



LINDENWOOD AREA SENIOR NEWS

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August, 2022

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 SUMMER UPDATE

It was great to kick off the Summer with our Swing into Summer event in June and we've been able to enjoy several opportunities to gather since then: a program on the St. Louis Muny, a Small Batch Cooking class and a Southern-style tea party!

We've collaborated with Storyline Church to host two workdays that accomplished



Occupational Therapist, Jenny Williams, presents on small batch cooking.

multiple projects for LASM homeowners. Our Transportation Ministers and Case Manager, Leigh, have kept busy on the road providing many in our community rides to doctor appointments. LASM's Director, Katie, has been working to coordinate a Board of Directors' Development Day and our upcoming Stephen Minister



Volunteers through Storyline Church help a LASM senior.

training course. As we dive into August, Leigh and Katie will be taking some time to work on planning for the Fall months and getting their kiddos settled into a new school year. You may hear an "out of the office" voicemail from time to time throughout this month but be assured that we will be in touch! We'll look forward to seeing many of you at the end of the month at the return of our Annual Watermelon Social! Savor these last days of Summer!



ANNUAL WATERMELON SOCIAL

Tuesday, August 30th
1:00 pm



Southwest Baptist Church – Memorial Hall, 6401 Scanlan Ave.

After a two-year hiatus we are excited to bring back the LASM Annual Watermelon Social! Come share an afternoon with your friends and neighbors! We'll partake in watermelon and enjoy entertainment by *The 60's Chicks*. The 60's Chicks are a fun-loving group of women who love to sing and perform music from the 1960s era. Free to attend. Donations welcome. Please RSVP to Jan Holmes at 314-644-4299.

CAUGHT ON CAMERA ~ SOUTHERN LITERARY TEA EVENT



Cast of characters give a script reading of *Bye-Bye Brevoort* by Eudora Welty.



Attendees enjoy hot tea and refreshments.



Granddaughters join in the fun of an afternoon tea and one-act comedy.



STEPHEN MINISTER TRAINING BEGINS AUGUST 21ST

Stephen Ministers are laypeople trained to provide one-to-one Christ centered care. They have a compassionate heart for those who are hurting, and they're equipped with caring ministry skills through their training and study. A Stephen Minister meets with their Care Receiver once a week to listen, care, pray, encourage, and offer emotional and spiritual support. The relationship is confidential.

Are you feeling the tug to be through this caring ministry? Ministry is expanding its and is seeking additional The upcoming training will noons and a few Saturdays ending on December 11th.

Weintraub at 314-647-4591, as possible to learn more and get a volunteer application. We ask our entire LASM Community to pray for the those planning to train for this program, that God will bless them with a meaningful training experience and impactful caregiving relationships.



an instrument of God's love Lindenwood Area Senior Stephen Ministry program ministers to join our team. take place on Sunday after- beginning August 21st and Please call or email Katie katie@lasministry.org as soon

UPCOMING EVENTS

BRANSON TRIP

The St. Louis Activity Center (SLAC) is hosting a trip to Branson, October 11th – 13th. The cost is \$359 per person double occupancy, call 314-645-3477 for more details. All are welcome, you do not have to be a SLAC member to go.

WALKING PROGRAM

Hop aboard the 2022 Ten Toe Express! The Ten Toe Express is a walking program linking transit and your own ten toes through group walks that meet at MetroLink stations and take Metro transit to fun destinations exploring the St. Louis region. We walk in a variety of places and visit unique spots that even the most seasoned St. Louis explorers may not know about. Groups often stop for lunch or a snack before heading back.

New registrants for the Ten Toe Express program will receive a Ten Toe welcome kit which include a pedometer, weekly walk logs, transit tickets, St. Louis maps, safety tips and a Ten Toe tote bag to hold it all. 2022 Fall Registration is \$10 and runs through November 30th. Visit ten-toes.cmt-stl.org for more information.

FREE HOME ENERGY AUDIT

Local non-profit *Energy Care* is helping low-income seniors in the city reduce their energy burden with free home energy audits (HES) and low-cost energy efficiency techniques. Eligible seniors will receive a U.S. Department of Energy certified HES audit, compact fluorescent or LED bulbs, a low-flow showerhead, an Energy Star qualified programmable thermostat, and other services. To find out if you qualify contact: Tim O'Dea at tim@energycare.org or 314-773-5900.

FROM OUR CASE MANAGER

QUESTION: I'm trying to save money but it's really difficult on a fixed income. Any suggestions?

ANSWER: At the end of August, Lifewise STL is beginning another round of its Senior Resiliency Fund, a four-part intervention for lower income older adults to gain access to valuable information and liquid assets for savings, and to grow relationships in the community.

Over a six-month period, the program includes bi-weekly meetings with speakers on various topics, and one-on-one financial coaching with a Certified Financial Social Worker. Through a collaboration with the St. Louis Area Agency on Aging, you also complete a Benefits Check-up to ensure you are enrolled and informed about national and local programs that could help you save needed funds.

Participants who have successfully completed the above requirements for the program receive a 2 to 1 match on their savings goal (up to \$400 for \$200 saved) to use for the goal they set at the beginning, such as emergency savings, paying down a debt or a major car repair. This program is generously funded through the St. Louis City Senior Fund and the East Missouri Foundation.

In order to qualify, participants must be 55 or older, reside in the City of Saint Louis, and have an annual income at or below \$27,180 for one person or \$36,620 for household of two. For more information, please contact Samantha Ferguson Knight, Director of Senior Programming, at (314) 627-1242 or sknight@lifewisestl.org.

—Leigh Manalang, LASM Case Manager, 314-376-4121

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RETURN SERVICE REQUESTED

MY BODY IS A BLESSING

God, my body is so amazing! It may have its problems, but even so, it has incredible capabilities. Thank you for all that is right with my body. Thank you that it houses my being and gives me the ability to exist and find meaning in life.

Grant me health, heavenly Father, but if I cannot always be healthy, grant me grace to do the best I can and be grateful for all the ways in which my body is a blessing. Help me honor your gift of my body by treating it with appropriate respect. Amen.

Beloved, I pray that all may go well with you and that you may be in good health, just as it is well with your soul.

3 John 2

A BIT OF HUMOR

Hospital rules state that patients checking out must have a wheelchair. One day a newly graduated nurse assistant came into the room to find an elderly man fully dressed. He was sitting on the bedside chair, with a piece of packed luggage at his side, all ready to go. When he was shown the wheelchair, he was adamant that he was fully capable of walking himself to the parking lot. But the assistant told him rules were rules, so he relented and let her wheel him out. In the elevator, the assistant asked the elderly man if his wife was coming to meet him. "I don't think so. It takes her awhile to change her clothes, so she's probably still upstairs in the bathroom taking off her hospital gown and getting dressed. 😂"