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LINDENWOOD AREA SENIOR NEWS

June, 2015

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.*

SPRING FLING 2015!

Our ministry's 9th Annual Spring Fling on April 25th proved to be a delightful evening. A crowd of 150+ filled Epiphany's gym for the prom themed party. Guests enjoyed fellowship, dinner, live music and dancing, a stellar silent auction and a photo booth. We crowned a Prom King & Queen, congratulations to John and Lil! The Spring Fling is our ministry's largest social event annually and it is also our biggest fundraiser. This year's event raised $6,600 to support our ministry's programs and services!

Special thanks to our Spring Fling Committee: Jan Holmes, Claire Kaiser, Dorothy Kaup, Dick & Nancy Lancaster and Mary Stahl.

Additional thanks to the generous volunteers who helped make the night so special: Andrew Bolin, Marilyn Dickerson, Colin & Tracey Doggett, Gina Hawkins, Ken & Kathy Huckaby, Bob & Monica Hunyar, Lynn Kloecker, Art & Dianne Mees, Larry & Lisa Meyers, Kathy Migneco, Jean Montrey, Barb Pollman, Tom & Linda Schmitz, Jennie Schwartz, Joan Seebach, Mickey & Mary Louise Smith, Pat Vastine, Gary & Nanette Weintraub, Jason Weintraub.

The tremendous support of local businesses, organizations and individual donors made the evening a fundraising success. We are so grateful for their generosity!

Please see page 2 for a full listing of sponsors and donors.

Prom Queen & King, Lil and John

SPRING FLING SPONSORS

Cardinal Ritter Senior Services

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KEEP TICKING: THE INSIDE TRACK ON HEART HEALTH

Join us for the fourth and final installment of our *Spring into Action Workshop Series* on **Tuesday, June 16th**. Discover easy food tips for heart-healthy eating! Learn ways to reduce your risk of heart attack and stroke.

Our guest speaker will be Kathy Howard from the American Heart Association. 10-11:30am at Southwest Baptist Church – Memorial Hall, 6401 Scanlan Ave. Light refreshments will be provided. Please RSVP to Claire at 645-6411.

UPCOMING EVENTS

EPIPHANY'S ANNUAL FLEA MARKET

Shop til you drop at Epiphany's Flea Market! It begins on Thursday, June 25th from 6:00-8:00 pm with a $3.00 entrance fee and continues through the weekend: Friday, June26, 9:00 am-1:00 pm; Saturday, June 27, 9:00 am-3:00 pm; and Sunday, June 28, Noon - 4:00 pm. Held in the gym at 6596 Smiley behind the main church building.

Donations for the flea market will be accepted through June 23rd. For questions or to schedule a donation pick-up please call Rich Huelsmann at 314-645-5941.

CATHOLIC HEART WORK CAMP

Teen volunteers and their adult chaperones from throughout the Midwest will descend upon St. Louis the week of July 13th – 16th to help older adults and low-income families with home repairs and adaptations. Please contact LASM Director, Katie at 647-4591 to file an application for assistance. Projects must be large enough for a group of 6-8 volunteers and can include heavy yard work and painting. Volunteers will be able to bring tools, but paint needs to be provided by the homeowner.

Our May day trip to Missouri Botanical Garden

CASE MANAGEMENT Q & A

QUESTION: My air conditioner is on the fritz again. I'm worried about staying cool during the hot, humid summer. What can I do?

ANSWER: EnergyCare provides the following services during the summer:

- keep people safely cool by installing air conditioners in their homes and lower their risk from life-threatening conditions;
- educate residents about the dangers of hyperthermia (heat exhaustion) and make referrals to agencies that offer assistance for keeping utilities connected;

Don't Pitch That Old Window Air Conditioner!

EnergyCare purchases some air conditioners, but depends heavily on donations from people in the community. Throughout the year, EnergyCare is on the lookout for donations of used, but working 110 volt window air conditioners that are 8,000 BTUs or smaller. Units collected will be inspected and cleaned so they'll be ready to assist a low-income, homebound elderly, ill or disabled person. If you have one or more air conditioners that you'd like to donate, call EnergyCare at 314-773-5900. Remember, all donations to EnergyCare are tax deductible.

Do you have a case management question? Call 647-4591 or write in (6401 Scanlan, 63139) to have your question answered in the next newsletter. If you are in need of assistance with navigating community resources, please contact ministry Director, Katie Weintraub, at the number listed above.

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RETURN SERVICE REQUESTED

FOR PRAYERFULNESS

Hear me, Lord, as I make this request. Be present to me so that this time of service will be my prayer to You.

While it will be necessary for me to attune my mind to the practical necessities of what is to happen, let my attention to detail be a prayer of worship. Although I may not feel prayerful as I open the way for the worship of others, may my service itself be a sacrifice of devotion, for I know that You, my Lord and my God, are always present when even two or three come together in the name of Christ.

By my personal prayer, I prepare my heart so that it will be in full communion with You. Amen.

A BIT OF HUMOR

In the Eyes of Children

When is it okay to kiss someone?

When they're rich. —Pam, age 7

The law says you have to be 18, so I wouldn't want to mess with that. —Curt, age 7

The rule goes like this: If you kiss someone, then you should marry them and have kids with them. It's the right thing to do. —Howard, age 8

Is it better to be single or married?

It's better for girls to be single, but not for boys. Boys need someone to clean up after them.

—Anita, age 9