



LINDENWOOD AREA SENIOR NEWS

Volume 18,
Issue 1

January, 2024

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.*

2023: A YEAR END REVIEW

Giving thanks for all that 2023 held for Lindenwood Area Senior Ministry! An overview in numbers...

LASM celebrated its **17th** Anniversary of ministry for, to and by seniors!

27 LASM Transportation Ministers provided **67** round-trip rides to medical appointments for 37 registered participants.

2 new coordinators were recruited to organize rides for the Transportation Ministry.

15 Saturday Servant volunteers + several service groups completed **152** home maintenance/repair projects among **85** registered households.

20 older adults received ongoing case management services and many more received one-time referrals for community resources or personalized insurance reviews.

120 attended spring Jukebox Jamboree fundraiser and raised more than **\$3,000** in support of the ministry.

A Lenten Walk to Jerusalem program logged **8,500** miles by its **68** participants.

10 group walks were held at Lindenwood Park in the spring and fall.

23 tables of attendees played at our **12th**

Annual Trivia Night and raised **\$7,000+** for LASM's programs and services.

14 social and educational programs were offered.

We embarked on **6** day trips!

8 individuals received weekly caring visits via our Stephen Ministry program.

20 LASM seniors received Christmas care packages.

LASM partnered with Machacek Library to offer **three** 8-week Balance and Revitalize exercise classes.

700+ individuals received monthly newsletters full of LASM news and community resources.

2 seminary students participated in **40** hours of service learning/volunteering with LASM staff.

A team of **60+** volunteers gave countless hours to allow all the above to happen!

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 2024. Wishing you good health and many blessings in the New Year!



LASM TRANSPORTATION MINISTRY

Did you know that LASM has a non-emergency medical transportation program? Volunteer drivers provide registered riders with rides to medical appointments (i.e. doctor visits, labs, therapy). You must be 60+, a member of an LASM partner church or live in the Lindenwood Park Neighborhood boundaries and be ambulatory to register.

The service is provided free of charge, donations welcome. If you meet the guidelines and could use assistance getting to your medical appointments, please contact LASM's Case Manager, Leigh, to schedule a registration visit: 314-376-4121 or leigh@lasministry.org.



SPRING FUNDRAISER COMMITTEE

We may be amid the dog days of winter, but spring will be here before we know it, which means...it's time to begin planning our ministry's spring fundraiser!

If you have gifts for party planning, recruiting volunteers, galvanizing support, or recruiting sponsors/donations, I'd love for you to share those talents with LASM!

Our first planning meeting will be on **Wednesday, January 10th** at 1:00 pm at LASM's Office (6401 Scanlan, Room 201). Please let me know if you plan to attend: Katie Weintraub at 314-647-4591 or katie@lasministry.org.

LASM VOLUNTEER OPPORTUNITIES

Are you looking for meaningful ways to get involved in your community in 2024? LASM offers a variety of volunteer opportunities that might be the right fit for you! Volunteer roles include participating in monthly home maintenance/repair service days (Saturday Servants), providing rides to medical appointments, helping to assemble our monthly newsletter, assisting with set-up and clean-up at monthly social/educational programs, planning fundraisers and the list goes on! Please reach out to Katie at 314-647-4591 or katie@lasministry.org to schedule a time to chat about your gifts and interests and where they would best help us serve older adults in our community!

POTLUCK + MUSIC BINGO

Beat the post-holiday blues with a fun afternoon of fellowship. We'll gather on **Tuesday, January 23** at Noon in Memorial Hall of Southwest Baptist Church. Bring a dish to share for our potluck lunch. After lunch we'll play music bingo. The bingo will be led by Archwell Health and fun prizes will be on hand for our winners. No fee to play/attend. Please RSVP to Jan Holmes at 314-644-4299.



The dates have been set for LASM's 2024 fundraisers!

Spring Fling: **Wednesday, April 10th**
Fall Trivia Night: **Sat., November 2nd**
More details to come!

CHARLESS FOUNDATION GRANT AWARDED

We are thrilled to announce that the Charless Foundation has awarded Lindenwood Area Senior Ministry a two-year, \$30,000 grant in support of our operating expenses.

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!



FAMILY HISTORY FRIDAYS

Members of Central Library's Genealogy Department will be on hand the first Fridays of every month at Buder Library to speak with visitors about researching ancestry and utilizing genealogy resources. Getting started is one of the hardest parts of researching your family history. Drop-in anytime from 9:00 am to Noon to gain 1-on-1 assistance from a Genealogy Room librarian.

St. Louis Public Library
Buder Branch
4401 Hampton Ave. 63109
314-352-2900
slpl.org

2024 BUDGET REPORT

Our ministry's annual budget is funded through the generous support of our partner churches, grants, individual donors, and fundraising efforts. Our 2024 budget was recently approved by LASM's Board of Directors. We strive to be good stewards of our resources and transparent regarding how our resources are utilized. Below is a narrative report of our ministry's budgeted expenses for 2024:

Payroll: \$68,784

The part-time Executive Director's salary (30 hrs./week) for the coordination, supervision, and implementation of the ministry's programs and services. The part-time Case Manager's salary (20 hrs./week) for providing case management services, community networking and navigation of community resources.

Payroll Taxes: \$5,262

Contract Compensation: \$2,500

Contract compensation for website/social media consultant, graphic designer and guest speakers/presenters.

Insurance: \$4,000

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.

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: \$2,140

Printing and postage for ministry's monthly newsletter.

Office Supplies: \$4,200

Supplies, website hosting, and Quick-Books.

Fundraiser/Event Costs: \$3,670

Refreshments, supplies for monthly programs, spring/fall fundraiser expenses.

**Total Expenses Budgeted for 2024:
\$100,732**

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RETURN SERVICE REQUESTED

JOY, PEACE & RENEWAL IN THE NEW YEAR

Dear Heavenly Father,

I thank you for the year that has passed. I am grateful for the blessings You have offered me in that time. Remind me to trust in You when life feels uncertain, and please forgive me when I fail. Let me be generous with love and compassion toward others. For I know the infinite possibilities that are born from faith in You. In your glorious name, I pray.

Amen. —*The Salvation Army*

*“Obstacles cannot crush me
Every obstacle yields to stern resolve
he who is fixed to a star does not change
his mind.”*

—*Leonardo da Vinci*

A BIT OF HUMOR

1. What is a New Year’s resolution?
Something that goes in one year and out the other.
2. Why do you need a jeweler on New Year’s Eve? *To ring in the New Year.*
3. What do farmers give their wives at midnight on New Year’s Eve?
Hogs and kisses.
4. An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves.
5. What do you call always wanting a date for New Year’s Eve?
Social security.
6. Where can you go to practice math on New Year’s Eve?
Times Square. 😂