

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 35
MARCH
2025

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 of Meals to LCCOA is \$9.17 per meal.
(raw food, labor, utilities, etc...)



636-528-7000



VETERAN SERV. OFFICER
Now 1st & 3rd Thurs., Appt Only

RED & PINK HATTERS
4th Thurs., @ 11am

FREE—LEGAL SERVICES
Tues., March 18 @ 10:30a

FRAUD PREVENTION
Thursday, March 13 @ 10:30a

LINC CO R3 BALLOT
Wednesday, March 19 @ 11a

BIRTHDAY PARTY
Thursday, March 27 @ 12p

PAINTING w/ SENIORS
Sat., March 29 @ 10am

THANK YOU 2025 Community Partners

TOYOTA | MO



PEOPLES BANK & TRUST



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.



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



ESTD. 1978
Lincoln County Council on Aging

1380 Boone St., Troy MO 63379

636-528-7000

M-F 8:00am—4:00pm

Kelly Hardcastle—
Executive Director

Janet Carver—
Site Director

Denise Jordan—
Head Cook

Lindsey Kelley—
Growth Coordinator

Maureen Ostmann—
Clerical Aide

Kitchen Aides—
Joe Indelicato
Crystal James



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

 **Marillac Mission Fund**

 **PEOPLES BANK & TRUST**

 **Cuivre River Electric**
A Touchstone Energy Cooperative

Mercy 



 **THE REGIONAL BUSINESS COUNCIL**

sparkgoodTM
Walmart 

employees **community fund**
 of Boeing St. Louis

 **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

 **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

 **Hardey Senior Consulting**
nicole@hscilc.us
636.462.2701
636.628.2677
 **Nicole Hardey**
Licensed Independent Broker
12:30pm—3rd Wednesday at 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

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

In 2025, 4.18 million Americans will turn 65, which is a record high. This is equivalent to about 11,400 people turning 65 each day. An estimated 40,000 Missourians are projected to turn 65 in 2025. The above, taken from the guru Google, means that you or someone you know might be turning 65 and ready to get on Medicare. I've already taken a good number of calls from individuals wanting to learn before their 2025 enrollment. So, here is the advice I offer. Get yourself enrolled in Medicare 1. If you are not working and turning 65, sign up for Part A and Part B with Social Security. This can be done online or at a local offi 2. If you are working for a large employer with a group plan, you can delay enrollment, without penalty. Many still enroll in Part A; the only reason not to is if you wish to still contribute to an HSA. 3. If you are working for a small employer, or part time, or maybe don't have insurance, then please enroll! Big decision: original Medicare with a supplement and Part D, or, Medicare Advantage. This is a big decision and can have future consequences which is why you want to be fully informed before making this decision. With a little over half of the people in Medicare Advantage and little less than half in original Medicare, this tells me there is not a clear winner. The decision should be based on your health, your lifestyle and your finances, mostly These are issues that SHIP counselor will discuss with you and make sure you have considered all the options. A great resource is the Medicare and You book which is published every year by Medicare. You can request one from Medicare, the Missouri SHIP off (1800-390-3330) or you can find it published onlin A SHIP counselor will also screen everyone for any additional help from the State of Missouri or Social Security that can help reduce costs. You can call the number above or you can call me directly at 636 344 0628. I am also at LCCOA the second Wednesday of the month, 1030-1.

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

636-344-0628



FRAUD PREVENTION EDUCATION

Brought to LCCOA by

United Credit Union—Stephanie Paasch & Lincoln County Recorder of Deed ; Tracy Martin

THURS MARCH 13 @ 10:30a

Come get actual information regarding frauds being committed in our community. These scams are affecting people of all ages across Lincoln County, MO.

LCCOA

MAR 29
10-12PM
@LCCOA

SENIOR TO SENIOR
PAINT-A-LONG
BROUGHT TO YOU BY ART GUILD

SCAN HERE TO PARTICIPATE

OPEN TO ALL TBHS SENIORS
AND SENIORS 65+

Lincoln County R3 Assistant Superintendents
Dr. Kelly Briscoe and Dr. Jeff Levy
at LCCOA to answer questions about Prop KIDS
WED., MARCH 19 @ 11a



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**

**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



FREE COOKING CLASS

MUST PREREGISTER

CALL TYLER @ 636-456-3444

THURSDAYS AT LCCOA

6 WEEK COURSE

1:00—2:30 pm

STARTING FEBRUARY 13

THROUGH MARCH 20

DAY TRIPS

* **Sun. March 2 & 9**— "Nana's Naughty Knickers"
\$15/person. Act Two Theater St Peters—@ 2pm

* **Sat. March 8**— Honor Flight Dinner Dance
\$25/person. Troy MO KC Hall.

* **Tues., March 12**—"Silver Pot of Gold"
\$30/person. Luncheon at the Christy Banquet Center
in O'Fallon MO. @ 11:30am.



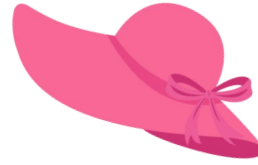
WINTER ADVISORY



LCCOA follows Lincoln County R3 School District Closures. Stay tuned to news, radio, and social media for closures. 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.

RED & PINK HATTERS

4th Thurs @ 11a



LINE DANCING

Tuesdays 12:30-2:30p

NO Pre-Registration Required.



SMART DEVICE HELP

Jennifer

314-378-3111



Alzheimer's Caregiver

Support Group

2nd Thurs 2-3pm

with Barbara Ritchey

636-288-9307



LIVE JAM SESSION

Last Friday Monthly

MIH has come to Lincoln County!

Mobile Integrated Healthcare (MIH) is a patient-centered, innovative delivery model offering on-demand, needs-based care and preventive services, delivered in the patient's home or mobile environment. 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 to the program or be referred by a healthcare provider, emergency medical services (EMS) provider, or hospital emergency department upon discharge.

Call 636-528-8488

This is what your tax-deductible donation will do

right here in Lincoln County!

\$50

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 & 3RD THURS

Missouri Veterans Commission, Veteran Service Officer

Michael Smith - 636-202-6215

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.

March 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
February 24. Beef Stroganoff Pasta, Peas & Carrots, Dinner Roll Applesauce	25. BBQ Chicken Breast, Hash Brown Casserole, Lima Beans Mandarin Orange	26. Pork Loin, Gravy, Stuffing, Peas, Roll, Fruit	27. Chicken Teriyaki Rice, Asian Veggies, Pineapple	28. Tuna Pasta Casserole, Peas, Breadstick Fruit
March 3. Salisbury Steak, Caramelized Onions, Mashed Potatoes, Gravy, Green Beans, Fruit Cocktail	4. Beef Burrito (Tortilla), Lettuce, Cheese, Salsa, Sour Cream, Re- fried Beans, Pears	5. Homebound: Chicken Patty In House: Fried Chicken Mashed Pota- toes, Gravy, Corn, Roll, Fresh Fruit	6. Sloppy Joe's (bun) Baked Beans Mixed Veggies Raisins	7. Fish Sandwich (bun) Lettuce, Cheese, Potato Salad, Fresh Fruit
10. Chicken & Dumplings Carrots Biscuit Applesauce	11. Pulled Pork (bun) Mac & Cheese Mixed Veggies BBQ Sauce Raisins	12. Chicken Teriyaki Bowl (Asian Veggies, Rice Noodles) Fresh Fruit	13. Chili with Beef & Beans Peanut butter sandwich Crackers Carrot Sticks Raisin	14. Tuna Casserole Pasta Peas Bread Stick Fresh Fruit
17. Meatball Sub on Hoagie Roll Cheese, Pasta Sauce, Whole Grain Chips, Winter Blend, Raisins	18. Chicken Quesadilla, Lettuce, Salsa, Sour Cream, Tor- tilla, Spanish Rice, Applesauce	19. Fried Catfish Coleslaw Hushpuppies Wheat Bread Fresh Fruit	20. Hotdog (beef) Coleslaw Bun Baked Beans Peaches	21. Chicken Salad on Croissant Lettuce, Potato Salad, Cheese, Dried Cranberries, Fresh Fruit
24. BBQ Riblet on Bun, Potato Casserole, Lima Beans, Fruit Cocktail	25. Sweet & Sour Meatballs, Rice, California Blend, Pineapple	26. Beef Mostaccioli Pasta, Mixed Veggies Bread Stick Fresh Fruit	27. Pork Tenderloin on bun, Lettuce, Cheese, Mac & Cheese whole grain chips Raisins	28. Taco Salad, corn chips, Beef, Salsa, Sour Cream, Lettuce, Cheese, Refried Beans, Fresh Fruit

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
February 24. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) 12:30 Cards	25. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	26. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo	27 9:00 Veterans Coffee Talk 11a Red & Pink Hatters 1p Free Cooking	28 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12p LIVE MUSIC
March 3. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) 12:30 Cards	4. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	5 9-11 Medicare Q&A with Chris 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo	6. 9a-3p VetServ Commission 9:00 Veterans Coffee Talk 12:30 Cards	7. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
10. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) 12:30 Cards	11. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	12. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 10:30 SHIP Medicare- Rebecca 12:00 Cribbage 12:30 Bingo	13. 9:00 Veterans Coffee Talk 10:30a Fraud Prevention 1p Free Cooking 2p Alz Caregiver Support Group	14. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
17. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) 12:30 Cards	18. 9:00 Quilting 10a 1st Responders 10:00 Crochet 10:30 Legal Serv 12:30 Line Dancing	19. 9-11 Medicare Q&A with Chris 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 11 LinCo R3 Ballot 12:00 Cribbage 12:30 Bingo 12:30 Medicare w/ Nicole	20. 9a-3p VetServ Commission 9:00 Veterans Coffee Talk 10:30 Digital Literacy w/ Lindsey 1p Free Cooking	21. 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1
24. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) 12:30 Cards	25. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	26. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo	27 9:00 Veterans Coffee Talk 11a Red & Pink Hatters 12p Birthday Party	28 9:15 Exercise L2 10a Cross Stitch 10:30 Exerc. L1 12p LIVE MUSIC

Menus Prepared By: Denise Jordan

Meals Approved By: Rebecca Shinn, RD, LDN

All Meals Served with Yogurt (Dairy)

Online Calendar at www.LCCOAonline.org