



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.*

VOLUNTEER PROFILE: DOROTHY KAUP

Since Dorothy first learned about LASM over a decade ago she has been an active participant and supporter of the ministry. With no family members in close proximity she has experienced first-hand the importance of being a part of the LASM community. When health issues have come up she's been able to utilize our transportation and Saturday Servant programs. The friendships she has developed through participating in social and educational events have provided a great comfort and support. This is why Dorothy is so keen on giving back in any way she can to LASM. The main way Dorothy has done this over the years is by volunteering to assist with fundraisers. Dorothy recruits donations and sponsorships for both our Fall Trivia Night and Spring Fling. She helps to spread the word about the events and attends them. We sat down with Dorothy and asked her these questions:

What do you enjoy about assisting with LASM fundraisers?

I enjoy the camaraderie. The events are fun! I like going out and asking for donations. I am a people person and I'm not afraid to ask. They can either say "yes" or "no" and either way I'm okay!

The other thing I like is that I can help no matter what shape I'm in. Some years I've done a lot of running around to different businesses and other years, when my health has been poor, I've done all the work by phone or mail/email.



Dorothy Kaup (left) and Katie Weintraub

What does supporting LASM mean to you?

It means that I can give back to my community and the people we help whether it's through a personal donation, recruiting or volunteering when I'm able to do it.

It also means something to my family. My daughter lives in Georgia and she really likes that I am involved with LASM. It gives her comfort to know that I am able to get out and be with people and get assistance when needed.

What would you say to others thinking about getting involved with LASM?

It's a great way to meet people and to get involved with the community. I learn so much through the educational programming and love meeting new people!

Learn more about LASM volunteer opportunities by calling 314-647-4591 or visit lasministry.org.

AN ARMCHAIR TO SWITZERLAND!

LASM is hosting a potluck lunch and social on **Tuesday, February 11th** at noon. It will be held in Memorial Hall of Southwest Baptist Church. Enter through the church's main doors at 6401 Scanlan. Bring a dish to share. After lunch we'll be joined by LASM friends, Naomi and Mary, who recently traveled to Switzerland.

You can learn a lot about a place by seeing what the people eat there. Tiny Switzerland is the most mountainous country in Europe, and they love their dairy cows! It's also a country that's surrounded by culinary heavyweights, with very different gastronomic traditions: France, Italy, and Germany. Naomi and Mary went on a culinary tour and learned how it all combines into something uniquely Swiss. Come live vicariously through them as they share about their 12 days of chocolate, cheese, bread, and scenic mountains! Please RSVP to the LASM Office at 647-4591.

SUPPORT SPRING FLING

A team of volunteers is tirelessly working to make our ministry's 14th Annual Spring Fling an evening to remember! Mark your calendar to join us for this **FUNdraiser on Sat., April 25th**. We are seeking donations for the event's silent auction: \$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, St. Louis, MO 63139 or call 647-4591 to arrange a time for pick up/drop off.

APPLY FOR THE MISSOURI PROPERTY TAX CREDIT

The Missouri Property Tax Credit Claim (known as "Circuit Breaker") gives credit to certain senior citizens and 100 percent disabled individuals for a portion of the real estate taxes or rent they have paid for the year. The credit is for a maximum of \$750 for renters and \$1,100 for owners who owned and occupied their home. The actual credit is based on the amount of real estate taxes or rent paid and total household income.

In order to qualify:

- As a homeowner, your TOTAL household income is below \$30,000 for a single person or \$34,000 for a married couple.
- As a renter, your TOTAL household income is less than \$27,500 for a single person or \$29,500 for a married couple.
- You or your spouse must be 65 or over as of December 31, 2019; OR you or your spouse must be 100% disabled as a result of military service, regardless of age; OR you or your spouse must be a disabled person; OR you must be a surviving spouse at least age 60 receiving Social Security benefits.
- You must have paid property tax on or rented the homestead you occupied during 2019. This also includes a room in a nursing home or an apartment.
- You DO NOT rent from a non-profit organization.

If you are in need of assistance filing, contact the LASM Office at 647-4591. In addition to the director, LASM is pleased to have an AARP-trained volunteer to assist with filing taxes this year.

PRE-OSCAR DINNER DANCE

The St. Louis Activity Center is hosting a Pre-Oscar Style Dinner Dance on **Friday, February 7th**. The center is located at 5602 Arsenal and doors open



at 6:00 pm. An Italian dinner will be served at 6:30 pm and the “The Backstreet Cruisers” will play from 7 – 10 pm. Tickets are \$15/person and include dinner, dessert and one free drink. Silent auction will be open from 6-9 pm.

This event will help support south city seniors by raising funds for the Center’s programs and services. Please call the St. Louis Activity Center at 314-645-3477 for more information.

SOMETIMES IT’S HARD TO ASK FOR HELP

We’re brought up to be strong, self-sufficient, independent people. We tend to think that if we ask for help, it is a sign of weakness.



So we try to keep our struggles hidden, stuffed deep inside. However, that’s not God’s plan. Galatians 6:2 says, “Bear one another’s burdens, and so fulfill the law of Christ.” God wants us to care for others—and allow others to care for us in our time of need.

If you’re sad or struggling inside, don’t suffer alone. Ask for help. We’ve got a team of Stephen Ministers who are ready to listen, care, encourage, pray, and help you through a tough time. (It’s confidential too!) Find out more about Stephen Ministry by talking with Katie at 314-647-4591. Our Stephen Ministers are here to care!

AGING MASTERY PROGRAM

LASM is excited to be partnering with Oasis to offer the Aging Mastery Program developed by the National Council on Aging. This 10-week course encourages developing behaviors across many dimensions that will lead to improved health, stronger financial security and overall well-being.

A team of experts will help participants learn how to make and maintain impactful changes in health behaviors, financial fitness and enrichment in later life. The program will take place **every Tuesday, March 10th - May 12th**, 1:00-3:00 pm in Memorial Hall of Southwest Baptist Church, 6401 Scanlan. The program is free, but space is limited so sign up today! Register through Oasis by calling 314-862-4859 ext. 24.

DO NOT ABBREVIATE 2020

Source: CNN

Consumer advocates, auditors and police departments around the country have warned: When you write a date on a document, don’t shorthand the year 2020 to just “20”. Write out the whole year. Shorthand the year 2020 on official documents and forms creates a unique opportunity for scammers.

When the year 2020 is abbreviated on official forms and documents, those looking to exploit unsuspecting people can easily manipulate those numbers and leave people potentially vulnerable to fraud. For example, a document dated 2/4/20 can easily be changed to 2/4/2021 by adding two numbers at the end. This can make a stale check no longer stale and pose other problems.



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RETURN SERVICE REQUESTED

FILL US WITH THY WILL

Oh Holy Spirit,
Omnipresence of God,
Fill us with Thy will
That we may Thy will fulfill.
Guide us in wisdom,
Make us strong
From saying or doing anything wrong.
Attune our ears to that
still, small voice
So we may obey
Thy Heavenly choice.
Amen.

*Shared by Sheila Lopinot,
Inspired by the Holy Spirit*

A BIT OF HUMOR

When everybody on earth was dead and waiting to enter Heaven, God appeared and said, "I want the men to make two lines: One line for the men who were true heads of their household, and the other line for the men who were dominated by their women." The line of the men who were dominated by their wives was 100 miles long and in the line of men who truly were heads of their household, there was only one man. God said to the long line, "You men should be ashamed of yourselves; I created you to be the head of your household! You have been disobedient and have not fulfilled your purpose!" God turned to the one man, "How did you manage to be the only one in this line?" The man replied, "This is where my wife told me to stand." 😂