



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.*

LASM TO PROVIDE ASSISTANCE...

APPLY FOR THE SENIOR PROPERTY TAX FREEZE

The City of St. Louis has enacted a Senior Citizen Property Tax Freeze Credit program, which provides seniors with fixed City real estate property tax rates. Eligible seniors may apply for the credit annually through the City of St. Louis Assessor's Office.

Eligibility requirements include:

- 62 years of age by Sept. 1, 2024.
- Obtained 40 Social Security retirement benefit credits
- Own and physically occupy the primary residence located in the City of St. Louis
- Appraised market value of property is \$500,000 or less
- Property taxes from the previous year are paid in full.

If you would like assistance filing the application, LASM is here to help! On **Wednesday, April 17th** from 10:00 am until Noon you can make a 15-minute appointment with an LASM staff member or volunteer to apply for the freeze. Appointments will be held in Memorial Hall of Southwest Baptist, 6401 Scanlan. Don't delay, the deadline is June 30th! Contact katie@lasministry.org or 314-647-4591 to schedule a time. Help with transportation is available.

LUNCH & LEARN: FRAUD PREVENTION

Statistics reveal that older adults are particularly vulnerable to scams. The FBI estimates that seniors lose more than \$3 billion each year to financial scams. Additionally, seniors are less likely to report fraud due to a lack of understanding of the reporting process and fear of losing financial independence.

LASM is hosting an important and timely Lunch & Learn on **Thursday, April 25th at Noon**. Our guest speaker will be Community Service Officer, Gary Baldrige. Officer Baldrige will give insights on how to identify scams and tips for protecting yourself from fraud and identity theft. Potluck lunch, bring a dish to share. Memorial Hall of Southwest Baptist Church, 6401 Scanlan Avenue.

Please RSVP at least 24 hours in advance to 314-647-4591 or katie@lasministry.org.

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SPRING FLING: THERE'S STILL TIME!

We want to see you and your friends at LASM's Spring Fling: *Spring is in the Air!* Don't miss out on this incredible opportunity to support LASM with a fun afternoon out with your friends and neighbors. \$20/person includes: pasta lunch, tableside magic, music by the St. Louis Banjo Club, awesome raffle baskets, a pot of gold raffle, and attendance prizes.

Wednesday, April 10th from 11:30 am to 2:30 pm in Epiphany's Gym, 6596 Smiley at Ivanhoe. Tickets: \$20 in advance, \$25 at door. Mail payment to: LASM, 6401 Scanlan Ave., St. Louis, MO 63139 or purchase online at lasministry.org/events.

Need a ride to attend? We're happy to help. Call 314-647-4591 to arrange transportation.



St. Louis Banjo Club

SPONSOR IN THE SPOTLIGHT: BABE'S

Babe's Tavern & Garden served as a \$300 event sponsor of our November Trivia Night. The building where Babe's stands at 3215 Ivanhoe was built in 1922 and was originally home to the Ivanhoe Sweet Shop. In the year's that followed it was home to several different neighborhood bars and held different names. It became Babe's in 1979 as one of the original owner's nicknames was Babe because of his athletic abilities akin to Babe Ruth.



LASM supporter, Bill Schmidt, and his son Matt took over ownership of Babe's in 2003, celebrating 20 years this past fall! Born and raised in Lindenwood Park, Bill is a lifelong member of LASM partner church, Epiphany of Our Lord. He is passionate about supporting organizations like LASM that are affiliated with his church and neighborhood community. Bill has enjoyed meeting many great friends and neighbors at Babe's over the years and welcomes you to be the next! Babe's is open 2:00 pm-1:30 am Monday-Friday, 4:00 pm-1:30 am on Saturdays, and 12:00 pm-12:00 am on Sundays.

Thank you to Bill, Matt, and Babe's for the generous support of LASM!

FROM OUR CASE MANAGER

QUESTION: I live in a long-term care community and have some ongoing concerns. Is there anything I can do?

ANSWER: VOYCE offers a free long-term care ombudsman program. An ombudsman can help with many resident rights issues, isolating particular causes of concern, and resolving any challenges with compassion and respect. They advocate for any concerns you or your loved one have about long-term care. Learn more about VOYCE at www.voycestl.org or 314-918-8222. Lisa Smith is the lead ombudsman and can be reached at 314-919-2404.

—Leigh Manalang, MSW, 314-376-4121

UPCOMING EVENTS

RECYCLING + SHREDDING

LASM partner church, Timothy Lutheran, is hosting its annual scrap metal drive. Come and drop off your scrap metal any-time during **the month of April!** It can be deposited in the large storage container on Timothy's parking lot at the corner of Ivanhoe and Fyler. In addition, on **Saturday, April 27th** from 9:00 am to Noon, you can drop off your paper shredding and electronic waste recycling. No fee to participate, this is a free public service event. With questions contact Timothy Lutheran's office at 314-781-8673.

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

Discuss managing money and finances when you are the caretaker of a loved one with Alzheimer's or dementia.

Wednesday, April 10, 2:30-3:30 pm at Buder Library, 4401 Hampton. Sponsored by the Alzheimer's Association. Call 314-352-2900 for more information.

SOCIAL SECURITY 101: UNDERSTANDING RETIREMENT AND MEDICARE BENEFITS

Social Security's Kansas City Regional Public Affairs Office is hosting free pre-retirement webinars that can be viewed from the comfort of your own home.

This 1-hour training will provide information about eligibility and filing options for the Social Security Retirement, Survivor, and Medicare programs. This training will provide guidance for individuals nearing retirement age. Learn about the online tools available for planning and managing benefits and how to sign up for your *my* Social Security account.

Wednesday, April 24, 12:00-1:00 PM

Contact Leigh at 314-376-4121 or leigh@lasministry.org to register.

LASM RECEIVES GRANT AWARD

We have fabulous news to share! Last month LASM received word that its application for funding from the Lutheran Foundation of St. Louis had been approved. LASM was awarded a 2-year, \$44,000 grant to improve upon the ministry's volunteer management practices and expand organizational partners.

Interested in learning more and serving on a committee to support the grant's initiatives? Contact katie@lasministry.org or 314-647-4591.



Lutheran Foundation
OF ST. LOUIS

Christian support that heals lives and the community

The Lutheran Foundation is committed to seeing the improved care of hurting people in the greater St. Louis metropolitan region. Through grant support they help congregations and organizations deliver services that cultivate meaningful transformation – mind, body and soul. We are honored to be a recipient of these funds and grateful for the ways they will help grow and strengthen the LASM mission.

FREE TELEPHONE HELP

Do you feel sad? Are you lonely? Do you feel scared or worried?

The TeleHope program will provide regular telephone calls to help you feel better. If you are age 55 or over and live in St. Louis City, there is no cost for these services. Call 314-884-6182 or email Telehope@providentstl.org. Services provided by Provident Behavioral Health.

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6401 Scanlan Avenue, Room 201
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RETURN SERVICE REQUESTED

EASE MY SORROW

God, when I'm sad, I love how you sit in the silence with me, just being there with your comforting presence surrounding me and easing my sorrow.

It makes it easier for me to let go of my sorrow and accept the joy that you want me to have. You never push nor chide. Thank you for your gentleness and for the hope you always hold out to me. When I am done crying, I know you will be there to help me laugh again.

Weeping may linger for the night, but joy comes in the morning.... So that my soul may praise you and not be silent.

Psalm 30:5, 11-12



A BIT OF HUMOR

TUNE-UP

Aging is like owning a classic car. In order to keep looking beautiful, you'll need more than a few tune-ups and a fresh coat of paint.

FASHION COMES BACK AROUND

You know you're old when your grandkids won't stop raiding your closet because "coastal grandmother" fashion is all the rage.

FUNNY HOW THAT WORKS

We leave this world the same way we enter it: bald, confused, and wearing a diaper.

Getting old is no joke. I'm on a very rigid nap schedule. 😂