



LINDENWOOD AREA SENIOR NEWS

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July, 2021

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.*

IN-PERSON OR VIRTUAL....

QUIT SITTING, GET MOVING

Join us for the second session of our Healthy Living Summer Workshop Series on **Thursday, July 15th at 2:00 pm**. This session, *Quit Sitting & Get Moving* is focused on exercise techniques for older adults. The presenter will be Dr. Gurav with Dedicated Senior Medical Center.



Did you know sitting can be dangerous? Americans sit way too much, which can lead to various health problems. This session will teach you ways to keep moving during your everyday life.

We will have limited in-person spaces available as well as unlimited virtual attendance via Zoom. Reservations required. Contact Katie at 314-647-4591 or katie@lasministry.org. In-person attendance will be at Timothy Lutheran Church, 6704 Fyler, Multipurpose Room. Virtual attendees will receive a Zoom link via email.

Mark your calendar for our final session of the series:

August 5th at 2 pm: Choosing Healthy Foods & Getting Better Sleep

Please Join Us!

VOLUNTEER OPPORTUNITY WITH LASM

Lindenwood Area Senior Ministry is seeking volunteer drivers to join our transportation ministry. LASM's ride numbers are increasing now that our clients are returning to more in-person doctors' visits. If you are looking for a great way to connect with others and provide a valuable service after all the social isolation of this past year this could be a great opportunity for you!

Our transportation ministry provides rides to medical appointments for older adults within our partner church communities and the Lindenwood Park Neighborhood. Volunteers drive their own vehicles and provide door to door assistance and a listening ear to our riders. To inquire more about this opportunity and to receive a driver application, please contact LASM Director, Katie Weintraub at 314-647-4591 or katie@lasministry.org.

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FREE MEDICAL SUPPLIES

Lincolnwood Area Senior Ministry has some free medical equipment to lend to anyone in need. We have adult medium, large and extra-large disposable underwear, as well as Poise pads, and underpads for the bed. We also have canes, walkers, a raised toilet seat and bedside commodes. Please contact Leigh at leigh@lasministry.org or 314-376-4121 if you are in need of any products.

TRY OUR SUMMER RIDDLES

1. What travels all the way around the world but always stays in one spot?
2. What does a mermaid use to keep her fins clean?
3. What does the sun drink out of?
4. What would you call a snowman in summer?
5. Which day of the week is best to go to the beach?
6. What is brown, hairy and spends all of its time on the beach?
7. Which tree can fit inside in your hand?
8. How do we know if the ocean is friendly?
9. Where do sheep love to go on holiday?
10. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?

Share your answers with LASM (call/leave a message at: 314-647-4591 or email katie@lasministry.org). Those who answer 7 or more riddles correctly will be entered into a drawing for some prizes!



ACTIVITY CENTER UPDATES

The St. Louis Activity Center at 5602 Arsenal Street is making plans to re-open in mid-August. Its outdoor exercise classes are temporarily cancelled due to the summer heat. Scheduled transportation for errands is available via the Center's van.

An Italian Dinner Fundraiser is planned for the Center on **Sunday, July 18th**. It will be pre-order, and an



option to pick up or have it delivered based on distance of zip code. A Pigeon Forge and Smoky Mountains Show Trip is planned for **November 1-5, 2021**. The trip includes the Titanic Museum, two morning shows, four evening shows, and free time in Historic Downtown Gatlinburg. Check their website www.stlactivitycenter.com or call 314-645-3477 for further details on any of these opportunities.

SATURDAY SERVANTS AVAILABLE JULY, AUGUST

On the first Saturday of each month "Saturday Servants" from LASM go out into our community (weather permitting) to perform odd jobs for senior homeowners that they are not able to do for themselves. Volunteers can assist senior homeowners with yard clean up, home maintenance, minor repair, and adaptation projects. Please call the LASM Office at 314-647-4591 if you are in need of help or if you'd like to volunteer your labor services once a month.

Due to the holiday, the next work dates will be **Saturday, July 10** and **Saturday, August 7**.

UPCOMING EVENT

LASM OPEN HOUSE

Swing by the LASM Office at Tamm and Scanlan Avenues to say hello and cool off with some summertime sweets.

Tuesday, July 20th from 11:00 am to 2:00 pm.

Catch up with LASM Director, Katie Weintraub and LASM Case Manager, Leigh Manalang! Check out free resource materials that we have available at the office. Enjoy fellowship. Pick up a Ted Drewes frozen concrete courtesy of Allegro Senior Living!



DISCOUNTED HOMEMAKER CHORE SERVICES

Continue living safely in your home!

Thanks to a generous grant from the Senior Fund City of St. Louis, Jewish Family and Children's Service is able to provide homemaker services to city residents 60 years and older. The grant will provide up to 20 hours per week of assistance with meal preparation, laundry, personal care, transportation, shopping/errands, and light housekeeping. The hourly rate is discounted based on a person's need. These services are primarily for older adults in situations where they need some support but have limited financial resources or assistance from family or friends.

Please call ElderLink for more information at 314-812-9300.

"LIKE US" ON FACEBOOK

"Like" our ministry's page to stay up-to-date on our latest happenings! www.facebook.com/LASM.STL



FROM OUR CASE MANAGER

RATE REDUCTION OFFERED BY MSD

The Metropolitan Saint Louis Sewer District (MSD) offers a Customer Assistance Program to qualified low income, elderly and disabled customers who receive sewer service from MSD. Qualified customers will receive a rate reduction equal to 50% of the current charges for wastewater services on their monthly sewer bill.

Who is Eligible?

- ◆ Disabled or Seniors at least age 62
- ◆ Income cannot be more than \$32,200 annually for an individual or \$43,550 annually for a couple.

Applications can be obtained by contacting Leigh Manalang, LASM Case Manager, at 314-376-4121 or leigh@lasministry.org. Proof of income is required with the application.



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!

Lindenwood Area Senior News
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RETURN SERVICE REQUESTED

FREEDOM PRAYER FOR INDEPENDENCE DAY

Lord God Almighty, in whose name the founders of this country won liberty for themselves and for us, and lit the torch of freedom for nations then unborn: Grant that we and all the people of this land may have the grace to maintain our liberties in righteousness and peace; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, forever and ever. Amen.

—1979 *Book of Common Prayer*



A BIT OF HUMOR

INFINITE GIFTS

An angel appears at a college faculty meeting and tells the Dean that in return for his unselfish and exemplary behavior, the Lord will reward him with his choice of infinite wealth, infinite wisdom, or infinite beauty. Without hesitating, the Dean selects infinite wisdom.

“Done!” says the angel, and disappears in a cloud of smoke and a bolt of lightning. Now, all heads turn toward the Dean, who sits surrounded by a faint halo of light. At length, one of his colleagues whispers, “Say something.”

The Dean sighs and says, “I should have taken the money.” 😅