



LINDENWOOD AREA SENIOR NEWS

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Issue 1

January, 2020

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.*

2019: A YEAR-END REVIEW

This year we celebrated our 13th Anniversary as a ministry and continued to grow and strengthen in our mission 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.*

Our transportation ministry provided 94 round-trip rides to medical appointments. Volunteers with Saturday Servants, our home maintenance and repair program, completed 97 jobs for senior homeowners throughout the year. We hosted Spring and Autumn Lunch & Learn series (9 educational workshops in all) and continued to offer case management services.

We participated in monthly potluck socials with Southwest Baptist's Keenager group and in August enjoyed our ministry's Annual Watermelon Social. Our bus trips led us on ventures to Fairmont Park, the St. Louis Arch, Cahokia Mounds and Alton, IL! Our annual fundraisers, the Spring Fling and Fall Trivia Night, raised awareness about our ministry and over \$11,000 in support of our programs and services. We commissioned our fourth class of Stephen Ministers in June, expanding

our effort to provide Christian caring visits to those hurting in our community. We are so grateful to have the unending and generous support of our volunteers and partner churches in making our ministry possible!

We are excited to discover all that God has in store for us in the coming year. Please contact our office (647-4591) at any time for information on programs,

services and volunteer opportunities. In addition, we welcome your suggestions on programs and events that you would like to see offered in 2020. "Like" us at facebook.com/LASM.STL or check out our website at lasministry.org to stay up-to-date on all our latest happenings.



Wishing you many blessings in the New Year!

INSIDE THIS ISSUE....

- Page 2 New Year, New Ways to Engage
 Spring Fling Planning Meeting
 Mark Your Calendar
- Page 3 2020 Budget Report
 January Social
 Free Tax-Aide Help
- Page 4 Keep the Faith
 A Bit of Humor

NEW YEAR, NEW WAYS TO ENGAGE

Are you looking for new ways to give back and connect with your community in the New Year?



Lindenwood Area Senior Ministry offers a variety of volunteer opportunities. We are always looking for new **Transportation Ministers** to join our crew of drivers in getting seniors to and from their medical appointments. Our **Saturday Servants** meet on the first Saturday of each month and provide home repairs and maintenance for senior homeowners. Our **newsletter volunteers** meet on the 4th Tuesday of each month to prepare each issue for mailing. The Spring Fling and fall Trivia Night **fundraiser committees** offer great ways to unleash your creativity and help raise money and enthusiasm for our ministry. Assisting with reservations and set-up/clean-up at LASM **educational and social events** can be simple and rewarding ways to lend a helping hand.

Contact the LASM Office (647-4591) if you'd like more information on any of these volunteer opportunities or email LASM Director, Katie Weintraub at lasmdirector@gmail.com. Please share these opportunities with neighbors and friends, the more the merrier!

JOIN THE LADIES EXERCISE CLASS

When: Mondays, 10:45 am-12:15 pm

What: Stretching, hand weights, chair exercises, and optional mat exercises — stay active and meet like-minded others!

Where: Machacek Library*, 6424 Scanlan Ave, St. Louis, MO 63139

*Not a library-sponsored event

SPRING FLING PLANNING MEETING

It's time to begin planning the social event of the year, LASM's 14th Annual Spring Fling! Join our committee of fun and creative volunteers as we seek to make this year's event our biggest and best yet. If you have gifts for party planning, food prep, advertising and/or soliciting donations we'd love for you to share those talents with us. Our first planning meeting will be on **Thursday, January 30th at 11:30 am** at LASM's Office, 6401 Scanlan, Room 201. Lunch will be provided. Spring Fling 2020 will be on Saturday, April 25th. RSVP for the meeting, LASM Office: 647-4591.

MARK YOUR CALENDAR

Pull out your brand new 2020 calendar and save these dates to participate in upcoming LASM events:

January 14th: January Social – Potluck Lunch & Valentine Card Making

February 11th: February Social – Potluck Lunch & An Armchair Vacation to Switzerland



Every Tuesday, March 10th - May 12th:

Oasis Aging Mastery Program, 1-3 pm

March 28th: Mature Mile Walk in Forest Park

April 16th: Lunch & Learn - National Healthcare Decisions Day

April 25th: 14th Annual Spring Fling

Stay tuned for more details as these dates approach.

2020 BUDGET REPORT

Through the generous support of our partner churches, individual donors, fundraisers and sponsors our ministry's budget is funded each year. Our 2020 budget was recently approved by the LASM Board of Directors. Below is a narrative report of our ministry's budgeted expenses for 2020:

Payroll: \$31,368

The part-time Director's salary for the coordination, supervision, and implementation of the ministry's programs and services. A cell phone and mileage stipend for the Director. Contract compensation for the ministry's Newsletter Editor, guest speaker fees, graphic designer services and website/social media consultant.

Payroll Taxes: \$1,913

Training/Professional Development:

\$1,800 Funding for Director, Board Members and/or Key Volunteers to attend development workshops and seminars. Stephen Minister training and continuing education materials.

Volunteer Insurance: \$710

Liability insurance for LASM volunteers.

Background Checks: \$456

Fees for processing and updating background checks on LASM volunteers.

Volunteer Appreciation: \$1,200

Volunteer recognition and support.

Legacy Fund Development: \$1,500

Office Rent & Utilities: \$2,400

Office space, phone line, and internet service.

Newsletter: \$1,836 Printing and postage for ministry's monthly newsletter.

Office Supplies: \$3,000

Program/Event Costs: \$1,800

Materials and refreshments for LASM

JANUARY SOCIAL

Brave the cold and warm up with friends and a yummy meal. LASM is hosting a social on **Tuesday, January 14th at noon**. It will be held in Memorial Hall of Southwest Baptist Church. Enter through the church's main doors at 6401 Scanlan. Potluck lunch, bring a dish to share. After lunch we'll tap into our creative side with Valentine card-making kits. All supplies will be provided.

Come enjoy fellowship! Sticking around for card making is optional. Please RSVP to the LASM Office at 647-4591.



FREE TAX-AIDE HELP

Are you in need of assistance preparing your 2019 income taxes?

1. AARP Tax-Aide is a free tax assistance service for low and middle income taxpayers with special attention to those 60 and over. You can call 1-888-227-7669 or e-mail taxaide@aarp.org to find a tax preparation site near your home and schedule an appointment.



2. The Metro-St. Louis Community Tax Coalition offers cost-free appointments at the Maplewood Public Library (7550 Lohmeyer Avenue, 63143). Appointments are available on Tues and Thurs. Call 314-781-2174 for your appt.

(Continued)— educational workshops and social events.

Miscellaneous - \$250

Total Expenses Budgeted for 2020: \$48,233

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

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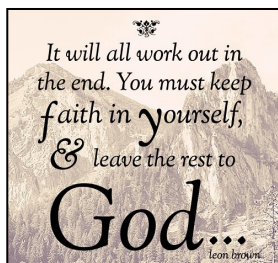
KEEP THE FAITH

Keep the faith,
and so prevail against temptation
and all travail.

Keep the faith,
so others may see and know
how loyal a Christian should be.

Keep the faith,
for God will know,
and in His time truth will bestow.

—*Shared by Sheila Lopinot,
inspired by the Holy Spirit.*



A BIT OF HUMOR

- ⇒ There are two ways of arguing with a woman. Neither one works.
- ⇒ At the bank, I told the cashier, "I'd like to open a joint account please." She said, "Okay, with whom?" I said, "Whoever has lots of money."
- ⇒ My stomach is flat. The "L" is just silent.
- ⇒ Wouldn't it be nice if you read a medicine bottle that says.... Warning: May cause permanent weight loss, remove wrinkles, and increase energy.
- ⇒ Them: What inspires you to get out of bed every morning?
Me: My bladder mostly. 