



LINDENWOOD AREA SENIOR NEWS

Volume 5, Issue 8

August, 2011

A BEAUTIFUL DAY TRIP

Did you know that there are 28,000 species of butterflies? Can you believe that butterflies taste with their feet?!

These are just some of the things LASM seniors learned on the July 14th bus trip to Sophia M. Sach's Butterfly House in Faust Park. The group took in an informational film on butterflies and spent time exploring the butterfly conservatory and its nearly 2,000 tropical butterflies. It was truly a beautiful site!

Some trip participants walked the short distance from the Butterfly



House to the infamous St. Louis Carousel, housed within the park. This carousel was one of the few structures left standing when the Forest Park Highlands burned in 1963. It has been preserved by the St. Louis County Parks.

Please plan to join us on our next day trip. On **Tuesday, September 20th** we'll visit the Fulton/Jefferson City area. Our trip will include stops at the National Churchill Museum, the Missouri Governor's Mansion and our State Capitol Building. Contact Katie at 647-4591 if you are interested in participating and stay tuned to the September newsletter for more details.

NATIONAL NIGHT OUT

LASM will be hosting its annual National Night Out event on **Tuesday, August 2nd**. Come enjoy a fun-filled evening with your neighbors and friends!

6:00 – 8:00 pm

Epiphany's Gym – 6596 Smiley Ave.

Live entertainment provided by barbershop group, *Gentlemen of Sound!*

Family-Friendly Activities!
BBQ, snow cones, watermelon, Ted Drewes and beverages for purchase.



MoRx PROGRAM RENEWED

Missouri's State Pharmacy Assistance Program, MoRx, has been renewed for another three years by the Missouri State Legislature.

The program was in danger of being eliminated due to cuts to the state budget. Thank you to all those who called or wrote your state representatives expressing support for the program.

Currently, the program pays 50% of out-of-pocket costs on medications covered by a Medicare Part D plan, including copays and deductibles (even when you hit the donut hole). It is free to join, but there are income requirements.

For more details or an application for the MoRx program, please call Katie Weintraub at (314) 647-4591.

A MESSAGE FROM CARL



Avid *Lindenwood Area Senior News* reader, Carl, wrote in to share the following information with you:

I wish more seniors would get out and exercise. We are never too young to exercise. My name is Carl. Recently I was 80 years old. To start the day, I swam 80 pool lengths at the South City Family YMCA on Sublette Avenue. Eighty pool lengths is slightly more than a mile. I am on schedule for swimming my target of 250 miles during the year 2011. That's 18,000 pool lengths. Come on in, the water is fine and you will meet many nice people!

Carl has two bachelor and two master degrees from St. Louis University. He worked at McDonnell Douglas for 32 years as an industrial engineer. Carl is a member of Epiphany or Our Lord Catholic Church. He and his late wife, Rosemary, raised their five children in the Lindenwood Park Neighborhood in his wife's family home. He is the proud grandpa of five grandchildren.

Carl is interested in his family's genealogy, loves to roller skate and enjoys spending time with his girlfriend, Sharleen. They enjoy eating out at restaurants and attending senior and church luncheons. If you would like to join Carl in becoming more active, check out these options:

St. Louis Senior Center (5602 Arsenal)
Exercise classes held at 9:00 am
Monday-Friday, 645-3477

The South City YMCA (3150 Sublette)
Memberships available & discounted
senior swim classes, 644-3100

WIN A \$100 GIFT CARD TO A LOCAL RESTAURANT

Most of us have a family member or loved one who may need long term senior care at some point in his or her life. You may be involved in helping in their search for the care they will need.

Please share your ideas and questions with Lutheran Senior Services (LSS) in a brief, 10-minute survey so that LSS can better support and assist people embarking upon this search process.

Please visit www.LSSLiving.org/survey2 to complete the survey, by August 15, 2011, and you will be entered into a drawing to win a \$100 "Saint Louis Originals" gift card redeemable at more than 35 local restaurants including Mike Shannon's, Schlafly, Monarch and many more.

To receive the survey by mail, contact Denis Thien at 636-923-2320. Thank you for your participation. We appreciate learning more from your perspective.

THANK YOU BOOK DONORS

A big thank you to all who donated to the *Books for Charity* drive during the month of June! We collected more than 500 books for Schnucks on the Hill's program.

The proceeds from our donations benefitted the Susan G. Komen Foundation for breast cancer research and support. They also benefitted relief efforts for the Joplin tornado.

You can continue to drop off book donations at the Schnucks courtesy counter year-round.

UPCOMING EVENTS

MATINEE MOVIE

Have you heard the news? Animated movies are not just for children anymore! Come see the acclaimed Disney film, *Up*, made for movie-lovers of all ages. By tying thousands of balloons to his home, 78-year-old Carl sets out to fulfill his lifelong dream to see the wilds of South America. However, right after lifting off he learns he isn't alone on his journey, since Russell, a wilderness explorer 70 years his junior, has inadvertently become a stowaway on the trip.

Join us on **Thursday, August 11th** at 1:00 pm at Machacek Library. We'll view the movie and have time for some discussion afterwards. Popcorn and lemonade provided.

SQUARE DANCING – FALL 2011

Please save the date of **Sunday, October 9th** for LASM's 1st Fall Fling – Square Dance! It will be held from 1:00 - 4:00 pm in Epiphany's Parish Hall.

In addition, square dance enthusiasts in our neighborhood are planning to offer square dance lessons this fall.

Square dancing is a group activity for all ages and it has one purpose — to have fun!

There are several clubs in the South St. Louis area and there is interest in conducting lessons following the Fall Fling. All we need is YOU — the students. This activity is very inexpensive and no dress code is required. Contact Milton at 644-3661 if you are interested in participating in the classes.



HEALTH CORNER

HELP FOR PSORIASIS

Are you bothered by persistent itchy or sore skin that looks red, irritated or even scaly? You might have psoriasis, a chronic skin condition. What can you do for relief?

For starters, see your health care provider.

Since psoriasis can look like other skin conditions, it's important to get an accurate diagnosis. If it is psoriasis, there are a number of treatment options that can help you control flare-ups, ranging from topical salves to light therapy or oral medications. Be sure to review all medications you're already taking, as some can worsen psoriasis.

Try self-care to calm your symptoms.

Use lotion to keep your skin moist, and avoid scratching or picking. An injury to the skin can cause a psoriasis patch to form, so treat any injuries promptly. Avoid cold, dry conditions whenever possible, and use a humidifier if needed.



Make some lifestyle changes.

Emotional stress, smoking, alcohol consumption and infections (such as strep throat) can lead to flare-ups. Identify your psoriasis triggers and take steps to eliminate them from your life as much as you can. And remember to follow good health practices such as eating a balanced diet and getting enough sleep.

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

Non-profit org
U.S. Postage paid
St. Louis, MO
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RETURN SERVICE REQUESTED

GOD BLESS THE WORLD

Mighty God, Father of All,
Compassionate God, Mother of All,
bless every person I have met,
every face I have seen,
every voice I have heard,
especially those most dear;
bless every city, town and
street that I have known,
bless every sight I have seen,
every sound I have heard,
every object I have touched.
In some mysterious way, these
have all fashioned my life;
all that I am,
I have received.
Great God, bless the world.

—*John J. Morris, SJ*

A BIT OF HUMOR

LIFE AFTER DEATH

“Do you believe in life after death?” the boss asked one of his employees. “Yes, sir,” the employee replied. “Well, then, that makes everything just fine,” the boss went on. “After you left early yesterday to go to your grandmother’s funeral, she stopped in to see you!”

SUPPORT A FAMILY

The prospective father-in-law asked, “Young man, can you support a family?” The surprised groom-to-be replied, “Well, no. I was just planning to support your daughter. The rest of you will have to fend for yourselves.”