



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.*

JUKEBOX JAMBOREE!

Shake, rattle and roll on over to the Jukebox Jamboree to benefit Lindenwood Area Senior Ministry! **Friday, June 2nd** from **11:30 am** to **2:30 pm** at Timothy Lutheran Church, 6704 Fyler Ave.

Lunch, raffle items, a pot of gold raffle and entertainment by the fabulous 60s Chicks Show Choir! Tickets \$15 each will go on sale April 21st. Check your church bulletin for ticket sales information or contact 314-647-4591 or katie@lasministry.org to make a reservation. Tables of 8 people can be reserved ahead of time, otherwise open seating.



We are seeking sponsors for this event as well as raffle and attendance prize donors. Sponsors will receive recognition with signage and announcements throughout the event. Donations might include: \$25-\$50 restaurant gift cards, event tickets/vouchers, gift cards for retail stores or services (i.e. massage, haircut, oil change, etc). Perhaps you received a gift card for the holidays that you won't use? Share it with

LASM! Donations can be mailed to the LASM Office at 6401 Scanlan (63139) or call 314-647-4591 to arrange a time for pick up/drop off. All funds generated by the Jamboree will go to the direct support of LASM's programs and services for older adults.

A CONVERSATION ABOUT END-OF-LIFE WISHES

Ben Franklin once wrote, "Our new Constitution is now established, everything seems to promise it will be durable; but, in this world, nothing is certain except death and taxes." As the 2022 tax deadline approaches, we are seizing the opportunity to talk about that other certain factor in our lives...death. April 16th is *National Healthcare Decisions Day* (NHDD) a day that exists to inspire, educate and empower individuals about the importance of advance care planning.

In honor of this day LASM is hosting a presentation that will provide an overview of advance care planning and the steps to complete an advance directive. Free resources will be made available to all attending. LASM Board Member and Founder of Meaningful Life, Carla Baum, will lead this workshop. All ages welcome. **Sunday, April 16th at 1:00 pm** in Memorial Hall of Southwest Baptist Church, 6401 Scanlan. Light refreshments will be served. RSVP to 314-647-4591 or katie@lasministry.org.

SENSORY WALK AT MOBOT

In February, our ministry launched its 3rd Annual Walk to Jerusalem, a collective, imaginary walk from St. Louis to Jerusalem to increase physical health and spiritual growth during the weeks of Lent. As of this printing, we are on track to reach Jerusalem by Easter!

In celebration of our journey and the Easter season, we will take a sensory walk in the Missouri Botanical Garden on **Wednesday, April 12th at 9:30 am**. This guided walk will be led by Therapeutic Horticulturist, Jeanne Carbone. We'll meet just inside the Garden's main entrance. Free to attend. Carpooling encouraged. 20 spaces are available, please call 314-647-4591 or email katie@lasministry.org to reserve your spot. Optional lunch at Sassafra Café inside the garden following our walk. You do not need to have participated in the Walk to Jerusalem to attend.



DO NOT BE A TARGET OF HEALTHCARE FRAUD

Mr. Lee has Medicare. One evening he received a phone call from a woman who identified herself as a Medicare representative. The woman told Mr. Lee she could save him hundreds of dollars each month by signing him up for new Medicare Prescription Drug Coverage. Mr. Lee pays over \$300 in drug costs each month, so he was eager to join. When the woman said she could sign him up over the phone and asked for his Medicare and checking account numbers, he gave them to her.

After sleeping on it, Mr. Lee realized he had made a mistake by giving out his personal information and contact-



ed his local Senior Medicare Patrol (SMP). The SMP helped Mr. Lee contact his bank to close his account and reported the crime to the police and Medicare.

You can reach the *Missouri SMP* by calling the toll-free hotline **1-888-515-6565**. Its mission is to empower and assist Medicare beneficiaries to prevent, detect, and report healthcare errors, fraud, and abuse through outreach, counseling, and education.



CAUGHT ON CAMERA!

LASM Walking group at Lindenwood Park (left) and Balance Class at Machacek Library



UPCOMING EVENTS

ARMCHAIR VACATION TO ATLANTA

LASM Director, Katie Weintraub, recently traveled to Georgia's capital city of Atlanta. She'll be sharing photos from her trip as well as some Atlanta fun facts and history. **Tuesday, April 25th at Noon** in Memorial Hall of Southwest Baptist Church. Her presentation will be accompanied by a potluck lunch. Bring a dish to share. Please RSVP to katie@lasministry.org or 314-647-4591.

ELECTRONIC RECYCLING + FREE SHREDDING

LASM partner church, Timothy Lutheran Church, is hosting an event to assist you with your Spring cleaning! On **Saturday, April 29th** from 9:00 am to 12:00 pm stop by Timothy Lutheran's parking lot (corner of Ivanhoe & Smiley) to have your paper securely shredded on-site and to have your old electronics recycled in an environmentally friendly way. Open to the whole community. There is a \$20 charge for old tube TVs.



WANT TO DONATE BOOKS?

There are many worthwhile groups to donate books. To start, check the American Library Association website for a selective listing of some of the groups and organizations that accept book and magazine donations. Go to:

<https://libguides.ala.org/book-donations>

FROM OUR CASE MANAGER

QUESTION: I'm feeling a little lonely and isolated in my home. I don't drive anymore and am wondering how I can find ways to engage in the community again?

ANSWER: St. Louis Activity Center has so many incredible programs to offer and will transport you to and from the center at 5602 Arsenal Street! Founded in 1954, it is the second oldest Senior Center in the United States. They provide participants with resources in the areas of physical and mental health, nutrition, education and transportation to ensure the opportunity to experience an optimal quality of life and encourage "Aging in Place."

Transportation is available for lunch and activities at the Center, medical appointments, business, essential shopping, recreation, etc. They serve the Southwest portion of the city including zip codes: 63109, 63110, 63116, 63117, 63139 and 63143. Call 314-645-3477 for more information or to schedule your pick up.

An exercise class is held on Mondays, Wednesdays, and Fridays at 10:00 am. Suggested donation is \$2 per session. On Mondays after exercise, Alice Jennings hosts "Coffee Talk" with interesting topics, coffee and dessert.

Healthy Living with Chronic Disease starts **April 19th**—Classes will be every Wednesday from 12-2:30 pm. The Center also offers day trips, book club, quilting, bingo, crafting, lunch outings, speakers and more! Call 314-645-3477 for a monthly calendar of events or visit www.stlactivitycenter.com.

—Leigh Manalang, MSW

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RETURN SERVICE REQUESTED

A NEW SEASON WITH HOPE

Lord, You walked on the earth,
understood the broken world, yet also
rose from death into resurrected life.

I pray for my loved ones, that you hold
them in your loving arms during this
difficult time....

Fill my loved ones from top to toe with
your restorative Spirit.

May your resurrection bring healing and
wellness into their being.

May your grace carry them through this
hard time into a new season filled with
hope and joy. Amen.

—Adapted from jesuitresource.org



A BIT OF HUMOR

Ellie: What's the funniest thing you ever
stole? Shelly: A punch line. ~

Spike: Is it true you were addicted to
soap? Mike: Yeah, but I'm clean now. ~

Earl: Could you be a vegetarian, even for
a day? Pearl: Sounds like a missed
steak to me. ~

Ed: Have you ever thrown a
boomerang? Fred: Once, really hard.
Ed: Did it come back? Fred: I've been
living in fear ever since. ~

What do you call a pencil with erasers at
both ends? *Pointless.* ~

What did the jam say when it broke up
with the bread? *"You deserve butter."* ~

