

**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  
DECEMBER  
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

**636-528-7000**



### ALZHEIMER'S EDUCATION

Wed., December 4 @ 11:00a

### MEDICARE COUNSELING

Wed., December 11 @ 10:30a

### DIGITAL LITERACY

Thurs., December 12 @ 10:30a

### FREE—LEGAL SERVICES

Tues., December 17 @ 10:30a

### CHRISTMAS PARTY

Fri., December 20 @ 12:30p

### HOLIDAY CLOSURES

December 24 & 25

December 31

January 1

**636-528-7000**



ESTD. 1978  
Lincoln County Council on Aging

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

**WED, DEC 4 @ 11a**



## WINTER ADVISORY

LCCOA follows Lincoln County R3 School District Closures for inclement weather.



Stay tuned to news, radio, and social media for closures.

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.



**Pain & Symptom Mgmt.**

HOSPICE

**Emotional Support**

**Spiritual Care**

**Respite Care**

**Bereavement Care**

**Emily Kelly, BSN RN**

Clinical Liaison

**Office 636-327-4018**

Cell 636-626-0774



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**

**Lindsey Kelley**

**Denise Jordan**

**Janet Carver**

**Maureen Ostmann**

**Joe Indelicato**

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



**Chris Silverberg**  
 636-462-7457



[www.LCCOAonline.org](http://www.LCCOAonline.org)



**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

**silver**   
**health**  
**solutions**

**1st & 3rd Wednesday at LCCOA**  
**9:00-11:00am**



**Hardey Senior Consulting**

 nicole@hscilc.us  
 636.462.2701  
 636.628.2677



**Nicole Hardey**  
 Licensed Independent Broker

**12:30pm—3rd Wednesday at LCCOA**

## Annual Open Enrollment through December 7th

Annual Medicare Open Enrollment season ends December 7th! If you have more questions about your Medicare or need to make changes to your plans, NOW is the time to act! Particularly, if you are in a Part D Prescription Drug Plan, December 7th is the date by which you need to make changes.

If you do nothing, you will likely stay in the plan you were in, HOWEVER, not every plan available last year will be available next year so please check and make sure you understand what plan you will have for 2025. If you have questions, I can help you! If you are in Medicare Advantage, you will have another open enrollment period January 1- March 31st. This is another opportunity to make a change in Medicare Advantage and/or drop back to Original Medicare. Please read and keep any documents you receive from your plan. If you feel you may qualify for the Extra Help program, a Medicare Savings Program or Medicaid, please call me.

**I can help screen you for eligibility and help with applications should you qualify. To make an appointment for an in-person discussion or a phone discussion, call me directly at 636-344-0628.**

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

**636-344-0628**

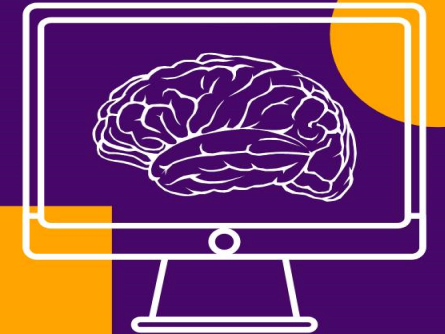


Alzheimer's Association Presents  
**Wed., Dec. 4 @ 11am**

## Healthy Living for Your Brain & Body

Tips from the Latest Research

An Alzheimer's Association Education Program



## DAY TRIPS

- \* **JR Love Show at the Opry in Perry**  
Saturday, Dec 7th. 7pm \$12.50 pp
- \* **Anastasia at the St. Charles Community Center**  
Dec 15th at 2 \$12.00pp. 460 Mid Rivers Mall Dr.  
To make reservations call 636-922-8050
- \* **A Christmas Carol.**  
Dec 15th 2pm. \$12.00pp.  
Dec 17th at 11:30 \$30.00pp
- \* **Gingerbread Lunch at Christy Banquet Center.**  
Call 314-399-9290 for reservations.



*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.*

**! TESTIMONIALS NEEDED !**

We NEED Your Testimony of LCCOA Services  
Write-In or Email; [LKelley@LCCOAonline.org](mailto:LKelley@LCCOAonline.org)

**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**



**WINTER ADVISORY**



LCCOA follows Lincoln County R3 School District Closures for inclement weather.

Stay tuned to news, radio, and social media for closures.

Upon our re-opening after ice or snow, please have your walkway/porch salted and/or shoveled, for the safety of the meal deliverers.

If your walkway or driveway is unsafe, the meal will not be delivered.



# LINE DANCING



Tuesdays 12:30-2:30p

NO Pre-Registration Required.



Come have a great time!

Please Note: There will be NO Line Dancing the week of Christmas & the week of New Years.

## 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 RETURNING IN 2025

# CHRISTMAS PARTY



Friday



DEC 20

12:30p



Everyone is welcome to come  
celebrate Christmas at LCCOA!

IF you would like to participate in the  
White Elephant Gift Exchange -  
Please Bring a Wrapped Gift  
valued at \$5-\$10 *(Not Required to Party)*



**This is what your tax-deductible donation will do**

**\$50**

*right here in Lincoln County!*

Supply a homebound senior with hot meals for 1 week.

**\$200**

Provide site electricity for 1 month.

**\$500**

Fuel food delivery vehicles for 2 weeks.

**\$1000**

Supply a homebound senior hot meals for 6 months.

# 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.**



## 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.**



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.

# December Menu



ESTD. 1978

Lincoln County Council on Aging

**HOME DELIVERED CLIENTS:**

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

Monday	Tuesday	Wednesday	Thursday	Friday
2. Beef Stew with Carrots, Potatoes, Yeast Roll, Crackers, Mandarin Oranges	3. Crab Cakes Pasta Salad Winter Blend Raisins	4. In House: Fried Chicken Homebound: Chicken Patty Mashed Potatoes, Gravy, Mixed Veggies, Roll, Fresh Fruit	5. Sweet & Sour Meatballs, Rice, Asian Veggies, Breadstick Pineapple	6. Chili with Beef & Beans, Cornbread, Celery Stick Crackers Fresh Fruit
9. Beef Burrito Tortilla, Salsa, Sour Cream, Cheese, Spanish Rice, Applesauce	10. BBQ Chicken Breast, Baked Beans, Potato Salad, Fruit Cocktail	11. Catfish Coleslaw Hushpuppies Wheat Bread Fresh Fruit	12. Tuna Casserole Pasta Biscuit Peas Raisins	13. Loaded Baked Potato Soup, Grilled Cheese Sandwich Crackers Fresh Fruit
16. Country Fried Steak Mashed Potatoes Gravy, Peas, Roll, Pears	17. Sausage Flatbread Pizza, Cheese, Pasta Sauce, Carrots, Raisins	18. Pork loin Stuffing, Green Beans, Gravy, Cranberry Applesauce, Breadstick, Fresh Fruit	19. Chicken Teriyaki Rice, Asian Veggies, Pineapple	20. Broccoli Cheese Soup, Ham Sandwich Crackers Fresh Fruit
23. Beef Stroganoff Pasta Carrots Breadstick Peaches	<b>24. CLOSED</b>  <b>Merry Christmas</b>	<b>25. CLOSED</b>  <b>Merry Christmas</b>	26. Fish Sandwich Lettuce, Cheese, Bun, Pasta Salad Whole Grain Chips, Raisins	27. Chicken Fajita Rollup Tortilla, Salsa, Sour Cream, Refried Beans, Fresh Fruit
30. BBQ Riblet Baked Beans Roasted Potatoes Bun Fruit Cocktail	<b>31. CLOSED</b>  <b>Happy New Year's Eve</b>	<b>JANUARY 1. CLOSED</b>  <b>Happy New Year</b>	2. Chicken Philly, Bun, Onions, Green Peppers, Cheese, Whole Grain Chips, Lettuce, Mandarin Orange	3. Taco Salad Refried Beans Lettuce, Cheese, Chips, Fresh Fruit

# ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
2. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1)	3. <b>9a-3p VetServ Commission</b> 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	4. <b>9-11 Medicare Q&amp;A with Chris</b> 9:15 Exercise Lvl 2 <b>11a Alzheimer's Education</b> 12:00 Cribbage 12:30 Bingo	5. 9:00 Veterans Coffee Talk	6. 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1
9. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1)	10. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	11. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 <b>10:30 SHIP Medicare- Rebecca</b> 12:00 Cribbage 12:30 Bingo	12. 9:00 Veterans Coffee Talk <b>10:30 Digital Literacy w/ Lindsey</b> <b>12:30 Cards</b>	13. 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1
16. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1)	17. 9:00 Quilting 10a 1st Responders 10:00 Crochet <b>10:30 Legal Serv.</b> 12:30 Line Dancing	18. <b>9-11 Medicare Q&amp;A with Chris</b> 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo <b>12:30 Medicare w/ Nicole</b>	19. <b>9a-3p VetServ Commission</b> 9:00 Veterans Coffee Talk <b>2-3 Alz Caregiver Support Group</b>	20. 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1
23. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1)	<b>24. CLOSED</b> <b>Merry Christmas</b>	<b>25. CLOSED</b> <b>Merry Christmas</b>	26. 9:00 Veterans Coffee Talk	27. 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1
30. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1)	<b>31. CLOSED</b> <b>Happy New Year's Eve</b>	January 1. <b>CLOSED</b> <b>Happy New Year</b>	2 9:00 Veterans Coffee Talk	3 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1