



LINDENWOOD AREA SENIOR NEWS

Volume 14,
Issue 4

April, 2020

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.*

Dear LASM Family,

I am thinking of all of you as we navigate this strange and unknown season – praying for health & safety for all. Limiting the spread of COVID-19 (the Coronavirus) is, of course, of utmost priority to all of us. In line with recommendations from federal and state authorities and information from the CDC, LASM has decided to suspend all of our group programming through April 30th.

The following programs were scheduled to take place during this time frame and have now been postponed:

The Aging Mastery Program

April 14th Potluck

April 16th Lunch & Learn

The Volunteer Appreciation
Luncheon

The 14th Annual Spring Fling

Please stay tuned as we will do our best to reschedule these events when it is

safe to do so.

We will continue to offer our individualized services (medical transportation, Saturday Servants, Stephen Ministry and case management) in accordance with client and volunteer comfort level.

We recognize that it is important to take extra measures to put distance between ourselves and other people to reduce risk of being exposed and that this may bring some special needs along with it. If you are in need of extra help or resources during this time, please reach out to us. We will do our best to meet the needs that may arise.

Lindenwood Area Senior Ministry

314-647-4591

lasmdirector@gmail.com

www.lasministry.org

Sending my prayers and best wishes to all of you,

Katie Weintraub, Director

STAYING CONNECTED WHILE SOCIAL DISTANCING

To help curb the spread of the Coronavirus we are all being encouraged to stay at home as much as possible and to limit in-person, close contact visits with others. Many of us relish opportunities to visit with each other and look forward to the social events on our calendar each week. So what to do with this increased need for isolation and the loneliness that may ensue? I posed this question to our Facebook followers and to many that I've talked to over the past several days and this is what I heard:

- Reach out to friends and neighbors by phone, especially those that live alone.

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LASM 'S ITS VOLUNTEERS

April is National Volunteer Month — a month dedicated to recognizing the importance of volunteering and honoring the significant contributions volunteers make by generously donating their time and talents to worthy causes. LASM is blessed to have a large volunteer force. They work tirelessly for the good of our older adult community without being motivated by financial or material gain and the impact of their time and energy is irreplaceable.

LASM volunteers serve in a variety of capacities.

Transportation Ministers provide rides to medical appointments. They pick riders up at their doorstep, wait for them while they are in their appointment and get them back home safely all while providing a listening ear and compassionate heart.

Our **Saturday Servants** meet monthly to provide minor maintenance and repair tasks for senior homeowners. They are hard workers that provide our homeowners with a sense of safety and increased ability to remain independent.

Newsletter Volunteers meet monthly to assemble this mailer that reaches over 800 people in our neighborhood and beyond. Through their service we are able to spread the word about our ministry's programs and services and share resources that are available in our community. Our **Fundraiser Volunteers** share their time, energy and creativity to coordinate our ministry's annual Spring Fling and Trivia Night. They promote fellowship, increase awareness of LASM in our community and aid in the financial viability

of our ministry. **Stephen Ministers** give generously of their time and spirit to receive training on providing one-to-one Christian care and support to individuals navigating a difficult time. They provide weekly caring visits, walking along-side individuals in our community by offering a listening ear, prayer and encouragement. Our **Special Helpers** assist with set-up and clean-up for LASM programs and events and swing by the LASM Office to assist with paperwork and special mailings when needed.

And last, but certainly not least, our **Board Members** volunteer their time and expertise to serving on our Board of Directors. They have a passion for serving older adults, their faith communities and their neighborhood. They provide direction and support to LASM's Director

and help to shape the future of our ministry.

A recipient of our programs and services summed up the value of our volunteers well when she stated, "I didn't know how much there was to love about the [Lindenwood Park] Neighborhood until I met people from the ministry, when they came to help me." LASM is truly the work of many hands. Our volunteers are the eyes, ears and hearts of our ministry and we simply would not exist without them.

Do you know an LASM volunteer?

Share your appreciation with them this month! Send them a note of thanks, give them a call or a thumbs up (from at least 6 feet away)! We look forward to honoring our volunteers with a special luncheon once it is safe for us to gather again.

Transportation Ministers

Saturday Servants

Newsletter Volunteers

Fundraiser Volunteers

Stephen Ministers

Special Helpers

Board Members

UPCOMING EVENTS

SCRAP METAL DRIVE

LASM partner church, Timothy Lutheran, is hosting a scrap metal drive this month! Get rid of scrap metal that is cluttering your living space. Metal will be collected each Saturday in April (4th, 11th, 18th & 25th) on Timothy's parking lot at Fyler and Ivanhoe from 8:00 am - Noon. For questions contact Timothy's office at 314-781-8673. ~~~

In the wake of Covid-19 our LASM partner churches are making adjustments to their regularly scheduled activities. Please feel free to reach out to learn more about live streaming of worship services and music and other ways they might be offering to stay connected:

EPIPHANY OF OUR LORD CHURCH

314-781-1199

www.epiphanystl.org

Streaming Masses on Facebook:

<https://www.facebook.com/EpiphanyOfOurLordParish/>

MOUNT TABOR UNITED CHURCH OF CHRIST

314-645-9025

Facebook Devotions:

www.facebook.com/mounttaboruccstl/

Spiritual Music by Mount Tabor's Music

Director: <https://soundcloud.com/ron-hagen-436140061>

SOUTHWEST BAPTIST CHURCH

314-647-4567

Listen to sermons on-line:

southwestbaptistchurch.org

TIMOTHY LUTHERAN CHURCH

314-781-8673

Live streaming services on their YouTube channel, "TimothySTL" or via their website: timothystl.org/live

SOCIAL DISTANCING——

(Continued from cover page)

- Write "good old fashion" cards and letters to friends. Perhaps include a poem or comic strip. Who doesn't love getting something other than a bill or ad in the mailbox?!
- If you haven't already learned to do so, play around on your devices and learn how to Skype, FaceTime or video chat with your friends/ family.
- Snuggle with your pets.
- Take advantage of the forced time at home to do a little cleaning and organizing around the house. Tackle that file cabinet, junk drawer and/or closet that you've been avoiding for months (or years)!
- Enjoy your hobbies, rekindle an old hobby or start a new hobby. Take a bite out of that crocheting or sewing project. Dive into a good book or puzzle. Plan your summer garden.
- Exercise! It might be hard to get motivated to do this on your own, but a walk around the block or some simple chair exercises can help lift your spirits and energy level. If you're internet savvy, YouTube has work out tutorials that you can follow to get moving.
- If you are accustomed to keeping a pretty busy schedule, try bringing a new "quarantine version" of a schedule to your days. Set a routine that involves getting up and dressed by a certain time each day. You might include time for prayer or meditation, time for exercise and time for fresh air. Schedule in your meals, household chores and time to connect with others over the phone or in writing. Post your schedule in a prominent place to help keep you on track.

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Lindenwood Area Senior Ministry
6401 Scanlan Avenue, Room 201
St. Louis, MO 63139

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RETURN SERVICE REQUESTED

A PRAYER FOR OUR VOLUNTEERS

Loving God, you have entrusted us with the good news of your gospel. It is a privilege that we do not take lightly. Thank you for equipping each one of our volunteers with gifts for ministry. Thank you for their willingness to respond to your call to serve with gladness.

Sustain them on the days when they are tired, give them the strength to serve older adults with patience, mercy, and grace. And, as they serve you, give them joy through glimpses of your Kingdom in the faces of those whom they serve.

Through Him who lives and reigns with you and the Holy Spirit we pray.

Amen.

A BIT OF HUMOR

A doctor of psychiatry is doing his normal morning rounds at the hospital. He finds Arnold sitting on the floor, pretending to saw a piece of wood. Meanwhile Mark is hanging from the ceiling by his feet.

He asks Arnold what he's doing. Arnold smiles and answers, 'Can't you see I'm sawing this piece of wood in half?' The doctor nods and asks what Mark is doing on the ceiling. Arnold looks up and murmurs, 'Oh, he's my friend, but he's a little crazy. He thinks he's a light bulb.'

The doctor notices that Mark's face is turning red and blue. He remonstrates with Arnold and says, 'If he's your friend, you should get him down from there before he hurts himself.' Arnold sighs and says, 'What? And work in the dark?' 😂