



# LINDENWOOD AREA SENIOR NEWS

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**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.*

## NATIONAL HEALTHCARE DECISIONS DAY

A year ago we entered into a once-in-a-lifetime experience, COVID-19. It changed our lives and is still impacting how we define “normal”.

This past year has caused some of us to worry about contracting COVID and wonder if we did, would we survive? Would we be put on a ventilator? Would we never see our family and loved ones again? We suddenly lost control of much of our lives. Masks, isolation, limited gatherings became our new normal.

This experience reminds us that we are not in control of our lives. Instead, we adjust and react to our lives. But this does not mean we cannot plan for our future and be prepared in many ways. *National Healthcare Decision Day* is one of those days that can change your life, and have you prepared for one of the next unknowns, when and how we will die.

*National Healthcare Decision Day* is April 16<sup>th</sup> each year. It exists to inspire, educate, empower and encourage each of us to express our wishes regarding healthcare so providers and families can respect our wishes, whatever they may be. Those wishes are expressed in the

form of a legal document called an Advance Directive. This document goes into effect when we can no longer speak for ourselves but provides direction for those you name to speak for you.

Join Lindenwood Area Senior Ministry and Carla Baum, Founder of *Meaningful Life*, on **Tuesday, April 13<sup>th</sup> at 1:00 pm** for a Zoom presentation on Advance Care Planning and the completion of an Advance Directive. Carla will review the basic steps for preparation, completion and sharing of this key document. She also provides one-on-one services free of charge to help work through the

process to completion. Contact the LASM office at 314-647-4591 or [katie@lasministry.org](mailto:katie@lasministry.org) to receive the Zoom link.

**I have an  
advance directive,  
not because I have  
a serious illness,  
but because  
I have a family.**

Ira Byock, MD

## INSIDE THIS ISSUE....

Page 2      MO Botanical Garden Walk  
Virtual Program: Signs of  
Spring  
Alzheimer's Association  
Educational Programs

Page 3      Drive By Bunny  
Scrap Metal Drive + Shred-It  
Library Home Delivery

## MO BOTANICAL GARDEN CELEBRATORY LAP

Over the past seven weeks, more than 80 people in our LASM community have engaged in our Walk to Jerusalem! As a team we increased our physical activity and spiritual growth through daily exercise and prayer practices. Together we have logged the 7,717 miles (plus more) that separate St. Louis from Jerusalem. In celebration of this successful journey and the Easter season we will meet on **Wednesday, April 7<sup>th</sup>** to walk in the Missouri Botanical Garden!



Admission is free for St. Louis City and County residents between 9:00 and 11:00 am on Wednesdays. We'll meet at **10:00 am** just inside the Garden's main entrance. Masks required. No prior reservations necessary. Let us know if you are planning to be there so that we can keep an eye out for you: 314-647-4591 or [katie@lasministry.org](mailto:katie@lasministry.org).

## VIRTUAL PROGRAM: SIGNS OF SPRING

Therapeutic horticulturist, Jeanne Carbone, of the Missouri Botanical Garden will join us on Zoom on **Thursday, April 22nd at 1:00 pm!** She'll lead us in a presentation on favorite signs of spring to look for in your yard, neighborhood, local park and the Missouri Botanical Garden.



Beyond the daffodils and tulips is the spectacular new growth on trees and shrubs. We will talk about using our senses to enjoy the bounty of spring. All participants will receive a small potted plant suitable for a container or garden (contact-free delivered or available for pick up at the LASM Office). Please register to receive the Zoom link and your potted plant!

RSVP: 314-647-4591 or [katie@lasministry.org](mailto:katie@lasministry.org).

## FREE VIRTUAL EDUCATION PROGRAMS PRESENTED BY THE ALZHEIMER'S ASSOCIATION

### UNDERSTANDING AND RESPONDING TO DEMENTIA RELATED BEHAVIOR

**TUESDAY, APRIL 6, 2021; 7-8 PM**

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with

some of the most common behavioral challenges of Alzheimer's disease.

### COVID AND CAREGIVING

**TUESDAY, APRIL 20, 2021; 11AM-NOON**

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home. **Call Jeremy Koerber at 314-801-0437 to register.**

## UPCOMING EVENTS

### **DRIVE BY BUNNY**

LASM partner church, Southwest Baptist Church, 6401 Scanlan Ave., will host a Drive by Bunny event on **Saturday, April 3<sup>rd</sup>** from 9-11 am. The Easter bunny will be on the front lawn of the church on Scanlan. Cars with families will be lined up on Scanlan and down Tamm Avenue. As the cars come by you will have an opportunity to get out of the car and take a picture (with your camera or phone) with the Bunny and get a gift bag of candy-filled eggs and other prizes. If you choose not to get out of the car, the Easter Bunny will just wave and hand out the bags. Please invite your friends, families, and neighbors.



### **SCRAP METAL DRIVE + SHRED-IT EVENT**

LASM partner church, Timothy Lutheran Church, 6704 Fyler Ave., will once again host its annual Scrap Metal Drive during the **month of April**. The trailer will be available on the church's parking lot at the corner of Ivanhoe and Fyler the entire month of April, with assistance on Saturday mornings. If you need your items picked up, please call the church office at 314-781-8673 to schedule a pick-up.

In addition, on **Saturday, April 24<sup>th</sup>** Timothy Lutheran will have a "Shred-It" Truck on the parking lot available to collect your paper documents, and securely destroy and recycle them. No charge for this service.



## LIBRARY HOME DELIVERY

The St. Louis Public Library is piloting a home delivery service to make sure all customers have access to Library resources--even if they cannot physically make it to a Library.

### **Who is eligible?**

To be eligible, Customers must live in St. Louis City, and be physically unable to access a Library location for curbside or walk-up services due to a disability or mobility issues or fall into an increased risk category for COVID-19.

### **How can I sign up?**

If you qualify and would like the Library to make a monthly materials delivery, please call 314-338-7592 and ask for Home Delivery or email [homedelivery@slpl.org](mailto:homedelivery@slpl.org) to sign up. After you sign up, the Staff will explain how to request materials.

### **What materials can I have delivered?**

You can request any item in our catalog, except for telescopes. We can also deliver print or copy requests, Take & Make crafts and more. When placing items on hold in our catalog, just select "HD" as your pick-up location.

### **When can I get my materials?**

A recurring monthly delivery will be scheduled. At this time, we will bring any materials you've requested that are available and pick up materials you want to return. You must be home at the time of delivery to receive your materials.

### **What COVID-19 precautions are you taking?**

All Library Staff complete a health screening before reporting to work. All of our drivers wear face masks and gloves during deliveries and pickups. We also ask Customers to wear face masks during the delivery. All returned materials will be quarantined for 24 hours.

**Lindenwood Area Senior News**  
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St. Louis, MO 63139

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**RETURN SERVICE REQUESTED**

## **PRAYER FOR THE EASTER SEASON**

**L**ord Jesus, we rejoice with you during this Easter season—these fifty glorious days following your rising from the grave. We are forever proud to call you our Savior, Redeemer and our divine brother who conquered sin and death. We thank you, Lord, during this great paschal season of grace and glory, to joyfully celebrate your lasting victory and precious pledge for eternal life. Amen.

—Fr. James McKarns

*Know that the Lord is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture.*

*Psalms 100:3*

## **A BIT OF HUMOR**

An elderly couple had been dating for several years. Finally, he proposed. She immediately said yes. The next morning he was horrified to realize he couldn't remember her answer. After racking his brain for about an hour, he called her. Embarrassed, he admitted he didn't remember her answer to his marriage proposal. To his relief, she responded, "Oh, I'm so glad you called. I remember saying yes to someone, but I can't remember who it was or what it was for."

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Little Johnny asked his grandmother how old she was. She answered, "Thirty-nine and holding." Johnny thought for a moment, then asked, "And how old would you be if you let go?" 😂