



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.*

VIRTUAL LEARNING: BACKYARD FLOWER ARRANGING

LASM friend and Therapeutic Horticulture Instructor from the Missouri Botanical Garden, Jeanne Carbone, will join us on Zoom! Using flowers, greenery, vines and a range of other possibilities, Jeanne will help you explore creating arrangements to decorate your home. No gardening or flower arranging experience needed. Whether you have a lush backyard garden or slim pickings you'll be able to bring a beautiful creation to life. We will gather on Zoom on **Thursday, August 20th at 1:00 pm.** You'll be able to participate either through an on-line link (will need internet access) or by listening in over the phone. Call or email Katie to register: 314-647-4591 or lasmdirector@gmail.com. A tech trial run prior to the meeting can be arranged. No fee to register, donations can be mailed to LASM, 6401 Scanlan, St. Louis, MO 63139 or made on-line at lasministry.org.

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SCAMS OF COVID-19

The Missouri Senior Medicare Patrol (SMP) is reminding older adults and their caregivers to be wary of potential Medicare fraud and abuse schemes amid the COVID-19 pandemic. Since the pandemic began spreading across the United States, scammers have been working nonstop to try to trick older adults and to take their money.

Scammers have been targeting seniors to sell them COVID-19 testing kits, sell them so-called miracle cures, and to issue false alerts that their Social Security benefits have been suspended. All of these are scams.

Report suspected Medicare fraud to the Missouri SMP toll-free at 888-515-6565.

CENSUS TAKERS TO VISIT

The U.S. Census Bureau announced that it will send an additional reminder postcard to households that have not yet responded to the 2020 Census. The postcard is scheduled to arrive by July 28, a few weeks before census takers are set to begin visiting most households that haven't responded.

Please complete your form online at my2020census.gov, by phone at 844-330-2020, or by mailing back the paper questionnaire that was sent to your home.

VOLUNTEER PROFILE: JAN MACDONALD

LASM has been blessed to have Jan MacDonald as part of our Saturday Servant team since its very beginnings. Saturday Servants originated at Jan's church, Union United Methodist and grew to include the entire LASM community when we formed in early 2007.

Volunteers in this program meet monthly and work in teams to assist senior homeowners with minor home repairs and maintenance projects. Jan and her husband John are avid travelers. She is the proud mom of two sons and adoring grandma of four. We sat down and asked Jan these questions:

1. What is the significance of the Saturday Servant program?

People take pride in their homes. When you look out your window you want to see that the yard looks nice and is well maintained. Senior homeowners may think, "I need help with this job, but it's a small job, who can I call upon to do it? How do I find a trustworthy person to help?" This is where we Saturday Servants can assist. There is also an important social component to the program. By aiding seniors with household projects we can help them feel a part of the neighborhood community and convey to them that there are people out there that care



Jan and her newest grandchild, Maddie

about them and their wellbeing.

2. What do you enjoy about volunteering as a Saturday Servant?

I enjoy the comradery of working together as a team on projects. I like meeting the people we serve and seeing their satisfaction when they look out and see that the job is done. I like to see that they're happy.

3. What would you say to others considering volunteering with this program?

It gives you a sense of doing something for your community. It is a small ask to give up one Saturday morning a month and it makes you feel good to be able to help someone. I know that the people we serve would love to be out there doing the work we are

doing but cannot physically do it themselves any longer. That's what we can do for them.

4. What do you most look forward to when the pandemic winds down?

Being able to go out and enjoy a nice casual dinner some place. Also, traveling again. My husband and I love to travel. We've had to cancel two trips so far and we just don't know when we'll be able to do it again.

ANSWERS: RIDDLE ME THIS ROUND 2

Here are the answers to July's riddles: candle, breath, strainer, fingerprints, your word, bookkeeper, goose, clock, sawdust, hole, wedding ring, letter.



Thank you to Jan and all of our Saturday Servants for your hard work and compassion. To learn more about receiving Saturday Servant assistance or volunteering to join our team, call LASM at 314-647-4591 or email

lasmdirector@gmail.com.

RIDDLE ME THIS: ROUND 3

We are back with more! Take a crack at the riddles below and contact the LASM Office to check your answers (call/leave a message at: 314-647-4591 or email: lasmdirector@gmail.com).

Those that answer 5 or more correctly will be entered into a drawing for some fun prizes! Prizes will be mailed or contact-free delivered to your doorstep.

1. A house full, a yard full, a chimney full, no one can get a spoonful.
2. What is between heaven and earth?
3. To give me to someone I don't belong to is cowardly, but to take me is noble. I can be a game, but there are no winners. What am I?
4. What has two spines and a lot of ribs, carries much but never moves?
5. What is round on both ends and hi in the middle?

6. The more you look at it, the less you see.
7. Has its teeth on your head but doesn't bite.
8. Many foods can make me strong but give me water and I won't last long.
9. You throw away my outside, you cook my inside. Then you eat my outside and you throw away my inside. What am I?
10. I am free the first time and second time, but the third time is going to cost you money. What am I?
11. I can speak with my hard metal tongue. But I cannot breathe, for I have no lung. What am I?
12. I cannot be burned in fire or drowned in water. What am I?

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'" — **Fred Rogers**

A WORD ON HOPE

Over the next several months the pastors from our LASM partner churches will be offering our readership some reflections on sustaining hope during these difficult times. This month we hear from Pastor Bill Wilson, Associate Pastor at Timothy Lutheran Church.

Can you imagine life without hope? Hope is what we need most these days. Hope is vital to living life so that everyday has meaning. Peter says this in Scripture, "Blessed be the God and Father of our Lord Jesus Christ, who in keeping with His abundant mercy has given us a new birth to a living hope through the resurrection of Jesus Christ from the dead."

(1 Peter 1:3)

This morning as I was leaving for work my neighbor told me his wife bought a new vehicle. But when she went to pick up her mother with this new SUV the step to get in was too high. So, they added a sidestep to this new vehicle so her mother could get in.

The resurrection of Jesus is like that sidestep to get us where we need to be. We cannot enter heaven on our own merits. But Christ has stepped up for us. He emptied Himself, taking on Himself our flesh, and then God raised Him from the dead so that we might have life in Him. Your life today has anticipation, a step up, because of your living hope of heaven. God fill your life full of hope. Amen.

Pastor Bill

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RETURN SERVICE REQUESTED

PRAYER FOR UNSHELTERING

As you reenter the places you avoided at the pandemic's initial rise, say this prayer for protection into social places and other spaces:

"Now I walk me out my door.

I pray thee, Lord, protect from spores.

Bless, dear Lord, the care I take not to worsen this outbreak.

Guide me safely through the day, and bring me home, masked and ok. Amen."

—*Quinn G. Caldwell,*
Emerge: Blessings and Rituals for Unsheltering. Copyright 2020



A BIT OF HUMOR

ADVICE FROM A CANYON

Carve out a place for yourself.

Aspire to new plateaus.

Stand the test of time.

Don't get boxed in

Listen to the voice of the wind.

It's okay to be a little off the wall.

Reach deep.

GROWING OLDER

The older we get the more we talk to ourselves.

It doesn't mean we're crazy, we could just care less what anyone else has to say anymore. 😂