



# LINDENWOOD AREA SENIOR NEWS

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August, 2016

**Our Mission:** *Lindenwood Area Senior Ministry in keeping with the ministry of Christ seeks to enhance the quality of life of senior adults by providing meaningful volunteer experiences, services and programs that promote physical, mental, emotional, and spiritual health and safety.*

## JOIN LASM'S STEPHEN MINISTER TRAINING CLASS!

**L**indenwood Area Senior Ministry is expanding its Stephen Ministry, a program that trains volunteers to provide one-to-one Christian care for older adults experiencing a difficult time. We are seeking individuals to serve as Stephen Ministers to provide this care.

Stephen Ministers work alongside the LASM Director and the Pastors of our partner churches to care, encourage, and provide emotional and spiritual support to seniors who are going through a difficult time, such as grief, hospitalization, loneliness, chronic illness, or isolation.

Stephen Minister training will begin on **Sunday, September 11<sup>th</sup>**. Training sessions will be held on Sunday afternoons from 12:30-2:30 pm and a few Saturdays. This is a wonderful opportunity for you to grow in faith, develop stronger relational skills, and bring Christ's love into the lives of hurting people. Contact the LASM Office at 314-647-4591 for an application or email Katie at [lasmdirector@gmail.com](mailto:lasmdirector@gmail.com).



## 4<sup>TH</sup> ANNUAL WATERMELON SOCIAL

**J**oin us as we celebrate summer and one of its sweetest treats... watermelon!

This year's social is being held on **Wednesday, August 3<sup>rd</sup>** at 2:00 pm in Southwest Baptist Church's Fellowship Hall at 6401 Scanlan (park on lower lot behind the church building). We'll be entertained by *The Queens of Swing* as we enjoy watermelon and other sweet refreshments.

*The Queens of Swing* is an all-girl band reminiscent of the female bands of the 1940s. Their hour-long show combines music, history and fun! You'll hear the great tunes of the big band era including St. Louis Blues, Stardust and Boogie Woogie Bugle "Girl".

Please RSVP to Claire at 314-645-6411. No charge to attend. Donations accepted at the door.



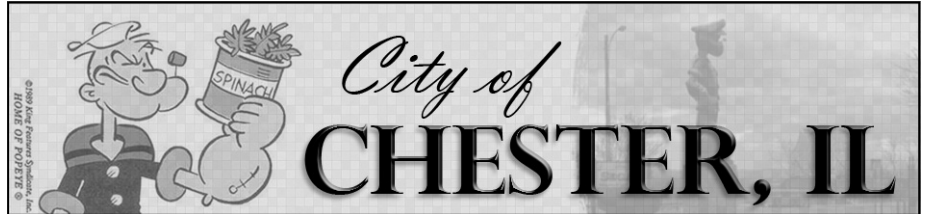
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## SEPTEMBER DAY TRIP: CHESTER, ILLINOIS

Let's hit the road to visit the home of Popeye! We'll take in the history of the town with stops at the Chester Welcome Center, the Pierre Menard Home (State Historic Site) and the Cohen Home (historical home overlooking the Mississippi River). A visit to Spinach Can Collectibles (located in the old Opera House where creator of Popeye, Elzie Segar, worked) will give us the opportunity to pose with Popeye characters and learn all we've ever wanted to know about the famous cartoon sailor man. Spinach Can Collectibles is the international headquarters for the Popeye Fan Club and houses a museum of Popeye

character antiques and collectibles. We'll lunch at Reids' Harvest House which hosts a smorgasbord of homestyle food selections. Enjoy a day of learning,



site-seeing and fun! **Wednesday, September 7<sup>th</sup>**. Depart from upper parking lot of Southwest Baptist Church at 8:30 am, return around 5:00 pm. All-inclusive price: \$50/person. Reservations: Katie at 647-4591. Mail trip payment to: LASM, 6401 Scanlan, St. Louis, MO 63139.

## VOLUNTEERS SPRUCE UP YARDS, HOMES OF SENIORS



LASM is grateful for the volunteers from Catholic Heart Work Camp who offered service the week of July 11, 2016. Our Saturday Servants also continue to dedicate one Saturday a month to helping senior homeowners with improvement projects. To volunteer, please call the LASM office at 314-647-4591.



## UPCOMING EVENTS

### *SENIOR WELLNESS FAIR*

In honor of Senior Wellness Awareness Month, Lindenwood Area Senior Ministry and the St. Louis Activity Center are co-hosting a Senior Wellness Fair on **Wednesday, August 24<sup>th</sup>**. Please join us from **10:00 am – 2:00 pm** at the St. Louis Activity Center (5602 Arsenal Street) as we host community vendors who will provide a wealth of information and resources that will promote your health and wellbeing. Get your blood pressure checked, participate in balance exercises, enjoy lunch, take advantage of free giveaways and much more! No need to RSVP, drop by at any time between 10 am and 2 pm. Questions, contact the LASM office at 647-4591.

### *SAVE THE DATES!*

**September 11<sup>th</sup>**: Stephen Minister training begins, contact LASM office at 647-4591 for an application.

**October 1<sup>st</sup>**: LinFest (Neighborhood Fall Festival) in Lindenwood Park

### *LASM TRIVIA NIGHT*

Our 5<sup>th</sup> Annual Trivia Night will be held on **Saturday, October 8<sup>th</sup>** at 7:00 pm. Begin recruiting your trivia team now! \$20/person, tables of 8 at \$160. Support your favorite organization by becoming a \$60 round sponsor or by donating a silent auction item! For details contact the LASM office at 314-647-4591.

### *“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](http://www.facebook.com/LASM.STL).



## HEALTH CORNER

### *MEMORY STUDY AND HEALTHY LIVING FOR YOUR BRAIN*

**D**r. Lenze at Washington University is conducting a research study looking at ways to improve memory, attention, and concentration in older adults. He will speak about the study details and answer any questions you may have on **Monday, August 29 at 10:30 am** at the St. Louis Altenheim, 5408 South Broadway, 63111.

Then the Alzheimer’s Association will present *Healthy Living for Your Brain and Body!* You will learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these tips into a plan for healthy aging.

Please join us for an informative presentation along with a complimentary lunch and tour opportunity. RSVP to Leigh Manalang at 314-481-1133.

## ABOUT OUR SERVICES

**L**indenwood Area Senior Ministry (LASM) 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, Stephen Ministry, case management, social engagement, information & referral, and this monthly newsletter! For more information contact 314-647-4591.

**Lindenwood Area Senior News**  
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## **JESUS IS THE WAY, THE TRUTH, AND THE LIFE**

**L**ord, you shed your light of truth within our hearts and minds. You bring understanding where there is confusion. You bring certainty where there is doubt. You fill our hearts with hope where there was once despair.

Thank you for the ability to perceive your light and to walk in the freedom of truth. Help us not only to embrace you as the light of our lives, but also to proclaim you as the light of the world. Amen.

*But for me it is good to be near God;  
I have made the Lord God my refuge,  
to tell of all your works. Psalm 73:28*

## **A BIT OF HUMOR**

**S**o David is finally engaged, and is excited to show off his new bride. "Ma," he said to his Mother, "I'm going to bring home three girls and I want you to guess which one is my fiancé." Sure enough 20 minutes later, David walks in the door with three girls following behind him.

"It's that one," said his mother, without blinking an eye. "Holy cow," exclaimed David, "how in the world did you know it was her?" "I just don't like her," she replied. 😏

Do not take life too seriously. You will never get out of it alive. 😎

—Elbert Hubbard