



LINDENWOOD AREA SENIOR NEWS

Volume 17,
Issue 2

February, 2023

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.*

RENEW IN 2023: PRACTICE MINDFULNESS

After a motivational first session on setting intentional and realistic goals, we are thrilled to welcome back Meghan Chun for the second session of our Renew in 2023 series! This session, *Practice Mindfulness*, will be held on **Thursday, February 16th** at 10:00 am.

What does it mean to be fully present to what is going on around you? Mindfulness involves being present to yourself and God and giving yourself the space to calm your mind and body. This workshop will offer practical tips for incorporating mindfulness into your daily life and strategies for using mindfulness to cope with stressful situations.

We will gather in Memorial Hall of Southwest Baptist Church, 6401 Scanlan 63139. The workshop will also be



available via Zoom for those that prefer to attend on-line. Register by calling Jan Holmes at 314-644-4299 or email katie@lasministry.org. Free program. Donations welcome. Light refreshments will be provided.

Mark your calendar to attend the final session of this series:

March 9th at 11:00 am: Grow in Happiness & Resiliency

JOIN US FOR THE 3RD ANNUAL WALK TO JERUSALEM

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 participants to increase physical activity and spiritual growth. 6,457 miles separate 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, you can help (Continued on Page 2)

BALANCE & REVITALIZE CLASS

Back by popular demand! Lindenwood Area Senior Ministry and Machacek Library are joining forces to offer a Balance & Revitalize class! This Spring class will include a variety of stretching and strengthening techniques that will seek to improve balance and energy.

The sessions 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.

The sessions will begin on **Thursday, March 9th** and will be held weekly on **Thursday mornings at 10:00 am** through May 25th. Classes will be held in Machacek Library's Community Room, 6424 Scanlan. Don't miss out on this FREE opportunity to increase your health and wellbeing in 2023! Please contact Machacek Library at 314-781-2948 to make a weekly reservation or email Molly Pfeiffer at mpfeiffer@slpl.org.

WALK TO JERUSALEM

(Continued from Cover Page)

the effort via prayer. Fifteen minutes of prayer will qualify as one mile. We will start compiling miles the week of Ash Wednesday (February 22nd) with the hope of collectively logging enough miles to reach Jerusalem by Easter Sunday, April 9th. All participants will receive a Travel Guide with a mileage tracker and weekly scripture passages, devotions, and reflection questions. This activity is not limited to older adults – we invite your family members and friends of all ages to join us as pilgrims on this journey!

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

An optional group walk will be hosted each Wednesday morning at 9:30 am at Lindenwood Park.



FROM OUR CASE MANAGER

QUESTION: How do I know if I qualify for the Missouri Property Tax Credit or what is sometimes referred to as the "Circuit Breaker"?

ANSWER: If you are 65 or older (or disabled and receiving Social Security), you may be entitled to receive as much as \$1100 back from your paid 2022 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. The MO Property Tax Credit Claim can also be submitted online through the Department of Revenue. If you are homebound, I can make an appointment to do this in your home. Contact me at 314-376-4121 or leigh@lasministry.org for information, forms or appointments. If you file a Missouri Income Tax return, this credit should be completed by your tax preparer as part of your tax return.

—Leigh Manalang, MSW

UPCOMING EVENTS

WALK TO JERUSALEM WALKING GROUP

Enhance your journey by walking with friends!

When: Wednesday Mornings (Feb 22, Mar 1, 8, 15, 22, 29, Apr 5)

Time: 9:30 am

Meeting Location: Lindenwood Park (corner of Jamieson & Pernod)

Rain, ice or snow, we won't go! No need to RSVP, just come if you are able!

FISH FRY FRIDAYS

LASM partner church, Epiphany of our Lord Catholic Church, is hosting Friday fish fries throughout Lent. Fish fry dates are: February 24, March 3, 10, 24, 31 (no fish fry on St. Patrick's Day). Hours are from 4:30-7:00 pm in the Parish Gym at 3164 Ivanhoe Ave, directly behind the main church building at 6596 Smiley Avenue. Call the parish office with any questions: 314-781-1199.

MATURE MILE

Lindenwood Area Senior Ministry is hosting a team for the Go! St. Louis Mature Mile where we'll join other 60+ seniors in a scenic one-mile walk through Forest Park. Every participant receives a t-shirt, race bib, finisher medal and post-walk refreshments. The walk will be held on **Saturday, April 1st** at 11:00 am. \$20/person includes registration and transportation to and from the event. Contact Katie at 314-647-4591 or katie@lasministry.org to receive registration paperwork and a training schedule.

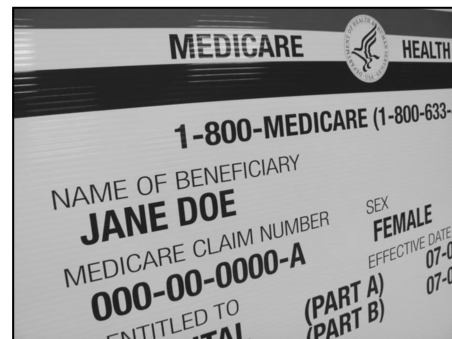
"LIKE US" ON FACEBOOK

"Like" our ministry's page to stay up-to-date on our latest happenings! Find us at www.facebook.com/LASM.STL



2023 MEDICARE PREMIUMS

The federal Centers for Medicare & Medicaid Services (CMS) recently announced 2023 premiums and deductibles for Medicare, as follows: The standard Part B premium amount will be \$164.90 (or higher depending on your income). The annual Part B deductible will be \$226. 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 \$1,600 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 \$1,549 per month for a single person and \$2,080 for a married couple. Asset limit is \$8,400 for a single person and \$12,600 for a married couple. If you qualify, the state of Missouri will pay the standard Part B premium of \$164.90.

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

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

Non-profit org
U.S. Postage paid
St. Louis, MO
Permit No. 6401

RETURN SERVICE REQUESTED

THANK YOU FOR MOMENTS OF JOY

You have granted, Lord, for me to find enjoyment in relationships and in a myriad of other fun and interesting things life offers. Teach me to keep these pleasures pure and alive by avoiding the extremes of overindulgence and neglect. Thank you for the moments of happiness that have come to me as I have been able to lay aside the heaviness that life can sometimes be and dive into the joy of spending time with the people and the activities I love most. Amen.

All to whom God... enables to enjoy [life's riches], and to accept their lot and find enjoyment in their toil—this is the gift of God. For they will scarcely brood over the days of their lives, because God keeps them occupied with the joy of their hearts. Ecclesiastes 5:19-20

A BIT OF HUMOR

Little Johnny's teacher saw his attention wandering and decided to shake him up. She said, "Johnny, if the United States has 300 million people, and milk is \$3 a quart, then how old will I be next year?"

Johnny said, "30."

The teacher said, "Well, that's actually pretty close. How did you calculate that?"

Johnny said, "Easy. My sister's 15 and she's only half crazy." 😊

Funny Quote of the Day:

"If there are any of you at the back who cannot hear me, please do not raise your hands because I'm nearsighted." 😊

- W.H. Auden