



LINDENWOOD AREA SENIOR NEWS

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July, 2022

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.*

SMALL BATCH COOKING

You are not alone in planning and preparing meals for one or two. As the number of one and two-person households have been rapidly growing more people are finding themselves cooking alone. Healthy eating is an important part of successful aging. Research has found that nutrition is often neglected by those who live alone even though it is a strong factor in both physical health and overall wellness. Many people report feeling like it isn't worth the trouble to cook for one.

Join us on **Tuesday, July 12th** at 1:00 pm to learn some tips and tricks to make cooking for 1 or 2 easier and more fun! Jenny Williams is an occupational therapist who works with older adults to help them find simple solutions to make their day-to-day activities easier. This workshop will include tips and tricks to simplify meal preparation, simple nutritious recipes, meal planning guides, and creating relaxing mealtime routines. We will gather in Memorial Hall of Southwest Baptist Church, 6401 Scanlan. Please RSVP to Jan Holmes at 314-644-4299.

SOUTHERN LITERARY TEA ~ TAKE TWO!

Regretfully our May tea party had to be postponed, so we are excited to have it rescheduled this month! We are hopeful that everyone signed up in May and even more are able to join us on...



Wednesday
July 20th at 2:00 pm
Memorial Hall - Southwest
Baptist Church
6401 Scanlan Avenue

Come take an imaginary trip to the Deep South with us where we can offer you a cup of hot tea, some delicious finger food, and a chance to

either act in or be an audience to a reading of a surprising, little one-act comedy by the celebrated Southern author Eudora Welty.

Come express yourself — Southern style!

LASM participant and retired actress, Joan Leyden will be leading us in a reading of Eudora Welty's play, *Bye-Bye, Brevoort*. Kindly RSVP to Jan Holmes at 314-644-4299.



SWING INTO SUMMER RECAP

We were blessed with a gorgeous evening for our *Swing into Summer* social and fundraiser on June 2nd. A crowd of 150+ gathered to enjoy fellowship, amazing magic tricks by magicians Daniel Todd and Jeff Lefton, delicious boxed dinners from LeGrand's Market and great music by the Off Topic Band. More than 20 raffle baskets and a Pot-of-Gold raffle left many leaving happy with winnings! The added bonus of this spectacular evening... over \$1,500 was raised in support of LASM's programs and services for older adults. Big thanks to all who attended — your support and enthusiasm for LASM are such a blessing. A shout out of thanks to our partner church, Epiphany of Our Lord Catholic Church, for the use of their field and facilities. Special thanks to our **raffle donors**: Marilyn Dickerson, Jan Holmes, Gail Jobs, Maribeth Mees, Betty Putney,

Mary Louise Smith, Sue Walter and Mindy Whittle! Our hats go off to the Swing into Summer **planning committee and volunteers**: AJ Wellness Pharmacy volunteers Amira and Maya, Connie Copley, Mimi Dodd with Archwell Health, Jan & Pat Holmes, Larry Meyers, Bert Nollmann, Mickey & Mary Louise Smith, Storyline Church clean-up helpers, Diana VanDuyne and Gary Weintraub.

We would also like to acknowledge our **sponsors** for the evening: Thrivent Financial and Gene Carroll. Sadly, Gene passed away unexpectedly and was not able to see the event that he sponsored come together. We will honor Gene and his contributions to our LASM family at a Memorial Service at Ollie Langhorst Apartment's Community Room on **July 7th at 1:00 pm**. All are welcome to attend.



Lindenwood Area Senior News
Lindenwood Area Senior Ministry
6401 Scanlan Avenue, Room 201
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RETURN SERVICE REQUESTED

THANK YOU FOR FREEDOM

Heavenly Father, thank you for the freedoms I enjoy. I cherish these privileges and take seriously my responsibility to preserve them. Help me to live as an example to the people around me as one who loves and protects liberty by treating laws, leaders, and fellow citizens with the love and respect they deserve. And as I do, may I keep the path clear for my children and grandchildren to walk in this same freedom. Amen.

As servants of God, live as a free people, yet do not use your freedom as a pretext for evil. Honor everyone. Love the family of believers. Fear God.

1 Peter 2:16-17

A BIT OF HUMOR

Grandpa was telling his young grandson what life was like when he was a boy.

“In the winter we’d ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We’d swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm.”

The little boy was amazed, and sat silently for a minute. Finally he said, “Grandpa, I wish I’d gotten to know you a lot sooner!” 😂

Three seniors are out for a stroll. One of them remarks, “It’s windy.” Another replies, “No way. It’s Thursday.” The last one says, “Me too. Let’s have a soda.” 😂