



# LINDENWOOD AREA SENIOR NEWS

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February, 2021

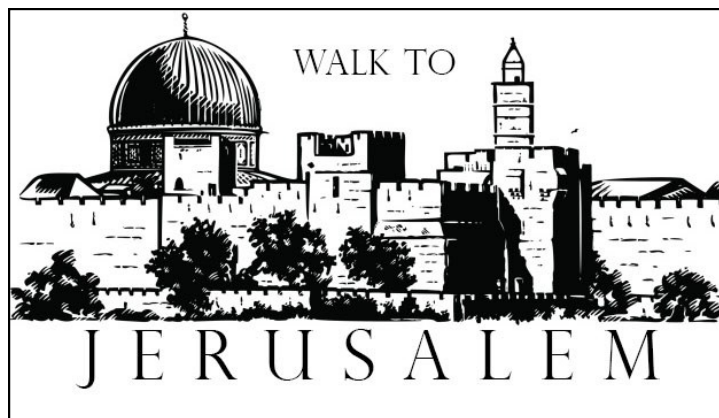
**Our Mission:** *Lindenwood Area Senior Ministry in keeping with the ministry of Christ seeks to enhance the quality of life of senior adults by providing meaningful volunteer experiences, services and programs that promote physical, mental, emotional, and spiritual health and safety.*

## LASM WALK TO JERUSALEM

**D**uring the Lenten season, LASM will be sponsoring a “Walk to Jerusalem.” In our ministry’s Christian tradition, Jerusalem is considered one of the holiest cities. It is the place where Jesus preached, died and was resurrected. In the spirit of seeking to grow closer to Christ and to grow in wholeness of body, mind and spirit we invite you to journey with us!

The “Walk to Jerusalem” is an imaginary walk that encourages walkers to increase physical activity and spiritual growth. 6,457 miles separates St. Louis from Jerusalem. This may sound overwhelming to you, but if we work together, we will reach our goal! This activity is not limited to seniors – we invite your family members and friends of all ages to join us as pilgrims on this journey!

Throughout Lent, we will be collecting your weekly miles or step count as you walk on your own or with a partner. Every little bit counts. Whether you are training for a marathon, or walking around your own block, we need you! If you cannot walk but want to help in the effort, you can also pray. Fifteen minutes



of prayer will qualify as one mile.

All participants will receive a worksheet to track their contribution for seven weeks and a daily devotional. Submit your steps, miles, or prayer minutes weekly through a google form or by calling into the LASM office every

Saturday and leaving a message. Everyone who reports his or her count is eligible for a weekly raffle!

After Easter, LASM will add up all the miles that everyone walked (or prayed) to see if we made it

to Jerusalem! To participate in this fun, healthy, and spiritual activity, please contact Katie Weintraub at 314-647-4591 or [katie@lasministry.org](mailto:katie@lasministry.org). We will start compiling miles the week of Ash Wednesday on February 17.

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## FROM OUR CASE MANAGER

**QUESTION:** How do I know if I qualify for the Missouri Property Tax Credit or sometimes called the “Circuit Breaker”?

**ANSWER:** If you are 65 or older, you may be entitled to receive as much as \$1100 back from your paid 2020 property taxes or rent. There are income limits to qualify. For renters, your annual income cannot exceed \$27,200 for a single person or \$29,200 for a couple. For homeowners, a single person can earn \$30,000 annually and a couple can earn a maximum of \$34,000.

I will be happy to answer your questions about this benefit, send you the forms or assist in completing the forms. If you are homebound, I can make an appointment to do this in your home. Contact me at 314-376-4121 or [leigh@jasministry.org](mailto:leigh@jasministry.org) for information, forms or appointments.

If you file a Missouri Income Tax return, this credit should be done by your tax preparer as part of your tax return.

—Leigh Manalang, MSW

## FREE ONLINE EXERCISE

Oasis is committed to helping you start 2021 right – by offering you three FREE exercise programs. No strings attached! Simply register online to reserve your spot. Tell a friend and sign-up today at [www.stloasisnet.org](http://www.stloasisnet.org). Enter special code **SeniorFund21** to take advantage of this free offer! Spaces fill quickly. It's not too late to join in on the fun!

### EXERSTART

Class #1531 – Monday & Wednesday,  
Now - April 28, 2021, 8:45 - 9:30 am

### TAI CHI FOR ARTHRITIS FOR FALL PREVENTION

Class #1550 – Monday & Wednesday,  
Now - March 3, 2021, 10:00 - 11:00 am

Class #1551 – Monday & Wednesday,  
March 8 - April 28, 2021, 10:00 - 11:00 am

For more information, call Oasis at 314-862-4859, Ext. 24.

*This is an exclusive offer for the residents of St. Louis City sponsored in part by the St. Louis Senior Fund.*

# EXHAUSTED BY THE PANDEMIC?

**YOU DON'T HAVE TO FACE IT ALONE.**

A Stephen Minister can walk alongside you or a loved one to offer support and care—and it's free and confidential.

To learn more, contact one of our Stephen Leaders.



## **VIRTUAL PROGRAM: ST. LOUIS LOVE STORIES**

In this month of February we are hosting a special Valentine-themed virtual program entitled, *St. Louis Love Stories*. We will gather on Zoom at 1:00 pm on **Tuesday, February 16<sup>th</sup>**. Our presenter, Amanda Clark, from the Missouri Historical Society will lead us through a fun, in-depth look at several important true love stories in St. Louis history. Topics will include Dred and Harriet Scott, Frankie and Johnny, Ulysses S. Grant and Julia Dent, plus other well-known and less-known stories of the power of love to change history. To reserve your spot and receive the Zoom link call the LASM Office at 314-647-4591 or [katie@lasministry.org](mailto:katie@lasministry.org). Free to attend. Donations are welcome.

## **COVID-19 VACCINES**

At the time that this issue went to print, the City of St. Louis has yet to receive COVID-19 vaccines from the State of Missouri. The City of St. Louis Department of Health is working to efficiently communicate vaccine distribution information to the public. You can receive text alerts on updated COVID-19 vaccination distribution news from the City of St. Louis by texting "STLCOVID" to 888777. Or you can visit [www.stlouis-mo.gov](http://www.stlouis-mo.gov), click the COVID-19 information banner at the top of the page and then click the "Vaccine Information" tab on the left-hand side to sign up to receive email notifications. Residents who sign up to receive notifications will be updated on the status of vaccine availability and the phased distribution of the vaccine. If you would like assistance getting signed up for notifications, contact the LASM Office at 314-647-4591.

## **BLACK HISTORY MONTH TRIVIA**

February is Black History Month. How much do you know about African American leaders and events?

Take this trivia quiz and submit your answers to LASM: 314-647-4591 or [katie@lasministry.org](mailto:katie@lasministry.org).

1. What was the name of Dr. Martin Luther King Jr.'s father's church?
2. In what city did the National Guard try to prevent nine black students from attending a desegregated school in 1957?
3. At the time of her historic bus incident, what was Rosa Parks' occupation?
4. Who was the first African American Nobel Peace Prize winner?
5. Who wrote the bestselling memoir "I Know Why the Caged Bird Sings"?
6. What was Muhammad Ali's original name?
7. In 1960, four African American college students staged a sit-in that helped integrate this store's lunch counter.
8. Who was the first African American Major League Baseball player?
9. Who was the first African American to appear on a U.S. postage stamp?
10. Who was chairman of the Student Nonviolent Coordinating Committee (SNCC) in 1965?

## **JANUARY 'RIDDLE ME THIS' ANSWERS:**

stairs, on a map, the #9, short, a stamp, an alarm clock, ton, water, a bed, put it in front of a mirror

**Lindenwood Area Senior News**  
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## **PRAYER FOR GUIDANCE**

Lord,  
guide me, teach me, strengthen me,  
'till I become such a person as thou  
would have me be;  
pure and gentle,  
truthful and high-minded,  
brave and able,  
courteous and generous,  
dutiful and useful.  
Amen.

—Charles Kingsley

*“Give and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back.” Luke 6:38*

## **MORE PANDEMIC HUMOR**

6. Every few days try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.
7. Does anyone know if we can take showers yet or should we just keep washing our hands?
8. This virus has done what no woman has been able to do. Cancel sports, shut down all bars & keep men at home!
9. I never thought the comment, “I wouldn’t touch him/her with a 6-foot pole” would become a national policy, but here we are!
10. I need to practice social-distancing from the refrigerator.

