



# LINDENWOOD AREA SENIOR NEWS

Volume 5, Issue 4

April, 2011

## EXCITING EAGLE TRIP

**O**ur trip to see the eagles in the Alton/Grafton, Illinois area proved to be a bit more exciting than we bargained for. Shortly after setting off to spot some bald eagles with our tour



**Trip participants brave a bus ride on the Brussels Ferry.**

guide from Pere Marquette State Park's Visitor Center, our bus got caught in

the mud on a tight turn! We were blessed to get stuck near the Two Rivers National Wildlife Refuge and are grateful for the kind men and women from the refuge who helped keep us safe and warm while we waited for a tow.

We all had a great time despite our delay and were

lucky to see several eagles while dining at Barefoot Restaurant. Our hats go



**Our bus... stuck in the mud!**

off to all the troopers who handled our trouble very good-naturedly. We're looking forward to many more fun bus trips, but hopefully with a little less excitement.

## YOU'RE INVITED TO...

*Lindenwood Area Senior Ministry's*

*5<sup>th</sup> Annual Spring Fling*

*"Butterfly Kisses"*

*Saturday, April 16, 2011*

*4:30-8:00 pm*

*Timothy Lutheran Parish Hall*

**P**lease join us for an evening of fun and fellowship! Enjoy a buffet-style dinner with dessert. Then be entertained by the live music of Larry Hallar's Two Star Final! You can take to the dance floor or just sit back and enjoy the music. Butterfly trivia and door prizes will add to the night's festivities.

This year the Spring Fling will offer something new, a SILENT AUCTION! Come prepared to make your bid on some really great items. Invite your friends! Tickets are \$10 and can be purchased through the LASM office at 647-4591 or through your church's contact person (see your bulletin for their contact information).

## INSIDE THIS ISSUE....

- Page 2    Let's Celebrate Our Volunteers!
- Youth Groups Seeking Spring Time Work
- Openings For Home Delivered Meals
- Page 3    Upcoming Events
- Add Fish to the Menu

## LET'S CELEBRATE OUR VOLUNTEERS!

Did you know that April 10-16<sup>th</sup> is National Volunteer Week? At LASM we are blessed to have a multitude of volunteers that play key roles in carrying out our ministry's programs and services! We have 29 volunteer drivers who provide rides to medical appointments, 27 volunteers who complete home maintenance and repair tasks through our Saturday Servant program, 15 volunteers who prepare our monthly newsletter for mailing and 12 volunteers who are currently coordinating this year's Spring Fling.

Will you receive help from one or more of our volunteers this month? Do you know an LASM volunteer from your church or the neighborhood? If so, please make an extra effort to show your appreciation this month. Words of praise and thanks go a long way!

*"Perhaps the world little notes nor long remembers individual acts of kindness, but people do." – Unknown*

*"Volunteers are not paid – not because they are worthless, but because they are priceless." – Susie Riner*

## GUIDED AUTOBIOGRAPHY SERIES CANCELLED

The 10-week Guided Autobiography series planned for March 3<sup>rd</sup> – May 5<sup>th</sup> has been cancelled due to low enrollment numbers and unforeseen conflicts with the presenter's schedule. If you had planned to attend one or more of the sessions and would like to receive course materials for personal use, please contact Katie at 647-4591.

## YOUTH GROUPS SEEKING SPRING TIME WORK

LASM has been contacted by two teen groups that would like to be of service to the older adults of our ministry! Please contact Katie at 314-647-4591 if you are in need of assistance. The groups are able to address outside work such as raking, pulling weeds, and cleaning porches and patios. Dates of service are scheduled for **Friday, April 8<sup>th</sup> and Saturday, April 9<sup>th</sup>**. Due to transportation limitations and time constraints, this opportunity is only available to those living in the Lindenwood Park Neighborhood.



## OPENINGS FOR HOME DELIVERED MEALS

Are you or someone you know in need of home delivered meals? The St. Louis Senior Center at 5602 Arsenal has space available in their home delivered meals program. Please contact the Center at 645-3477 for more information or call the St. Louis Area Agency on Aging at 612-5918 to see if you qualify.

**Have a Happy  
and Blessed  
Easter**



## UPCOMING EVENTS

### *SCRABBLE SOIREE – ROUND 2*

Join us for an afternoon of word-game fun! **Thursday, April 28<sup>th</sup>** from 1:00 to 3:00 pm at Mount Tabor UCC, 6520 Arsenal. Please RSVP to Katie at 314-647-4591 by April 26<sup>th</sup> so we can be sure to have enough boards for all to play! Snacks will be provided. Invite a neighbor or friend to attend with you!

### *SAVE THE DATE!*

A bus tour of the historic Carondelet neighborhood is scheduled for **Wednesday, May 25<sup>th</sup>**. We'll tour the Carondelet Historical Society and take in some of the neighborhood's famous sites. Lunch will be served at the St. Louis Altenheim overlooking the Great Mississippi River. Mark your calendars and stay tuned to the May newsletter for more information!

## ABOUT OUR SERVICES

**L**indenwood Area Senior Ministry is a partnership of five faith communities providing a variety of support services for older adult members of the partner congregations as well as any senior living in the Lindenwood Park neighborhood.

Our services and programs include:

- ◆ medical transportation
- ◆ minor home maintenance & repair
- ◆ health promotion
- ◆ social engagement
- ◆ information & referral
- ◆ and this monthly newsletter!

For more information contact Katie Weintraub, Director, at 314-647-4591.

## HEALTH CORNER

### *ADD FISH TO THE MENU YEAR-ROUND*

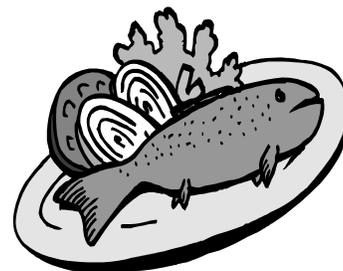
**A**ll seafood is high in protein, and most varieties are low in fat. But perhaps the best reason to eat more is that seafood contains omega-3 fatty acids.

**What are omega-3s?** “Fatty acids” may sound bad for you, but truth is, omega-3s are polyunsaturated fats that have been shown to prevent heart disease — and may even prevent heart attacks. They help keep blood thinner, prevent clot formation and help lower levels of triglycerides, cholesterol-like fats circulating in your blood stream.

**Which seafood has the most?** Omega-3s are most plentiful in higher-fat, cold-water fish such as mackerel, salmon, sardines, lake trout and albacore tuna. But you'll find them in virtually any type of seafood.

**How much should I eat?** Although there are no specific recommendations for omega-3s, experts advise eating seafood twice a week to get the protective effects.

So, dive in (even after Lent is over)! Treat yourself to a fish “steak,” such as swordfish or salmon.



Spice up seafood dishes with lemon or lime juice, or dill or basil. Make tuna sandwiches for lunch (easy on the mayo). Bake or broil fish, as frying adds fat. With more than 200 species of seafood, adding it to the menu should be easy.

**Lindenwood Area Senior News**  
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**RETURN SERVICE REQUESTED**

## **EASTER BLESSINGS**

O Eternal Word, Word of my God,  
I want to spend my life  
in listening to You,  
to become wholly teachable  
that I may learn all from You.

Then, through all nights,  
all voids, all helplessness,  
I want to gaze on You always  
and remain in Your great light.

O my beloved Star, so fascinate me  
that I may not withdraw  
from Your radiance.

Amen.

## **A BIT OF HUMOR**

**T**hree sisters ages 92, 94 and 96 live in a house together. One night the 96- year-old draws a bath. She puts her foot in and pauses. She yells to the other sisters, "Was I getting in or out of the bath?"

The 94-year-old yells back, "I don't know. I'll come up and see." She starts up the stairs and pauses. "Was I going up the stairs or down?"

The 92-year-old is listening to her sisters. She shakes her head and says, "I sure hope I never get that forgetful, knock on wood."

She then yells, "I'll come up and help both of you as soon as I see who's at the door."