

**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

## 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

**DEBUNK HOSPICE MYTHS**  
April 10 @ 11:00a

**FREE—LEGAL SERVICES**  
3rd Tuesday @ 10:30a

**RED & PINK HATTERS**  
4th Thursday @ 11am

**BIRTHDAY PARTY**  
4th Thursday @ 12p

**GARDENING**  
Every Thursday @ 10:30a



# 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**

**sparkgood**<sup>TM</sup>  
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 or a phone discussion, call Rebecca at 636-344-0628.

According to data from the CDC, 88.6% of Medicare beneficiaries take one or more prescription medications. There were big changes to the Part D drug benefit this year, 2025. Based on the calls I receive, this is still taking some by surprise.

The biggest change was the \$2000 maximum out of pocket put into place. This means that you will not pay more than \$2000 for the cost of all your medications. This does not include the plan premium.

The impact this had was that some medications increased in price, either directly or by being placed on a higher formulary tier thus having a higher cost at the pharmacy. Another impact is that many pharmaceutical manufacturer programs that some seniors were able to participate in ended.

The result is that more seniors experienced very high costs in the first few months of the year. Some did not realize all the costs would be 'front loaded'. If this is you, or someone you know, there is a way to spread those costs out through the year. Think of this like budget billing for some of your utilities. You can take that \$2000 and spread it out in equal payments through the rest of the year. This is called the Medicare Prescription Drug Payment Plan (M3P or MP3) and is arranged directly with your plan - not the pharmacy. When you enroll you will set up monthly payments with your plan and not pay anything at the pharmacy when you pick up your medications.

EXTRA HELP PROGRAM	Income limit	Resource limit
Single	\$1903/mo	\$17,600
Married	\$2575/mo	\$35,130

This new maximum out of pocket is good for those on expensive prescription brand name medications that do not qualify for the Extra Help program. If you wonder whether you would qualify for Extra Help, look at the incomes and resource requirements below. If you think you qualify, apply directly with Social Security, either online or at a local office.

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

## 636-344-0628



## FREE COOKING CLASS

MUST PREREGISTER  
CALL TYLER @ 636-456-3444

1PM THURSDAYS AT LCCOA  
6 WEEK COURSE

April 24, May 1, 8, 15, 22, 29







*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**



**HOSPICE MYTHS DEBUNKED**

**APRIL 10 @ 11am**

Join us as Anne from Heartland Hospice debunks the myths about hospice.

- What hospice is and is not
- The indicators that someone might be a good candidate for hospice
- The benefits and misconceptions of hospice
- Hospice is by nature palliative care- the goal is to improve quality of life for the patient and their family.
- Hospice provides care wherever the patient calls home.
- A doctor does not have to bring up hospice first, patients can choose to meet with hospice to discuss the benefit at any time.
- And MUCH more!



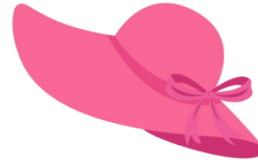
**MOST IMPORTANTLY:** Accepting hospice does not mean “giving up” – giving up hope, giving up trying, or giving up praying for a cure. Hospice does focus on care versus a cure, but patients do not have to be “ready to die” before getting the care they need and *deserve*.

With you when life matters most,  
Anne Fryer  
Hospice Care Consultant

O 636.327.4018  
F 636.327.4043

# RED & PINK HATTERS

4th Thurs @ 11a



# LINE DANCING

TUES 12:30p **NO**  
Pre-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



**AARP** Foundation®

# TAX-AIDE

Free tax assistance for those who need it most

FREE TAX AIDE

Do Not Call  
LCCOA or  
Health Dept to  
schedule an appt.

CALL

**636-528-1656**

## 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**





# 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.

# April Menu

**HOME DELIVERED CLIENTS:**

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



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Monday	Tuesday	Wednesday	Thursday	Friday
March 31. BBQ Chicken Breast, Pasta Salad, Green Bean, Breadstick, Peaches	April 1. Ham & Cheese Sandwich, Bun, Cheese, Lettuce, Tomato, Whole Grain Chips, Applesauce	2. Homebound: Chicken Patty In House: Fried Chicken Mashed Potatoes, Gravy, Green Beans, Roll, Fresh Fruit	3. Sausage Pizza, Flat Bread, Corn, Pineapple	4. Fish Sandwich on Bun, Lettuce, Cheese, Potato Salad, Fresh Fruit
7. Polish Sausage, Sauerkraut, Mashed Potatoes, Bun, Corn, Applesauce	8. Turkey on a Pretzel Bun, Lettuce, 3 Bean Salad, Whole Grain Chips, Raisins	9. Pork Loin, Stuffing, Gravy, Mixed Veggies, Roll, Fresh Fruit	10. Chicken Salad w/ Dried Cranberries, Croissant Roll, Lettuce, Cheese, Potato Salad, Peaches	11. Crab Cakes, Pasta Salad, California Blend Veggies, Fresh Fruit
14. Cornbread Taco Bake, Lettuce, Cheese, Salsa, Sour Cream, Pears	15. Chicken Teriyaki Bowl, Rice, Asian Veggies, Rice Noodles, Mandarin Oranges	16. Fried Catfish, Hush Puppies, Coleslaw, Wheat-Berry Bread, Fresh Fruit	17. Beef Hotdog on Bun, Coleslaw, Baked Beans, Raisins	18. Tuna Casserole Pasta, Peas, Breadstick, Fresh Fruit
21. Country Fried Steak, Mashed Potatoes, Gravy, Corn, Rolls, Mandarin Oranges	22. BBQ Chicken Breast, Baked Beans, Pasta Salad, Roll, Pears	23. Pasta Con Broccoli, Alfredo Sauce, Pasta, Broccoli, Garlic Bread, Fresh Fruit	24. Pork Tenderloin on Bun, Cheese, Lettuce, Mac & Cheese, Peas & Carrots, Peaches	25. Tuna Salad, Croissant Roll, Potato Salad, Fresh Fruit
28. Chicken Philly Sandwich w/Cheese, Lettuce, Onions, Green Peppers, Whole Grain Chips, Raisins	29. Cheeseburger on bun, Lettuce, Tomato, Baked Beans, Potato Salad, Fruit Cocktail	30. Beef Mostaccioli, (Pasta) Garlic Bread, Peas, Fresh Fruit	May 1.	2.

# ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>March 31.</b> 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) <b>12:30 Cards</b>	<b>April 1.</b> 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	2 <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	3. <b>9a-3p VetServ Commission</b> 9:00 Veterans Coffee Talk 10:30a Gardening <b>12:30 Cards</b>	4. 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1
7. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) <b>12:30 Cards</b>	8. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	9. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 <b>10:30 SHIP Medicare- Rebecca</b> 12:00 Cribbage 12:30 Bingo	10. 9:00 Veterans Coffee Talk 10:30a Gardening 11a Hospice Myths w/ Anne 2p Alz Caregiver Support Group	11. 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1
14. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) <b>12:30 Cards</b>	15. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	16. <b>9-11 Medicare Q&amp;A with Chris</b> 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 <b>11 LinCo R3 Ballot</b> 12:00 Cribbage 12:30 Bingo <b>12:30 Medicare w/ Nicole</b>	17. <b>9a-3p VetServ Commission</b> 9:00 Veterans Coffee Talk <b>10:30 Digital Literacy</b> w/ Lindsey 10:30a Gardening <b>12:30 Cards</b>	18. 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1
21. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) <b>12:30 Cards</b>	22. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	23. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo	24 9:00 Veterans Coffee Talk 10:30a Gardening <b>11a Red &amp; Pink Hatters</b> <b>12p Birthday Party</b> <b>1p Cooking Class</b>	25 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1 <b>12p LIVE MUSIC</b>
28. 9:15 Exercise (Lvl 2) 10:30 Exerc (Lvl 1) <b>12:30 Cards</b>	29. 9:00 Quilting 10a 1st Responders 10:00 Crochet 12:30 Line Dancing	30. 9:15 Exercise Lvl 2 10:30 Exerc. Lvl1 12:00 Cribbage 12:30 Bingo	<b>May 1</b> 9:00 Veterans Coffee Talk 10:30a Gardening <b>12:30 Cards</b> <b>1p Cooking Class</b>	2. 9:15 Exercise L2 <b>10a Cross Stitch</b> 10:30 Exerc. L1