



# LINDENWOOD AREA SENIOR NEWS

Volume 6, Issue 4

April, 2012

## ST. JAMES DAY TRIP

Join LASM on an all-inclusive day trip to the quaint town of St. James, MO located on Historic Route 66. We'll begin our excursion with a tour of the one-of-a-kind, Vacuum Cleaner Museum &



Factory Outlet (yes, that's right...vacuum cleaner!).

One of only three vacuum manufacturers

operating in the United States, this museum and factory will prove to provide us with a fun and unique experience!

We'll dine at Country Bob's Café and then head to the St. James Winery for a tour and tasting. This family owned and operated winery has featured award-winning wines since it opened its doors in 1970. Make your reservation today by contacting Beverly at 260-9294!

**Tuesday, May 15<sup>th</sup>**

8:30 am – 5:15 pm

\$35/Person

Meeting Location: Upper Parking Lot of Southwest Baptist Church, 6401 Scanlan Ave. (next to Machacek Library)

*Mail Trip Fee to:*

LASM

6401 Scanlan Ave., #305

St. Louis, MO 63139

*You're Invited to...*

**LASM's**  
*6<sup>th</sup> Annual Spring Fling*  
*Somewhere Over the Rainbow*

**Saturday, May 5<sup>th</sup>**  
4:30 - 8:00 pm

*Timothy Lutheran Church – 6704 Fyler*

\$10/Person  
\* Fellowship \* Dinner \* Live music by  
*Larry Hallar & the Two Star Final* \*  
Dancing \* Silent Auction \* Attendance Prizes \*

*Invite your friends & neighbors  
to attend with you! Tickets go on sale April 1<sup>st</sup>.  
Contact the LASM office at 647-4591  
or your church office to inquire about  
making reservations.*

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## **LASM Receives Funding....**

### **EXPANDING CASE MANAGEMENT, STEPHEN MINISTRY**

LASM is thrilled to be the recipient of an \$11,000 grant from the Lutheran Foundation of St. Louis for the expansion of our case management services and the initiation of a Stephen Ministry program. Case management services are offered by LASM Director and include a needs assessment, information and referral services and one-on-one assistance navigating a range of issues such as healthcare, public assistance and community resources.

As mentioned in last month's newsletter, Stephen Ministry is a program that develops the care-giving skills of lay ministers to meet the needs of hurting people in the community. Through a series of courses on leadership and care-giving

skills, Stephen Ministry prepares lay ministers to serve those in their churches and the community at large in a distinctively Christian way. LASM will be seeking volunteers to serve as Stephen Ministers to reach out to older adults who are hurting in our community. LASM Director will be attending a leadership course in Stephen Ministry in mid-April.

For questions or to receive further information about either of these services please contact Katie at 647-4591.

*Lutheran Foundation of St. Louis is a local funder that supports efforts to see the Church brought into the lives of hurting people and people included in the healing life of the Church.*

### **MONEY MATTERS**

**A** big thank you to Mark Hollander and Sally Droege who presented to our group on Saturday, March 10<sup>th</sup>! Mark reviewed basic budgeting and money management skills and provided us with numerous useful tips.

Sally guided us through a financial fitness tool for filing important documents and reviewed Lutheran Senior Services Volunteer Money Management Program.

If you were not able to attend, but would like to receive information presented at the workshop please contact Katie at 647-4591.



### **HEALTHCARE DECISIONS DAY**

**A**pril 16<sup>th</sup> marks the 5<sup>th</sup> Annual National Healthcare Decisions Day to inspire, educate and empower the public about the importance of advance care planning.

Join Americans across the country in making your future healthcare decisions known to family, friends and healthcare providers. Share your wishes and complete your advance directive, because... **YOUR DECISIONS MATTER.** Learn more about National Healthcare Decisions Day and get free information at [www.nationalhealthcaredecisionsday.org](http://www.nationalhealthcaredecisionsday.org)

Contact Katie at 647-4591 for resources on making your healthcare wishes known.

## UPCOMING EVENT

### **WEEKLY MOVIES**

Did you know that Buder Branch Library at 4401 Hampton Avenue hosts weekly movies on Wednesday afternoons? Each month features a new theme for the movies that are shown. Join the crowd every Wednesday at 1:30pm in the large meeting room in the basement of the library. Questions, call 352-2900.

### **SPRING YARD CLEAN-UP**

Could your yard use a spruce-up after the winter months? We have two service groups that will be lending their hands to assist with yard work during the month of May. Please contact the LASM office at 647-4591 if you would like to be on the work list.

### **BIG BAND PERFORMS**

Are you 'in the mood' for some live musical entertainment? You won't want to miss an upcoming performance by the *St. Louis Big Band*, your chance to hear some jump-jiving swing and tap your feet to the tunes all night! *St. Louis Big Band* plays everything from *The Glenn Miller Orchestra* to *Michael Buble*, all with their own trademark 20-piece sound.



Join us on **Friday, April 20**, at Immaculate Heart of Mary's gymnasium, 4092 Blow Street. Doors open at 5:00 pm, with an optional pasta and salad dinner (catered by Fazoli's) served at 5:30 pm. The show starts at 6:30 pm. Tickets are \$15 (dinner and performance) or \$10 (show only) and can be purchased through Nicole Edwards at 664-9700 by **April 18**. Tickets will also be sold at the door.

## HEALTH CORNER

### *April is Alcoholism Awareness Month*

**A**lcoholism is a brain disorder that, like other diseases, progressively worsens if left untreated. No matter the cause, the person and their family suffer physically, emotionally, financially and spiritually. This disease knows no boundaries — it afflicts all cultures, young, old, rich, poor, men and women.

Alcoholism is a disease of the mind that is *much more* than a drinking problem. Alcoholics feel like square pegs in a circular world and the only way to feel a part of life is to be intoxicated. In the beginning, a drink becomes a harmless solution to their problems, or so they think. Being sober becomes a constant annoyance. As the disease progresses, the drinker becomes emotionally stunted. Drinking begins to create new problems physically, emotionally and spiritually until life becomes unbearable and unmanageable.

Have you or your loved one drunk alcohol alone? Drank when feeling angry or sad? Lied about how much or how often? Drank after promising to quit? Forgot what was done while drinking? Felt guilty about drinking? Were unable to stop drinking once started? If you or someone you know answers "yes" to any of these questions, there may be a problem.

The good news is that there are solutions that can lead to happy, free lives no matter your age or how far down the ladder you have fallen.

Get free, confidential information by calling Alcoholics Anonymous at 314-647-3677 or AlAnon for family and friends at 314-645-1572.

**Lindenwood Area Senior News**  
c/o Timothy Lutheran Church  
6704 Fyler  
St. Louis, MO 63139

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## **PRAYER FOR HUMANITY**

**B**less us all, O Lord, we pray, for loved ones, here and near, and far away. And everyone for whom we pray. Keep us safe each night and day, the homeless who have no place to stay. Those who are suffering in any way. The dying, those mourning or grieving and all who need God's mercy. Keep us safe, Heavenly Father, when we are at home, or traveling on our way, or when we are vulnerable, or in danger in any way. Most merciful Father, hear us as we pray. We ask this through Christ Our Lord, Amen.

## **A BIT OF HUMOR**

**T**hree old men are at the doctor for a memory test. The doctor says to the first old man, "What is three times three?" "274," he replies.

The doctor says to the second man, "It's your turn. What is three times three?" "Tuesday" replies the second man.

The doctor says to the third man, "Okay, your turn. What's three times three?" "Nine," says the third man.

"That's great," says the doctor. "How did you get that?"

"Simple," says the third man. "I subtracted 274 from Tuesday."

