



# LINDENWOOD AREA SENIOR NEWS

Volume 14,  
Issue 7

July, 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.*

## VIRTUAL LEARNING: SUMMER WEATHER, A NEW PROGRAM

LASM will be offering its first virtual program this month! On **Tuesday, July 21<sup>st</sup> from 1:00 to 2:00 pm** we will be hopping onto 'Google Meet' for a conversation with Mike Roberts.

Mike was a meteorologist for many years with KSDK and is now serving as Business Development Manager with Ascension Living-Live at Home. At our program, Mike will be wearing both hats. First, he'll offer a presentation on summer weather safety tips for seniors. Then he'll talk about his current work with Ascension Living's new program, Live at Home, designed for older adults who would like to stay in their own homes as they age.

You can join the program on-line or by phone. Contact Katie to register: 314-647-4591 or [lasmdirector@gmail.com](mailto:lasmdirector@gmail.com). A tech trial run prior to the meeting can be arranged.

## BLOOD DRIVE

Timothy Lutheran Church (6704 Fyler) is hosting a blood drive through Mississippi Valley Regional Blood Center, on **Sunday, August 9th**. Register at [www.bloodcenter.org](http://www.bloodcenter.org) and use group sponsor code #11102, or e-mail Kathy at [office@timothystl.org](mailto:office@timothystl.org).

## MINISTRY UPDATE

LASM is continuing to hold off with organizing in-person social and educational gatherings as concerns regarding the spread of the Coronavirus persist. However, our other programs and services remain active.

Our Saturday Servant program has resumed monthly service dates. We are only taking requests for outdoor projects at this time. Our medical transportation ministry is providing rides to doctor's appointments with extra safety precautions in place. Our Stephen Ministry team is providing weekly caring visits for their care receivers over the phone and in safe, socially-distanced settings. Volunteers are providing weekly phone check-ins and the LASM director is providing case management services.

If you'd like to learn more about any of these resources please contact the LASM office at 314-647-4591. Visit our website at [lasministry.org](http://lasministry.org) and like us on Facebook at [facebook.com/LASM.STL](https://facebook.com/LASM.STL).

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## VOLUNTEER PROFILE: FRANK LORUSSO

Frank has been a volunteer with LASM's Transportation Ministry since March of 2017. He and his wife Joanne have been residents of the Lindenwood Park Neighborhood for 44 years. They have three daughters and six grandchildren with another one on the way. Frank learned of LASM through the Neighborhood Association's newsletter and has since participated in a ministry sponsored pen pal program, numerous day trips and our annual Spring Fling. We sat down and asked Frank these questions:

### 1. What is involved in your volunteer position?

I will get a phone call from Mary Louise [the Transportation Coordinator] asking if I'm available to give a ride to one of the clients. I get the person's contact information and call them the day before the appointment to introduce myself and confirm the ride details. I always try to arrive a little early to make sure my rider does not have to worry that I will be there. I help the rider into the car, drive to the appointment and strike up conversation along the way. Before Covid-19 I'd wait in the waiting room during the appointment, but now I wait outside the medical office. I keep a log of the rides I've provided so that I can keep track of people's contact information and helpful



things I've learned about them.

### 2. What do you enjoy about volunteering as a Transportation Minister?

Well, I feel like I'm helping. I've been very blessed in my life and I enjoy being able to give back. I can drive and have a car that I am able to keep in good condition. It's a very easy thing for me to do to be able to give back to others.

### 3. What would you say to others considering volunteering with this program?

If you're hesitant, give it a try. It's easy to do. It doesn't require a whole lot and isn't overwhelming at all. Plus, you meet some nice people.

### 4. What do you most look forward to when Covid-19 restrictions are lifted?

Getting back to making more connections. We have seen our children and grandchildren but not as often as usual. I look forward to spending more time with them, going out to eat and seeing movies with my grandson. I have a friend from high school that I reconnected with some years ago. He has many chronic medical conditions and is in a very vulnerable category for the virus. I've had to stop seeing him in person and I look forward to being able to visit with him again.

*Thank you to Frank and all of our Transportation Ministers for your kindness and generosity!*



*To learn more about receiving rides or volunteering to drive, call the LASM office at 314-647-4591.*

## ANSWERS: RIDDLE ME THIS ROUND 1

Here are the answers to June's riddles: temper, carpet, ruler, lap, tea bag, lantern, shoe, vowels, wheelbarrow, icicle, flag, jumbo.

# HOW TO STAY HOPEFUL DURING THESE DIFFICULT TIMES

*Adapted from Mind Fuel Daily*

Hope is being able to see that there is a light despite all the darkness.

– *Desmond Tutu*

Here are a few simple ways to stay hopeful during hard times.

**Reach Out to Others:** Turn to family, friends, or a trusted counselor via video-chatting services [or by phone]. Create space for meaningful connections.

**Express Gratitude:** Listing what you're thankful for may seem difficult when you're struggling. But there's always something to be thankful for. Take strength from that which is good and solid.



**Be Kind:** Kindness not only feels good, it is also good for you. Performing good deeds for others takes your mind off your troubles and fosters relationships with those around you and in your community.

**Take Care of Yourself:** Get sleep, eat right, and do indoor activities that restore balance. When you feel stressed or overwhelmed, take breaks and engage in

self-care.

**Have Goals:** Think of something you'd like to work towards. Big or small, it doesn't matter, as long as it's meaningful and gives you a sense of purpose. As Friedrich Nietzsche once wrote, "He who has a why to live for can bear almost any how."

**Ask for Help:** Asking for assistance can be scary, but it can also make a world of difference. You may be surprised at the solutions and ideas others can provide. Even if they don't have the answers, they can give you the help and support you need to make it through a rough time.

**Engage in Meaningful Action:** You can't control everything, but you can control some things. Focus on the things that you can change for the better, no matter how small. Work with what you have one step at a time. People survive and thrive in all sorts of scenarios, they always have. Take inspiration, knowing that this too shall pass.

Contact the LASM office to receive the full, unedited version of this article.

## RIDDLE ME THIS: ROUND 2

Back by popular demand! Take a crack at some riddles and check your answers (call/leave a message at: 647-4591 or email: [lasmdirector@gmail.com](mailto:lasmdirector@gmail.com)). Those who answer 5 or more correctly will be entered into a drawing for fun prizes!

1. I'm tall when I'm young and I'm short when I'm old. What am I?
2. I'm light as a feather, yet the strongest man can't hold me for more than 5 minutes. What am I?
3. Big as a biscuit, deep as a cup, but even a river can't fill it up. What is it?
4. What is something that you always

have but you always leave behind?

5. What can you keep after giving it to someone?
6. I am an English word with 3 consecutive double letters. What am I?
7. I can honk without using a horn.
8. I have two hands but cannot clap.
9. I'm made of wood but can't be sawed.
10. I am weightless, but you can see me. Put me in a bucket, and I'll make it lighter. What am I?
11. I hold two people together but touch only one. What am I?
12. Has no feet, but travels far. Is literate, but not a scholar. Has no mouth, yet clearly speaks.

**Lindenwood Area Senior News**  
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## HOPE

May my hope  
not be in where I came from  
or where I am going,  
but in the wondrous depths  
of who I am rooted in  
this present moment.

*Words & art by Scott Erickson*



## A BIT OF HUMOR

**A**n actor had been out of work for years because he always forgot his lines. One day he got a phone call from a director who wanted him for an important part in a play.

All the actor had to say was, “Hark! I hear the cannon roar!”

Opening night arrived, and while he waited in the wings, the actor muttered to himself, “Hark! I hear the cannon roar! Hark! I hear the cannon roar!”

The time for the entrance finally came. As the actor made his appearance onstage, he heard a loud BOOOOM!

He turned around and said, “What the heck was that?” 😂