



LINDENWOOD AREA SENIOR NEWS

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May, 2019

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.*

CONNECT, CREATE, CONTRIBUTE DURING OAM 2019

Dear LASM Newsletter Reader,

Each year, more and more older adults are making a positive impact through Lindenwood Area Senior Ministry (LASM). As volunteers, program participants, board members and neighbors, they offer insight and experience that benefit the entire community. That's why Older Americans Month (OAM) has been recognizing the contributions of this growing population for 56 years.

Led by the Administration for Community Living (ACL)

each May, OAM provides resources to help older Americans stay healthy and independent, and resources to help communities support and celebrate their diversity.

This year's OAM theme, *Connect, Create, Contribute*, encourages older adults and their communities to:

- **Connect** with friends, family, and local services and resources.
- **Create** through activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

LASM will celebrate OAM by promoting ways that community members of *all*

ages can take part in helping LASM thrive. We encourage you to:

Connect: Participate in one or more of our May programs featured in this newsletter! Tell a neighbor or friend about LASM! Like our Facebook Page (www.facebook.com/LASM.STL) and stay *connected* with all we have going on!



Create: Tap into your *creative* juices by participating in the library's flower arranging class (see details inside this issue) and saving the

date to participate in our June Lunch & Learn on sharing your life story. In the broader sense, help LASM continue to *create* community by showing kindness and compassion to your neighbors. Invite and welcome new faces to LASM events.

Contribute: LASM is asking our entire community to *contribute* this month by taking the time to fill out our Community Survey (enclosed). As we seek to learn more about what kinds of needs are present in our community and ways to meet those needs, your *contribution* of participating in the survey is essential. You can also *contribute* this month, by supporting the work of LASM by sending in a tax-deductible donation. Bi-annual appeals
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LUNCH & LEARN: FALL PREVENTION & SAFETY

Fall prevention may not seem like a lively topic, but it is an important one to talk about. As we get older, physical changes and health conditions — and sometimes the medications used to treat those conditions — make falls more likely. In fact, falls are a leading cause of injury among older adults.

Join us on **Thursday, May 16th** as we explore ways to prevent falls and strategies to have in place in the event that a fall occurs. Our guest speakers will be Mary Million, RN with Lutheran Senior Services and Al Scher, President of Extended Independence. We'll gather at 11:30 am in Memorial Hall of Southwest Baptist Church, 6401 Scanlan. No fee to attend. Lunch will be provided. Please RSVP to the LASM office at 647-4591.

The final Lunch & Learn of our Spring series will be on documenting your life story and will be held on June 20th.

FREE HOME ASSESSMENTS

Missouri's rate of injury by falling is 31% higher than the national average according to the Missouri Department of Health and Senior Services. The Gateway Wellness Network along with Oasis offers free in-home fall risk assessments or these can be arranged at class locations. To learn more about the assessment or Oasis community-based programs for preventing falls, such as Matter of Balance and Tai Chi, please call St. Louis Oasis at 1-855-805-6168.

"LIKE US" ON FACEBOOK

"Like" our ministry's page to stay up-to-date on our latest happenings!
www.facebook.com/LASM.STL

OLDER AMERICANS MONTH

(Continued from Cover page)

for funds in our May and November newsletters help to support our ministry's programs and services all year long. Finally, you are always welcome to *contribute* by volunteering with our ministry! Our volunteers help with rides to doctors, home repairs/maintenance, mailings, providing caring visits, fund-raising, program set-up/clean-up and more!

I look forward to finding new ways to connect, create and contribute with you this month! Enclosed is an envelope and contribution form to accompany the return of your Community Survey and donation to LASM. Thank you in advance for your generosity.

Happy Older Americans Month!

Blessings,

Katie Weintraub

Katie Weintraub, MSW
Director

SUPPORT LASM ON GIVE STL DAY

Give STL Day is a 24-hour day of online giving to benefit nonprofits serving the St. Louis region.

On **Wednesday, May 1st**

St. Louis will shine the spotlight on our region's vast assortment of nonprofits, their missions, and the extraordinary ways they make our city special. LASM is proud to be one of those non-profits in the spotlight! Visit www.givestlday.org/lasm on May 1st to make your contribution. You can also preschedule your Give STL Day gift.



UPCOMING EVENTS

CELEBRATE OAM AT THE LIBRARY

Our neighborhood's Machacek Library is hosting a floral arranging program in honor of Older Americans Month.

Saturday, May 11th from 10-11 am. Let your creativity flow and go home with a floral arrangement just in time for Mother's Day! It is free to attend, but there is limited space, so please RSVP to the library at 781-2948

MAY DAY TRIP: OFF TO THE RACES!

Let's slip off and enjoy a fun, relaxing day at Fairmount Park in Collinsville, IL. We'll enjoy lunch at the Black Stallion Buffet and take in an afternoon of horse races. **Tuesday, May 14th**. Departure at 10:30 am from the Upper Parking Lot of Southwest Baptist Church, 6401 Scanlan Ave. and return around 5 pm. A trip fee of \$25 will cover your admission, a program, the buffet and transportation. Reservations: LASM Office at 647-4591. Please RSVP immediately as our meal count is required two weeks before the event.

MAY KEENAGER MEETING

Join our friends at LASM partner church, Southwest Baptist Church, for their monthly Keenager meeting on **Tuesday, May 14th** at noon. The social will be held in Memorial Hall. Enter through the church's main doors at 6401 Scanlan. Potluck lunch, bring a dish to share. In honor of Mother's Day, after lunch you'll have the opportunity to remember your mom. You are invited to bring a picture of your mom and have a story or two about her prepared to share with the group. Please RSVP to the LASM Office at 314-647-4591.

happy
mother's day!

ARE YOU HURTING? FEELING DOWN?

Are you in need of someone who cares? Someone who supports? Someone who listens? Someone who shares? Stephen ministers give support in times of crisis or transition or when you might be weighed down by the little things in life.

They will minister to those experiencing — loneliness, loss of a spouse, retirement changes, anxiety and depression, hospitalization, grief, chronic or terminal

illness, being shut-in, or any difficult life transition or challenge. Three new Stephen Ministers will be joining our team of care givers as they complete their training this month.



If you would like confidential information about having a Stephen Minister for yourself or a friend, please talk with Katie Weintraub at 314-647-4591.

Our Stephen Ministers are here to care!

ABOUT OUR SERVICES

LASM is a partnership of four 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, educational programming, and this monthly newsletter!

For more information contact 647-4591.

Lindenwood Area Senior News
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RETURN SERVICE REQUESTED

PRAYER FOR MOTHERS

God of Love,

We pray in thanksgiving for the tremendous blessing of mothers. We celebrate their dedication and the love that they have for their family.

May mothers who have lost a child, those who are estranged from their children and those children who never knew their mother know the love of Mary our blessed mother more intimately.

Amen. —*Terence Hegarty*

I've never been so loved by man, woman, or child as by God. Indeed, he gave the very best—his Son—so I could become one of his children.

A BIT OF HUMOR

While driving in Pennsylvania, a family caught up to an Amish carriage. The owner of the carriage obviously had a sense of humor, because attached to the back of the carriage was a hand printed sign... "Energy efficient vehicle: Runs on oats and grass. Caution: Do not step in exhaust." ~~~~

A minister waited in a long line to have his car filled with gas just before a long holiday weekend. The attendant motioned him toward a vacant pump. "Reverend," said the young man, "I'm so sorry about the delay. It seems as if everyone waits until the last minute to get ready for a long trip." The minister chuckled, "I know what you mean. It's the same in my business." 😂