



LINDENWOOD AREA SENIOR NEWS

Volume 17,
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January, 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.*

2022: A YEAR END REVIEW

This time of year lends itself to reflecting on the past and looking toward the future, both important practices. As we embark on the New Year, Lindenwood Area Senior Ministry would like to share some of its 2022 highlights in numbers!

- LASM celebrated its **16th** Anniversary of ministry for, to and by seniors!
- **25** LASM Transportation Ministers provided **99** round-trip rides to medical appointments for **40** registered participants.
- **17** Saturday Servant volunteers + volunteers from several service groups completed **138** home maintenance/repair projects among **85** registered households.
- A **1st** time Swing into Summer outdoor concert was held.
- **37** older adults reached out for resources and/or engaged in ongoing case management services via our expanding Case Management Program.
- A Lenten Walk to Jerusalem program logged **7,371** miles by its **73** participants.
- **15** tables of attendees helped our **11th** Annual Trivia Night return to in-person with a bang!



- **24** social and educational programs offered a variety of opportunities such as day trips, musical entertainment, health/wellness presentations.
- **10** Stephen Ministers provided 1:1 weekly caring visits. **3** new Stephen Ministers were trained and will be Commissioned on January 8th!
- **700+** individuals received monthly newsletters full of LASM news and community resources.
- Team of **60+** volunteers gave countless hours to allow all the above to happen!

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, partner churches and donors in making our ministry possible! 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 2023. Wishing you good health and many blessings in the New Year!

YOU'RE INVITED....

STEPHEN MINISTER COMMISSIONING CEREMONY

Come help us celebrate the commissioning of our 5th class of Stephen Ministers: Linda Jean, Mary Murphy & Christine Trudell as we shower blessings upon them for the care they will provide.

Sunday, January 8th at 2:00 pm

Southwest Baptist Church: 6401 Scanlan Avenue, 63139. Cake & punch reception immediately following.



With the commissioning of this new class of Stephen Ministers our capacity to provide one on one Christian caregiving to individuals will grow. If you are

going through a difficult time or know someone who is, please reach out to Katie to learn more about Stephen Ministry or to make a referral: 314-647-4591 or katie@lasministry.org.

FUNDRAISER COMMITTEE

Prior to Covid-19, LASM had a long-standing tradition of hosting an annual dinner dance called the Spring Fling. After a two-year hiatus, we held an outdoor concert called Swing into Summer in 2022. This Spring/early Summer event has served as one of our ministry's two main fundraisers each year; it is time to begin planning again. We need a committee of fun and creative volunteers to assist in planning this year's event! If you have gifts for party planning, galvanizing support, recruiting sponsors/donations, share those talents with LASM! Our first planning meeting will be on **Tuesday, January 31st** at 1:00 pm at LASM's office. Contact Katie at 314-647-4591 or katie@lasministry.org.

RENEW IN 2023: A 3-MONTH SERIES

LASM is excited to provide our participants with an excellent series to kick off the New Year with energy, motivation, hope and strategies for making this year full of richness. Our series will be led by Meghan Chun who provides leadership coaching and consulting. Meghan strives to connect people, helping them feel valued, supported, and inspired. Meghan has a Master of Divinity degree from Aquinas Institute of Theology as well as a Master of Business Administration from Webster University. She is also a Gallup Certified Strengths Coach and has a Diversity and Inclusion Certificate from Cornell University.

Our first session, *Set Intentional & Realistic Goals*, will be held on **Thurs., January 19th** at 10:00 am. The New Year provides us with the opportunity to make a fresh start and to gain new perspectives. This workshop will create a space for you to reflect upon this past year and consider how you would like to shape 2023 with intention. Discover strategies for setting your vision and exploring new possibilities.

We will gather in Memorial Hall of Southwest Baptist Church, 6401 Scanlan. 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 entire series:

- February 16th at 10am: *Practice Mindfulness*
- March 9th at 10am: *Grow in Happiness & Resiliency*

NEW FUNDING FOR LASM CASE MANAGEMENT

We are thrilled to announce that the Charless Foundation has awarded Lindenwood Area Senior Ministry a one-year, \$15,000 grant in support of our case management services! The Charless Foundation, a component fund of the St. Louis Community Foundation, is dedicated to promoting the health, welfare and wellness of older adults in South St. Louis City. What a blessing! To learn more about LASM's case management program contact our Case Manager, Leigh Manalang at 314-376-4121 or leigh@lasministry.org.

MUSIC FOR A NEW YEAR

You are invited to a violin and piano concert featuring world class musicians Go Eun Choi and Angela Youngmi Choi.



Saturday, January 14th at 4 pm
Timothy Lutheran Church
6704 Fyler

Program includes composers
Thomaso Antonio Vitali,
Ludwig Van Beethoven, Richard Strass



2023 BUDGET REPORT

Our ministry's annual budget is funded through the generous support of our partner churches, individual donors, fundraising efforts and grants from the Lutheran Foundation of St. Louis and the Charless Foundation. Our 2023 budget was recently approved by LASM's Board of Directors. Below is a narrative report of our ministry's budgeted expenses for 2023:

Payroll: \$58,370

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 providing case management services, community networking and navigation of community resources. A cell phone and mileage stipend for the Director and Case Manager. Contract compensation for the ministry's newsletter editor, guest speakers/entertainers, graphic designer and website/social media consultant.

Payroll Taxes: \$4,144

Insurance: \$4,150

Annual premiums for general liability, directors and officers, workers compensation and volunteer insurances.

Training/Professional Development: \$1,500

Funding for Director, Case Manager, Board Members and/or Key Volunteers to attend development workshops and seminars. Stephen Minister training and continuing education materials.

Volunteer Background Checks: \$456

Volunteer Appreciation: \$1,200

Legacy Fund Development: \$1,500

Office Rent & Utilities: \$5,520

Office space, phone lines, and internet.

Newsletter: \$2,020

Printing and postage for ministry's monthly newsletter.

Office Supplies: \$3,500

Program/Event Costs: \$2,400

Miscellaneous - \$250

Total Expenses Budgeted for 2023: \$85,010

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Lindenwood Area Senior Ministry
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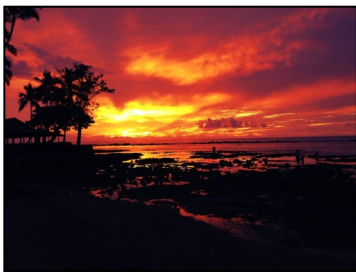
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RETURN SERVICE REQUESTED

EVENING PRAYER

Jesus,

May I magnify your Name as I come to the end of my day. You are my all in all, my everything. You are my Wonder-Counselor. You are my God-Hero and Father Forever. You are my true Prince of Peace. I know there are many times that I am not worthy of you, yet you still come to me with gentleness and love, healing and forgiveness.



I surrender all, my mistakes, my joys—all of it—to your loving care this night, with humble thanks. Amen.

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A BIT OF HUMOR

A woman took an afternoon nap on New Year's Eve. When she woke up, she told her husband, "I just dreamed that you gave me a diamond ring for a New Year's present. What do you think it all means?" He replied, "Aha, you'll know tonight!" At midnight, her husband handed her a small gift-wrapped present. Excited, she opened it quickly, but was even more surprised: In it was a book titled, *The Meaning of Dreams*. 😂

What's the easiest way to keep your new year's resolution to read more? Watch TV with subtitles. 😂

What new year's resolution should a basketball player never make? To travel more. 😂