LINDENWOOD AREA SENIOR NEWS

Volume 8, Issue 4 April, 2014

See the Dogwoods, Azaeleas at our...

APRIL DAY TRIP

Join us on a trip to one of our nation's top 100 festivals, the 46th Annual Dogwood-Azaelea Festival in Charleston, Missouri! **Friday, April 11th from 7:30 am – 7:30 pm.**

We'll spend the morning shopping in downtown Charleston and touring the Hearnes Museum. Lunch will be followed by a guided bus tour of the city of Charleston. We'll go on a Historic Home & Garden Tour and then spend the rest of the afternoon at the Arts & Crafts Show in Charleston's Rolwing Park. Please note that there will be a considerable amount of walking on this trip and not all of the historic landmarks will be handicap accessible.

$50/person includes: tours, transportation and lunch. You may want to bring additional funds for shopping and snacks/dinner. Meeting Location: Upper Parking Lot of Southwest Baptist Church. To reserve your space please mail your $50 check or money order made payable to LASM to: 6401 Scanlan Avenue, Rm. 305, St. Louis, MO 63139. In the envelope be sure to include your name and phone number as well as the name and phone number of an emergency contact person. For questions please contact Katie at 647-4591.

SPRING FLING 2014

You're invited to…

Lindenwood Area Senior Ministry's

8th Annual Spring Fling:

Picnic in the Park

Saturday, May 3rd

4:30-8:00 pm

Epiphany of Our Lord Catholic Church Parish Hall

Tickets $15/person or $25 for two if purchased in advance; $18 at the door

Reservations: 647-4591

Enjoy dinner, live entertainment by Larry Hallar & the Two Star Final, dancing, fellowship, an excellent silent auction, door prizes & more!

INSIDE THIS ISSUE…

Page 2 Advance Care Planning Workshop
Page 2 Strengthen & Sustain Project Funded
Page 3 Scrap Metal Drive
Page 3 Aging with Purpose
Page 3 'Like Us' on Facebook
Page 3 Alcoholism Awareness Month

ADVANCE CARE PLANNING WORKSHOP

LASM along with other national, state and community organizations, is leading an effort to highlight the importance of advance healthcare decision-making—an effort that has culminated in the formal designation of April 16th as National Healthcare Decisions Day (*we're celebrating a day early*).

Please join us on **Tuesday, April 15th** from 10:30 am – 12:30 pm at Mount Tabor UCC. The workshop will include: a presentation and interactive discussion with Advance Care Planning Specialist, Susie Pekios, *FREE* lunch, and the opportunity to participate in a research study on death and religiosity. The study is being conducted by Southern Illinois University-Edwardsville Clinical Psychology graduate student, Kristie Nienaber. Kristie will be available to explain her study and answer questions. Reserve your spot today by contacting Claire at 645-6411.

LASM STRENGTHEN & SUSTAIN PROJECT FUNDED

2014 marks the 2nd year of LASM's 5-year sustainability. In this plan our partner churches have committed to gradually increase their giving so that by 2017 their annual contributions will cover payroll expenses and donor/fundraising dollars will cover remaining operational costs. Therefore, with the implementation of this plan, LASM will only seek future grant funding if the need arises for expansion of an existing program or the creation of a new program.

Great news arrived last month when we received word that the Lutheran Foundation of St. Louis will provide our ministry with a 3-year, $24,000 step down grant to aid us in reaching our goal of financial independence. We are most grateful for this support that will aid us in strengthening our core programs and volunteer support. The 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.

Counting our *Lucky* Blessings

LASM Volunteers were honored at a St. Patrick's Day themed luncheon Sunday, March 9th. Our volunteers are truly the hands, hearts, and voices of our ministry. They bring their unique gifts to the people we serve, and we are so grateful for their service. To learn more about our opportunities to engage in ministry to older adults call the office at 647-4591.

UPCOMING EVENTS

SCRAP METAL DRIVE

Do you have old scrap metal cluttering up your home or yard? Timothy Lutheran Church at Fyler & Ivanhoe is hosting its 2nd Annual Scrap Metal Drive on all Saturdays in April. This year a portion of the funds raised will go toward Lindenwood Area Senior Ministry's long-term sustainability plan!

Declutter your life for a great cause! Donations may be dropped off at Timothy's Ivanhoe parking lot on Saturday mornings in April. Call Timothy Lutheran's church office at 781-8673 for information on acceptable items for donation or to schedule a pick up.

SAVE THE DATE!

Thursday, May 22nd, 10:00 am

Aging with Purpose: a thought provoking presentation and discussion on finding meaning in your retirement years.

Guest Speaker: Cindy Dutton, Social Worker with Lutheran Senior Services

More details to follow in our May newsletter.

"LIKE US" ON FACEBOOK

LASM has joined Facebook. "Like" our ministry's page to stay up-to-date on our latest happenings! Find us at *www.facebook.com/LASM.STL*.

Have a Blessed Easter

HEALTH CORNER

APRIL IS ALCOHOLISM AWARENESS MONTH

Alcoholism 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 drank 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 Al-Anon for family and friends at 314-645-1572.

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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

An elderly gentleman had serious hearing problems for a number of years. He went to the doctor who was able to have him fitted for a set of hearing aids that allowed the gentleman to hear 100%. The gentleman went back in a month to the doctor, “Your hearing is perfect. Your family must be really pleased that you can hear again.”
The gentleman replied, “Oh, I haven’t told my family yet. I just sit around and listen to the conversations. I’ve changed my will three times!” ☺

Three old guys are out walking.
First one says, “Windy, isn’t it?”
Second one says, “No, it's Thursday!”
Third one says, “So am I. Let’s go get a beer.” ☺