



LINDENWOOD AREA SENIOR NEWS

Volume 11,
Issue 1

January, 2017

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.*

2016: A YEAR-END REVIEW

This year we celebrated our 10th Anniversary as a ministry and continued to grow and strengthen in our mission 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.*

Our transportation ministry provided 141 round-trip rides to medical appointments. Volunteers with Saturday Servants, our home maintenance and repair program, completed 165 jobs for senior homeowners throughout the year. We hosted nine educational workshops and continued to offer case management services. Our bus trips led us on ventures to Pere Marquette, Greenville and Chester!

Our annual fundraisers, the Spring Fling and Fall Trivia Night, welcomed great

crowds and raised over \$11,000 for the support of our programs and services. We began training our 3rd class of Stephen Ministers and continue to see this Christian caring ministry make a big impact in the lives of seniors in our community.

We are so grateful to have the unending and generous support of our volunteers and partner churches in making our ministry possible! We are excited to discover all that God has in store for us in the coming year.

Please contact our office (314-647-4591) at any time for information on programs, services and volunteer opportunities. In addition, we welcome your suggestions on programs and events that you would like to see offered in 2017. "Like" us at [facebook.com/LASM.STL](https://www.facebook.com/LASM.STL) or check out our website at lasministry.org to stay up-to-date on all our latest happenings. Wishing you many blessings in the New Year!

MARK YOUR CALENDAR: Upcoming Events

Pull out your brand new 2017 calendar and save these dates to participate in upcoming LASM events:

February 14th: Valentine Social

April 8th: Mature Mile Walk in Forest Park

April 29th: 11th Annual Spring Fling

September 30th: 6th Annual Trivia Night

Stay tuned for more details as these dates approach!



YOU'RE INVITED....

STEPHEN MINISTER COMMISSIONING CEREMONY

Come help us celebrate the commissioning of our 3rd class of Stephen Ministers:

Libby Crofts, Luella Foster, Carol Hohenberger & Carla Jackson

as we shower blessings upon them for the care they will provide.

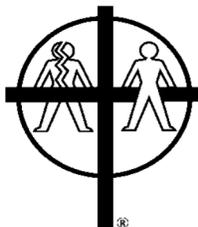
Sunday, January 29th at 1:30 pm

Southwest Baptist Church, 6401 Scanlan Avenue, St. Louis, MO 63139

Cake & punch reception immediately following in Memorial Hall.

LASM is excited to grow our Stephen Minister program by adding four additional Stephen Ministers to our team

of caregivers. These women will complete their 50-hour training program this month and are committed to providing 1:1 Christian care to LASM seniors in need of support. 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.

Referrals to this program can be directed to LASM Director, Katie Weintraub at 314-647-4591.

SPONSORS IN THE SPOTLIGHT

We were blessed to have the support of these sponsors for our Annual Trivia Night on October 8th:



Inspired by the teachings of Jesus Christ, the mission of CRSS is to be a recognized provider of first choice in giving person-centered care through an integrated continuum of quality residential, healthcare and supportive social services for senior adults throughout the Archdiocese of Saint Louis. CRSS offers in-home services, an adult day program, affordable senior apartments, an independent living community, an assisted living community, memory care, and skilled rehab and long-term nursing care. To learn more, call 314-961-8000.



The Elder & Disability Advocacy Firm

of Christine A. Alsop, LLC
ATTORNEYS AT LAW

The Elder & Disability Advocacy Firm of Christine A. Alsop is devoted to serving older adults and persons with disabilities with legal needs, working closely with clients and their families. Elder law can touch upon a multitude of issues ranging from the eligibility requirements of various government benefits, to helping with estate planning, probate avoidance, planning for incapacity, guardianships and conservatorships, trust and probate administration and even litigation. No client is the same in the area of elder law. To discuss your unique needs or goals, you can contact Christine at 314-644-3200 or calsop@alsopelderlaw.com.

LASM ANNOUNCES NEW TRANSPORTATION COORDINATOR

LASM is excited to announce that Mary Louise Smith will be stepping into the role of Transportation Coordinator for our Ministry's medical transportation program this month. Mary Louise has been a long-time LASM volunteer, serving as a Transportation Minister, Stephen Minister, Newsletter and Spring Fling volunteer. Her kind and generous spirit along with her organizational skills will be a great asset to our Transportation Ministry.

Mary Louise is married to Mickey and has three children and three grandchildren. She is a resident of Lindenwood Park and a member of Epiphany of Our Lord Catholic Church.

Mary Louise has been a part of LASM's Transportation Ministry since its inception 10 years ago. She has provided countless rides for our members and says that her favorite part of driving has been "getting to know the people and hearing their interesting stories." She has also found her volunteer experience rewarding, describing the riders as "so sweet and appreciative." She is excited to become involved with the day-to-day

management of this program as it will allow her to "get to know more people and provide a helpful service." When Mary Louise is not volunteering with LASM she enjoys traveling with her husband, especially going on cruises. As we get ready to hunker down for the cold winter months, I asked Mary Louise

what she likes most about the winter season. She said, "Things seem to be a little calmer in the wintertime. And when it snows, I like staying in, watching the snow fall outside, from the inside."

Welcome to the role of Transportation Coordinator, Mary Louise! We are thrilled to have

you on board and are grateful for your service!

If you would like to join our team of Transportation Ministers and assist older adults with rides to their medical appointments, please contact the LASM office at 314-647-4591. If you live in the Lindenwood Park Neighborhood and/or belong to an LASM partner church and need assistance with rides to medical appointments, please contact us at the number listed above.



Mary Louise (middle) with fellow volunteers Carol & Shirley

If you have been considering a **Reverse Mortgage**, it is important to fully understand your specific situation as it relates to a reverse mortgage before applying. There are many variables to take into account such as your income and assets, inheritance desires, and your health. This type of mortgage can be a great option for some, but not the right fit for others. An organization called HOPE (Housing Options Provided for the Elderly) offers free reverse mortgage counseling. Their counselors provide education and information and are not affiliated with any lender. Call HOPE at 314-776-0155.

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
Permit No. 3249

RETURN SERVICE REQUESTED

A POEM ON AGING

As age grows on year by year,
You see your face grow lined.
Do not grumble or complain,
But try to keep in mind
All those who did not have a
Chance of growing old like you,
Who never reached the prime of life,
Or saw their dreams come true.
Do not resent the aches and pains
That time leaves in its wake,
These are the penalties of age,
The payment we must make
For having lived our span, and if
Some extra there should be,
Thank God for every passing day,
And live it gratefully.

—*Author Unknown*

A BIT OF HUMOR

VOCATION VACATION SPOTS

Fortune Tellers: PALM SPRINGS, CA

Artists: PAINTED DESERT, AZ.

Firefighters: THE SMOKY MOUNTAINS

Podiatrists: ARCHES NATIONAL PARK,
UT

Politicians: DODGE CITY, KS

Geologists: STONE MOUNTAIN, GA

Manicurists: FINGER LAKES, NY

Pianists: THE FLORIDA KEYS