



LINDENWOOD AREA SENIOR NEWS

Volume 16,
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February, 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.*

FIT FOR LIFE WORKSHOP

Was creating healthier habits part of your New Year's resolutions/goals? Many people want to stay active and independent as long as possible, yet many don't exercise on a daily basis. What people don't often realize is how much control they have over their aging path. Exercise plays such a big role in allowing you to live the life you want.



- 'Being too old' to exercise and other myths of aging.
- How your fitness options help you stay active longer.

The workshop will be presented by Dr. Beth Templin, the founder of

HouseFit Physical Therapy & Fitness. She has always had a passion for working with the aging community and is a Board Certified Specialist in Geriatric

Physical Therapy.

The workshop will be held in Memorial Hall of Southwest Baptist Church, 6401 Scanlan Ave., and available via Zoom as well. Attend in-person or choose to watch online from your home! Masks required of in-person attendees.

Please RSVP to the LASM Office: 314-647-4591 or katie@lasministry.org.

Join us on **Tuesday, February 15th** at 1:00 pm for a "Fit for Life" workshop to find out:

- The key to fight aging and stay independent longer.
- Two Paths To Aging: You can choose your journey.
- The most important exercise factors for aging adults.

JOIN US FOR THE 2ND ANNUAL WALK TO JERUSALEM

Back by popular demand, we will be journeying to Jerusalem again this Lenten season. 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. Throughout Lent, we will be collecting your weekly miles or step count as you walk on your own or with a partner. If walking is difficult for you, *(Continued on Page 2)*

SPONSOR IN THE SPOTLIGHT

This month we are spotlighting Allegro Senior Living in Richmond Heights as they generously sponsored the work of our ministry in 2021 and plan to continue doing so throughout 2022!

Allegro Senior Living, located right next door to SSM St. Mary's Hospital, is a senior living community that offers a wide variety of amenities.

Early last year Pastor Dinger from LASM partner church, Timothy Lutheran, reached out. Two members from his congregation, Bill & Cookie Brauer, had recently passed away. They had been living at Allegro Senior Living. Bill and Cookie's kind and generous spirits inspired Allegro to reach out to their church to make a donation in their memory. Pastor Dinger, in turn, directed the donation to LASM as he saw



our organization and its partnership with his church to provide services for seniors as the most fitting way to pay tribute to the Brauers. In the months that followed LASM was blessed to develop relationships with staff members at Allegro, and Allegro committed to sending LASM a monthly sponsorship of \$300 to use

where most needed. What an incredible blessing!

The funds have aided in supplementing program expenses over the past several months and were instrumental in the Christmas care packages we

distributed. To learn more about Allegro, contact Senior Living Advisors Kimberly Savage or Todd Morefield at 314-332-8372. Our deepest gratitude to the Brauers, Timothy Lutheran Church and Allegro for the generous connections and funding in support of our ministry's mission!

VIRTUALLY HEALTHY HABITS

Oasis is offering a virtual, interactive group-based program designed for older adults to learn about healthy nutrition and provide an opportunity for social engagement. Virtual Healthy Habits is a 10-session program. Classes are held twice a week for 5 weeks and each session is 60-120 minutes long.

Virtual Healthy Habits is a combination program including interactive and educational classes and nutritious meal-preparation with a socialization component. Participants receive groceries weekly to prepare a healthy meal at home! This program is FREE!

To learn more visit: st-louis.oasisnet.org/health/virtual-healthy-habits or call Emir at 314-862-2933 ext. 246.

WALK TO JERUSALEM

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you can help the effort via prayer. Fifteen minutes of prayer will qualify as one mile. We will start compiling miles the week of Ash Wednesday (March 2nd).

If you participated in this journey last year, do not fear, it will not be an exact repeat. We will offer new avenues of reflections and connection!

To register to participate or to learn more please contact Katie at 314-647-4591 or katie@lasministry.org.



STEPHEN MINISTER TRAINING: POSTPONED UNTIL FALL 2022

In light of the current state of the pandemic we have decided to postpone our Stephen Minister training class which was slated to begin this month. Instead, the class will be offered in Fall 2022.

This means more time to prayerfully consider registering to participate in the training! Our Stephen Minister volunteers work alongside LASM staff and pastors to provide 1:1 caring visits to older adults going through a difficult time (i.e. chronic illness, loss of a loved one, loneliness).

Please stay tuned for more details about the Fall training. In the meantime, feel free to reach out to LASM Director, Katie Weintraub for more information on what it means to be a Stephen Minister: katie@lasministry.org or 314-647-4591.

CHICKEN & WAFFLES

Archwell Health at 4650 Chippewa Street is hosting Chicken & Waffles on Groundhog Day, **Wed., February 2nd** from 10:30 am to 12:30 pm. Medicare Specialist, Anne DeLeon will be available to answer questions about the Medicare Savings Programs. Please RSVP to Mimi Dodd at 314-349-9728.

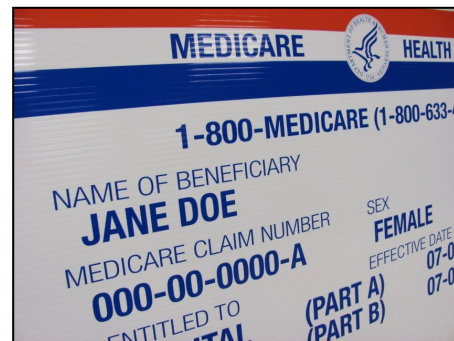
FREE AT-HOME COVID TESTS

Every home in the U.S. is eligible to order 4 free at-home COVID-19 tests. The tests are completely free. Orders will usually ship in 7-12 days. Order your tests now so you have them when you need them at www.covidtests.gov

If you don't have internet, call Leigh at LASM 314-376-4121 and she can place the order for you.

2022 MEDICARE PREMIUMS

The federal Centers for Medicare & Medicaid Services (CMS) recently announced 2022 premiums and deductibles for Medicare, as follows: The standard Part B premium amount will be \$170.10 (or higher depending on your income). The annual Part B deductible will be \$233. After you meet your deductible for the year, you typically pay 20% of the Medicare-approved amount for these:



- Most doctor services (including while you're a hospital inpatient)
- Outpatient therapy
- Durable Medical Equipment (DME)

Deductibles for Part A hospital insurance (the inpatient deductible, for those enrolled in Part A of original Medicare) will be \$1,556 for a hospital stay of up to 60 days.

People with low incomes can participate in programs that reduce or even eliminate Part B premiums, deductibles, and/or co-payments. The income limit is currently \$1,449 per month for a single person and \$1,960 for a married couple. Asset limit is \$7,970 for a single person and \$11,960 for a married couple. If you qualify, the state of Missouri will pay the standard Part B premium of \$170.10.

For information about this or to apply, contact Leigh Manalang, LASM Case Manager, at 314-376-4121 or leigh@lasministry.org.

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RETURN SERVICE REQUESTED

HEAL MY AFFLICTIONS

Dear Jesus,

I pray that I might be humble enough to look for your presence in those I encounter and experience every day. Help me to be open enough to search for you and to feel the stretch of your hand to heal me of my afflictions. I pray that I might desire above all to do your will with you by my side always.

Amen.

—*Dr. Sajit U. Kabad*

God has said, "I will never leave you or forsake you." So we can say with confidence, "The Lord is my helper; I will not be afraid. What can anyone do to me?"

Hebrews 13:5-6

A BIT OF HUMOR

Three people die – a doctor, a school teacher and the CEO of a large health insurance company. When met at the Pearly Gates by St. Peter, he asks the doctor, 'What did you do in your life?'

The Doctor replied, 'I healed the sick and if they could not pay I would do it for free.' St. Peter said, 'You may go in.'

St. Peter then asked the teacher what she did. She replied, 'I taught educationally challenged children.'

St. Peter then told her, 'You may go in.'

At last, he asked the third man, 'What did you do?' The man hung his head and replied, 'I ran a large health insurance company.' To which St. Peter replied, 'You may go in, but you can only stay 3 days.'

