



LINDENWOOD AREA SENIOR NEWS

Volume 6, Issue 1

January, 2012

EPIPHANY SUNDAY JOINT CHOIR CONCERT

The Epiphany is the feast of the great journey made by the Magi to see Christ. Join us as we gather in song and prayer to celebrate our own journey to know Christ. Bring your neighbors, family and friends to this one-of-a-kind event!

The choirs of LASM's five partner churches will be bringing their voices together in celebration of the end of the Christmas season. No admission fee, a free-will offering for LASM will take place during the concert. A reception with light refreshments will follow. Need a ride? Call Katie at 647-4591.

Sunday, January 8th

Union United Methodist Church
3543 Watson Road at Pernod
2:30 pm

Participating Choirs:

Epiphany of Our Lord Catholic Church
Mount Tabor United Church of Christ
Southwest Baptist Church
Timothy Lutheran Church
Union United Methodist Church



2011: A YEAR END REVIEW

By Katie Weintraub, Director

I cannot believe that another year is drawing to a close! My how time flies when you are having fun! 2011 was a year fraught with growth and activity for our ministry.

We provided four health related workshops, expanded our case management services, and explored places such as The Butterfly



House, Jefferson City and Meramec Caverns. We hosted a health fair, assisted senior homeowners with more than 200 home maintenance and repair tasks (Saturday Servants), and provided 156 round-trip rides to medical appointments.

Our volunteer force has grown as well as the number of older adults we serve. 2012 marks the 6th anniversary of our ministry's existence in the Lindenwood Park Neighborhood and we are excited to discover all that God has in store for us in the coming year. Please contact our office (647-4591) at anytime for information on programs, services and volunteer opportunities.

In addition, we welcome your suggestions on programs and events that you would like to see offered in our neighborhood. Wishing all of you many blessings in the New Year!

PEARLS OF WISDOM

In response to last month's article entitled, *Pearls of Wisdom*, we received several quotes to inspire us in 2012. Thank you to all the contributors!

"Every word of God proves true; he is a shield to those who take refuge in him."
Proverbs 30: 5, Submitted by Pastor Bill

"Perseverance is the key to success."
– *Submitted by Frank L.*

"Family is everything." & Hallmark's saying, "Life is a special occasion."
– *Submitted by Joan Y.*

"As you slide down the banister of life, may the splinters never point in the wrong direction!" – *Irish Blessing*
Submitted by Mary M.

"Figure out what you're good at and do it on purpose." – *Submitted by Carole F.*

"To rest is to rust." – *Helen Hayes*
Submitted by Marie S.

"Laughter is the best medicine."
– *Submitted by Margaret P.*

"Look up at the sky and say thanks to God." – *Submitted by Sue K.*

"Anyone who has never made a mistake has never tried anything new."
– *Albert Einstein, Submitted by Jason W.*

"Age is an issue of mind over matter. If you don't mind, it doesn't matter."
– *Mark Twain, Submitted by Marcel G.*

"Worrying is like a rocking chair, it gives you something to do, but it gets you nowhere." – *Glenn Turner*
Submitted by Mary G.

"Dwell in possibility." – *Emily Dickinson*
Submitted by Katie W.

THANK YOU FOR SUPPORT

Many thanks to the *Lindenwood Area Senior News* readers that generously responded to our appeal for financial support of the ministry [placed in the November newsletter]. Thus far \$1,210 in donations have been received! Your contributions are greatly appreciated and continue to be a vital part of sustaining our programs & services.

With your support we are able to show Christ's love to the seniors in our neighborhood via medical transportation, home repair, case management services, and social and educational programming. If you have not yet made your gift, it is not too late! Contributions are accepted year-round and can be mailed to:

Lindenwood Area Senior Ministry
6401 Scanlan Ave., Rm. 305
St. Louis, MO 63139

SHEETS FOR SOLDIERS FOLLOW-UP

By Mary Christian

Thank you *very much* to all who were able to donate sheets to make things more comfortable for our troops. My niece will be home sometime next month and has received more than 400 sheets which she was able to use for several bases. Our group of churches accounted for about one quarter of those sheets. If/when she is sent back to Afghanistan, we may be doing this all over again. THANK YOU!



UPCOMING EVENTS

LUNCH & LEARN: PREPARE FOR EMERGENCIES

Thursday, January 19th

11:00 am-1:00 pm

Mount Tabor UCC-Fellowship Hall

6520 Arsenal Street

RSVP: Katie at 647-4591

Get your new year off on the right foot with an informative **Seniors Preparedness** workshop presented by the American Red Cross. This workshop was designed specifically to help seniors prepare for emergencies, regardless of their physical limitations.

Participants learn how to make an emergency preparedness kit, create a family disaster plan, shelter in place and respond to direction from authorities.

A potluck lunch will immediately follow the 45 minute presentation. LASM will provide the main dish, please bring a side or dessert to share. Need a ride? Contact Katie at the number above.

SPRING FLING 2012

Dreaming of blooming flowers and warmer days? Well, so are we at LASM. The date has been set for our 6th Annual Spring Fling! It will be held on **Saturday, May 5th** from 4:30-8:00 pm at Timothy Lutheran Church.

Save the date on your new 2012 calendar and plan on joining us for an evening of dinner, dancing and fellowship. We are currently seeking sponsors for this event as well as recruiting silent auction and attendance prize donations from local establishments to help make this year's dance the best yet. If you would like to become involved in these efforts, please contact Katie at 647-4591.

MEDICARE DISENROLLMENT

Q: What is the Medicare Advantage Disenrollment Period?

A: If a Medicare beneficiary is enrolled in a Medicare Advantage plan instead of Original Medicare, and they are dissatisfied with their Medicare Advantage health plan an annual "disenrollment" period allows them to switch to Original Medicare and a drug plan **between January 1 and February 14.**

Medicare Advantage plans are health plan options like Health Maintenance Organizations (HMOs), and Preferred Provider Organizations (PPOs), approved by Medicare and offered by private companies. Medicare Advantage plans provide your Part B medical benefits, Part A hospital benefits, and sometimes prescription drug coverage, Part D. When enrolled in a Medicare Advantage plan, you do not need to have supplemental insurance.

During this period, you **cannot** do the following:

- ◆ Switch from Original Medicare to a Medicare Advantage Plan.
- ◆ Switch from one Medicare Advantage Plan to another.
- ◆ Switch from one Medicare Prescription Drug Plan to another.
- ◆ Join, switch, or drop a Medicare Medical Savings Account Plan.

This period is *only* for disenrolling from a Medicare Advantage Plan to Original Medicare and adding a Prescription Drug Plan. For more information, call 1-800-MEDICARE. Medicare's toll-free helpline is available 24 hours a day, seven days a week, or visit www.medicare.gov

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RETURN SERVICE REQUESTED

LAUGHTER EXPRESSES JOY

How loving of God to give me not only an endless, internal source of joy but also to provide me with laughter as a way of expressing that joy.

Laughter is a key that unlocks joy within me and sends a current of energy rushing through me. It is amazing that when I feel my energy level is at its lowest, a hearty laugh is an instant boost to my stamina. Gladness rises from within me and relaxes my muscles all along the way, relieving any tension.

Laughter is the joy of Spirit tickling my soul and the energy of Spirit healing my body.

*"Laughter is an igniter of great expectations."
—Norman Cousins*

A BIT OF HUMOR

These sentences (with all the bloopers and typos) actually appeared in church bulletins:

A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

Eight new choir robes are currently needed due to the addition of several new members and to the deterioration of some older ones.

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.