



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.*

2020: A YEAR END REVIEW

Whew, what a year! The majority of our ministry's plans and expectations for 2020 were dashed by the pandemic, but thankfully new plans and unexpected blessings were abundant. So here's 2020 in numbers:

51 round-trip rides to medical appointments provided

81 home maintenance/repair projects completed

3 in-person social/educational programs hosted

5 virtual social/educational programs hosted

11 Stephen Ministers provided consistent care and support

2 parades through Lindenwood Park streets

1 virtual trivia night hosted

700 newsletters distributed monthly

1 Case Management Expansion grant awarded

1 Case Manager hired

60 registered clients receive friendly check-in phone calls

50+ volunteers aid in outreach efforts

We remained strongly rooted 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.

We are so grateful to have the unending and generous support of our volunteers and partner churches in making our ministry possible! We step into this New

Year with gratitude, hopefulness and open minds/hearts for both the expected and unexpected.

Please contact our office (314-647-4591) 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 2021. "Like" us at [facebook.com/LASM.STL](https://www.facebook.com/LASM.STL) or check out our website at lasministry.org to stay up-to-date on all our latest happenings. Wishing you good health and many blessings in the New Year!



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MEET LEIGH MANALANG

LASM has recently welcomed case manager Leigh Manalang to our staff. Leigh worked for more than a decade with South Grand Senior Ministry, the organization that helped to form LASM many moons ago. More recently, she worked in affordable senior housing development. Leigh's wealth of experience and passion for working with older adults will be a huge asset to those we serve. Leigh and her husband have four children. When she is not working, Leigh enjoys reading fiction, watching classic movies, and swing dancing.

We sat down with Leigh and asked her these questions:

How would you describe case management services?

The simplest way to describe case management is optimizing an individual's use of health and social service systems. There are many services in the community for older adults. However, the programs have developed in a patchwork fashion and many times people go without help because they cannot navigate the system. I hope to help seniors overcome barriers to needed services by linking them with resources to meet their everyday living needs and maximize their



independence.

What do you most enjoy about providing case management?

I feel a strong connection to older adults and enjoy hearing their stories. I personally learn from every single individual with whom I meet because he or she gives me perspective on my own life. It also gives me great satisfaction to know that seniors are being taken care of, especially those who do not have any family to rely on. Professionally, the range of services offered to older adults forces me to stay abreast of current resources and community offerings.

What is the best way to reach you?

I can be reached at the LASM office by calling 314-376-4121 on Tuesdays,

Wednesdays and Thursdays. My email address is leigh@lasministry.org.

What's your favorite thing about winter?

I am not much of a winter fan, but I try and focus on the days growing longer. After winter solstice, we have the return of more sunlight. It only gets brighter from here!

Meet Leigh via Zoom on Thursday, January 21st at 1:00 pm as she'll join our virtual program to say hello.

ABOUT OUR SERVICES

LASM is a partnership of four faith communities providing a variety of support services for older adult members of the partner congregations as well as any senior living in the Lindenwood Park neighborhood. Our services and programs include: medical transportation, minor home maintenance & repair, Stephen Ministry, case management, social engagement, and educational programming. Please call 314-647-4591 to get more information, refer a neighbor or learn about volunteer opportunities!

VIRTUAL PROGRAM: RENEW IN THE NEW YEAR

You've survived 2020, a year that has left many of us feeling exhausted and weary. But, what's next? The New Year provides us with the opportunity to make a fresh start and to gain new perspectives even in the midst of these unprecedented times. Join us on **Thursday, January 21st** at 1:00 pm for a workshop on Zoom with life coach and strengths enthusiast, Meghan Chun.

Discover strategies for setting your vision and exploring new possibilities in the new year. Register and receive the Zoom link by contacting LASM at 314-647-4591 or lasmdirector@gmail.com. Free program. Donations welcome.

RIDDLE ME THIS!

Submit answers to 314-647-4591 or lasmdirector@gmail.com for the opportunity to win one of our January prizes!

1. What goes up and down, but does not move?
2. Where do you find an ocean with no water?
3. What becomes smaller when you turn it upside down?
4. What word becomes shorter when you add two letters to it?
5. What travels around the world but stays in one corner?
6. What stays where it is when it goes off?
7. Forwards I am heavy. Backwards I am not. What am I?
8. What can you swallow that can also swallow you?
9. What has 4 legs and only 1 foot?
10. What is the easiest way to double your money?

2021 BUDGET REPORT

Through the generous support of our partner churches, individual donors, fundraising efforts and a grant from The Lutheran Foundation of St. Louis, our ministry's budget is funded. Our 2021 budget was recently approved by the LASM Board of Directors. Below is the narrative report of our ministry's budgeted expenses for 2021:

Payroll: \$53,168

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

Payroll Taxes: \$3,608

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: \$800

Volunteer Background Checks: \$456

Volunteer Appreciation: \$1,200

Legacy Fund Development: \$1,500

Office Rent & Utilities: \$3,000

Office space, phone line, and internet service.

Newsletter: \$1,836

Printing and postage for ministry's monthly newsletter.

Office Supplies: \$3,500

Program/Event Costs: \$1,800

Miscellaneous: \$250

Total Expenses Budgeted for 2021: \$72,918

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RETURN SERVICE REQUESTED

PRAYER FOR AWARENESS

Giver of Life, my constant companion,
I rest in your presence — slowing
down, gradually unknowing, finding you
now in the silence. Later, I will be
distracted, lost in the clatter of my own
thoughts. When my awareness dims,
touch my heart, open my ears and
awaken your Holy Spirit within me.
Amen.

—*Deborah A. Meister*

Lord

*help me to remember that
nothing is going to happen
to me today that
You and I together
can't handle.*

A BIT OF PANDEMIC HUMOR

1. The dumbest thing I ever bought was a 2020 planner.
2. I was so bored I called Jake from State Farm just to talk to someone. He asked me what I was wearing.
3. 2019: Stay away from negative people. 2020: Stay away from positive people.
4. The world has turned upside down. Old folks are sneaking out of the house and their kids are yelling at them to stay indoors!
5. This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I came into my house and told my cat. We laughed a lot.

