



# LINDENWOOD AREA SENIOR

Volume 15,  
Issue 8

August, 2021

**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.*

## SAYING FAREWELL... TWO PASTORS DEPARTING

This month two pastors from our ministry's partner churches are departing from their pastor roles at LASM churches and moving on to new adventures. Pastor Bill Wilson from Timothy Lutheran Church is retiring and Pastor Carole Barner from Mount Tabor UCC is transitioning to a new position. Pastor Bill and Pastor Carole have been incredible supporters of LASM, providing invaluable guidance and encouragement to our Board of Directors and LASM community. Wishing them both many blessings in all that the future holds!

**From Pastor Bill Wilson,  
Timothy Lutheran  
Church:**



*I am very proud of Lindenwood Area Senior Ministry. The churches have accomplished a model of working together for seniors in our community which is outstanding. Director Katie and the board have worked together to grow this ministry into the fabric of our neighborhood and churches. Because of the boards thoughtful and intentional planning, LASM has not only a present ministry to be proud of but one that will serve our seniors into the future.*

*As God has blessed us in the past, I pray He continues to give success to this*

*special ministry. I look forward to participating in this ministry as one of your senior neighbors.*



**From Pastor Carole  
Barner, Mount Tabor  
United Church of Christ:**

*As I answer a new call in ministry, I celebrate the years I have served Mount Tabor United Church of Christ and their faithfulness to the Lindenwood Area Senior Ministry. Together with all the member congregations and all of you, we have been part of a powerful ministry for seniors. Keep up the great work! With Katie at the helm since the beginning of LASM and now Leigh bringing additional expertise and care, LASM is able to reach out even more, learning of needs and making connections with service agencies and volunteers who can enhance the lives of our seniors and be their "family" to an extent. Each of us is a part of God's*  
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## SENIOR WELLNESS AWARENESS MONTH

August is Senior Wellness Awareness Month! We are celebrating with two great program offerings to improve your overall health and wellbeing. Please join us!

### STAYING HEALTHY WORKSHOP

Join us for the final session of our Healthy Living Summer Workshop Series on **Thursday, August 5<sup>th</sup> at 2:00 pm**.

This session, *Staying Healthy* is focused on tips for choosing healthy foods, being active and getting better sleep.

The presenter will be Dr. Gurav with Dedicated Senior Medical Center.

We will have limited in-person spaces available as well as unlimited virtual attendance via Zoom. In-person attendance will be at Timothy Lutheran Church, 6704 Fyler, Multipurpose Room. Virtual attendees will receive a Zoom link via email.



### STRETCH & STRENGTHENING CLASS

Come join Lindenwood Area seniors for a celebration of wellness with a gentle stretch and strengthening class that will revitalize and refresh you!

This in-person class will be led by Eileen Kinsella, a Registered Somatic Movement Therapist and Educator, Therapeutic Massage and Bodywork professional, and Somatic Experiencing (SE®) practitioner offering Kinsella Method™, a resilient life fitness program. **Tuesday, August 24<sup>th</sup> at 1:00 pm** at Southwest Baptist Church, 6401 Scanlan Avenue. Weather permitting we will meet outdoors at the main entrance of the church. We will move indoors to the church's entry foyer if necessary. Stick around to enjoy fellowship and a slice of watermelon after the class!

Reservations required for both of these events. Contact Katie at 314-647-4591 or [katie@lasministry.org](mailto:katie@lasministry.org) to reserve your space today!

## PASTORS

*(Continued from Cover Page)*

*Beloved family, after all. As you hear of needs or have them yourself, please continue to reach out to Katie and Leigh, or to the LASM Board members — including your pastors. You are an important part of the ministry as you share these insights, because you ARE Lindenwood Area Senior Ministry, just as you are the Church, whatever congregation you claim. It's about the people and the community we might build. May God continue to richly bless the community of the Lindenwood Area Senior Ministry as you give and receive your gifts!*

*In Christ, Pastor Carole*

## FOOD ASSISTANCE

LASM's partner church, Timothy Lutheran Church, would like to invite all who could benefit from food assistance to their bi-monthly food pantry. It is open **every first and third Saturday morning** (August 7<sup>th</sup> and 21<sup>st</sup> this month) from 9:00 -10:00 am.

To access the pantry enter through the church's gym entrance at 6704 Fyler Avenue, under the blue awning. Patrons are allowed to choose items and are encouraged to bring their own bags. No appointment necessary. Bring identification.



## UPCOMING EVENT

### **CELEBRATING 15 YEARS!**

You're invited to a 15<sup>th</sup> Anniversary Celebration of Lindenwood Area Senior Ministry! We are celebrating this milestone with live entertainment by singers, John+Doe, and catered box lunches from Bubba's Deli. Come help us celebrate an amazing 15 years of community and growth! **Tuesday, September 14<sup>th</sup>** 11:30 am -1:30 pm outdoors on the front lawn/entry way of Southwest Baptist Church, 6401 Scanlan Avenue. Back up bad weather day will be September 21<sup>st</sup>. \$10 suggested donation for the meal, payable on the day of the event. Reservations required: contact Katie at 314-647-4591 or [katie@lasministry.org](mailto:katie@lasministry.org).

## FOR FRIENDS OF THE AGED

Blessed are they who understand  
My faltering step and palsied hand.

Blessed are they who know that my ears  
today

Must strain to catch the things they say.

Blessed are they who seem to know  
That my eyes are dim and my wits are  
slow.

Blessed are they with a cheery smile  
Who stop to chat for a little while.

Blessed are they who never say:  
"You've told that story twice today."

Blessed are they who looked away  
When coffee spilled at the table today.

Blessed are they who know the ways  
To bring back memories of yesterdays.

Blessed are they who make it known  
That I'm loved, respected and not alone.

Blessed are they who know I'm at a loss  
To find the strength to carry the Cross.

Blessed are those who ease the days  
On my journey Home in loving ways.

## FROM OUR CASE MANAGER

**QUESTION:** I'm noticing that I have more trouble hearing, but I don't think I can afford hearing aids. I've heard they are very expensive.

**ANSWER:** The Center for Hearing & Speech is a nonprofit organization that may be more affordable for individuals with limited incomes. They offer varying levels of financial assistance based on your income including Co-Pay assistance. The Center also has multiple payment options to assist anyone in obtaining the devices most appropriate for their needs. This includes half down/half later, which allows you to pay 50% of the total cost upfront and pay the rest within 90 days. Fixed monthly payments allow you to upgrade your technology every three years (at no extra cost), while maintaining the same monthly payment. Lastly, a healthcare assistance loan was created through their partner Midwest BankCentre for a repayment plan up to three years with low interest rates. You can reach the Center for Hearing & Speech at 314-968-4710 for more information.

—Leigh Manalang, 314-376-4121

## ABOUT OUR SERVICES

LASM is a partnership of four faith communities providing a variety of support services for older adult members of the partner congregations as well as any senior living in the Lindenwood Park neighborhood. Our services and programs include: medical transportation, minor home maintenance & repair, Stephen Ministry, case management, social engagement, and educational programming. Please call 314-647-4591 to get more information, refer a neighbor or learn about volunteer opportunities!

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

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**RETURN SERVICE REQUESTED**

## **GOD, YOU ARE THE LIGHT OF THE WORLD**

**L**ord, you shed your light of truth within our hearts and minds. You bring understanding where there is confusion. You bring certainty where there is doubt. You fill our hearts with hope where there was once despair. Thank you for the ability to perceive your light and to walk in the freedom of truth. Help us not only to embrace you as the light of our lives, but also to proclaim you as the light of the world. Amen.

*I will give thanks to the Lord with my whole heart; I will tell of all your wonderful deeds. I will be glad and exult in you; I will sing praise to your name, O Most High.*

*Psalm 9:1-2*

## **A BIT OF HUMOR**

**A**n old country doctor went way out to the boondocks to deliver a baby. It was so far out that there was no electricity. When the doctor arrived, no one was home except for the laboring mother and her 5 year old child. The doctor instructed the child to hold a lantern high so he could see while he helped the woman deliver the baby.

The child did so, the mother pushed, and after a little while, the doctor lifted the newborn baby by the feet and spanked him on the bottom to get him to take his first breath.

“Hit him again, Doc, hit him again!” the five-year old said. “He shouldn’t have crawled up there in the first place!”

