin (Bun, Lettuce, Cheese, Tomato), Pasta Salad, Whole Grain Chips, Pears	20 Turkey, Gravy, Stuffing, Green Beans, Mashed Potatoes, Roll Cranberry Sauce, Pumpkin Pie,	21 Hot Dogs (Beef), Bun, Baked Beans, Potato Salad, Peaches	22 Broccoli Cheese Soup, Ham + Cheese Sandwich, Lettuce, Crackers, Fresh Fruit
25 Loaded Baked Potato Soup, Grilled Cheese Sandwich, Cracker, Raisins	26 Chicken Teriyaki, Rice, Asian Veggies, Pineapple	27 Lasagna (Beef, Cheese, Pasta), Corn, Garlic Bread, Fresh Fruit	28 CLOSED	29 CLOSED

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



ESTD. 1978

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

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
Kathy Seabaugh

Proud member of



United Way of Greater St. Louis



www.LCCOAonline.org

 Community PARTNERS




Hardey Senior Consulting
 nicole@hscilc.us
 636.462.2701
 636.628.2677



Nicole Hardey
 Licensed Independent Broker

Local Agency
 Local Service
 Medicare Made Easy



silver health solutions

Chris Silverberg
 636-462-7457



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

**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!

1st Wed @LCCOA



Silver Health Solutions

Chris Silverberg

212 S. Lincoln Dr.


Troy, MO 63379

Phone: 636-462-7457

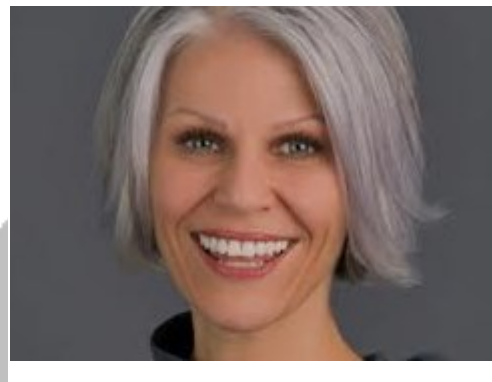
chris@relyonsilver.com



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



Hardey Senior Consulting



nicole@hscilc.us
 636.462.2701
 636.628.2677

Nicole Hardey
 Licensed Independent Broker

Visit Nicole 12:30p—3rd Wed—@LCCOA

MISSOURI SHIP

State Health Insurance Assistance Program

Proud Community Partner

Annual Open Enrollment is nearly here!!

Starting October 15th and running through December 7th,

Rebecca Pogorzelski, R.Ph., Pharm.D, Certified Counselor
MissouriSHIP can be reached at 636-344-0628

We provide unbiased Medicare counseling and education

Since 1993, **Missouri SHIP** has been a safe and trusted resource to help you understand Medicare and choose the right plan. In 2023, we changed our name from Missouri CLAIM to Missouri SHIP to make it clear that we are the official State Health Insurance Assistance Program (SHIP).

**Rebecca will be at LCCOA
WED. NOV. 6 at 10:30am**

You may also call Rebecca to schedule an appointment for a different day, or over the phone.

Missouri SHIP (MO SHIP) is certified by the federal and state government to provide free, unbiased, and confidential (private) Medicare services. **We are not an insurance company.** We are a nonprofit agency, and we do not sell anything or charge for our services.

MO SHIP has volunteer counselors and Community Partners throughout Missouri who provide local Medicare counseling in their communities. Volunteers receive extensive training to become certified Medicare counselors and regularly receive updates and training.

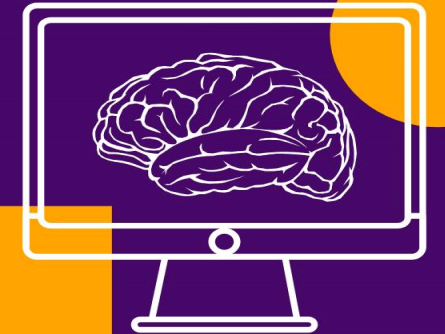


Alzheimer's Association Presents
Wed., Nov 6 @ 11am

Healthy Living for Your Brain & Body

Tips from the Latest Research

An Alzheimer's Association Education Program



Upcoming Day Trip

SUN NOV 3—ACT TWO THEATER
“Once Upon A Mattress” at 2:00pm

MON NOV 11—Linc Co Courthouse
Veterans Memorial Service at 11am

SAT NOV 16—Cannon Dam Opry
Featuring Duke Mason at 7:00pm

LCCOA is collecting CHRISTMAS PRESENTS for the Homebound



HELP US MAKE THIS HOLIDAY

Brighter

For Lincoln County Seniors & Homebound



Presents to be dropped off at LCCOA by Friday, November 15



WINTER ADVISORY



In the case of ice or snow,
Please have your walkway/porch
salted and/or shoveled,
for the safety of the meal deliverers.

LCCOA

Bake & Crafts Sale

**NOV
27**

10am – 1pm

ALL Funds from Baked Good Sales goes directly to LCCOA's Meal Program!

Help support local crafters & artists, and get unique gifts for the loved ones on your Christmas list!



Operating Above the Standard

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

*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.

LINE DANCING



Tuesdays 12:30-2:30p

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



VACCINATIONS

Home Visits for HOMEBOUND

Call 417-766-6990

to Schedule Your Homebound Vaccination!

FREE MEDICARE COUNSELING

To make an appointment for an in-person or a phone discussion, call Rebecca at



SHIP
State Health Insurance
Assistance Program

636-344-0628



**Senior Lifestyle
Consulting LLC**

- In-Services
- Content provider - Activity Connection
- Organizer/ Facilitator - SLC Alzheimer's Caregiver Support Group



636-288-9307



ritcheyb69@gmail.com



ATTENDEES RECEIVE A
FREE GIFT CARD

11a THURS NOV 21

1ST TUES & 3RD THURS

Missouri Veterans Commission, Veteran Service Officer

Michael Smith - 636-202-6215

Michael.Smith@mvc.dps.mo.gov

MUST CALL TO SCHED. APPT.



**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

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.

MORE RESOURCES



Action.Justice.Hope.

3rd TUES MONTHLY @ 10:30A

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



314-401-0399

Senior Community Connections, LLC

Shona McIntyre, MSW, CDP—Shona has helped thousands of families place their loved ones in all levels of care in independent living, assisted living, memory care, and skilled nursing.



HOSPICE

Pain & Symptom Mgmt.

Emotional Support

Spiritual Care

Respite Care

Bereavement Care

Emily Kelly, BSN RN

Clinical Liaison

Office 636-327-4018

Cell 636-626-0774

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
28. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1)	29. 9:00 Quilting 10:00 1st Responders Coffee 10:00 Crochet 12:30-1:30 Line Dancing	30. 9:15 Exercise Lvl 2 10:30 Exercise Lvl1 12:00 Cribbage 12:30 Bingo	31. 9:00 Veterans Coffee Talk 12:30 COSTUME CONTEST & HALLOWEEN PARTY	Nov 1. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
4. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1)	5. 9a-3p VetServ Commission 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	6. 9:15 Exercise Lvl 2 10:30 SHIP Medicare- Rebecca 11a ALZ EDU 12:00 Cribbage 12:30 Bingo	7. 9:00 Veterans Coffee Talk 12:30 Cards	8. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
11. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1)	12. 9:00 Quilting 12:30-1:30 Line Dancing	13. 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	14. 9:00 Veterans Coffee Talk 10:30 Digital Literacy w/ Lindsey 2-3 Alz Caregiver Support Group	15. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
18. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1)	19. 9:00 Quilting 10:00 1st Responders Coffee 10 :30 FREE Legal Services 10:00 Crochet 12:30-1:30 Line Dancing	20. 9:15 Exercise Lvl 2 10:30 Exerc Lvl1 10a-1p LCHD Vaccine Clinic 12:00 Cribbage 12:30 Bingo	21. 9a-3p VetServ Commission 9:00 Veterans Coffee Talk 11a Empower MO Attendees get a GIFT CARD	22. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
25. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1)	26. 9:00 Quilting 10a 1st Responders 10:00 Crochet NO LINE DANCING	27. 10:00a-1:00pm BAKE SALE & CRAFT FAIR	28. CLOSED	29. CLOSED

Online Calendar at www.LCCOAonline.org