



LINDENWOOD AREA SENIOR NEWS

Volume 17,
Issue 7

July, 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.*

JUKEBOX JAMBOREE RECAP

\$50-\$75 SPONSORS:

Sharon Huck
Richard Huelsmann
Bert & Marge Nollmann
Jim & Claire Prazada



RAFFLE BASKET & ATTENDANCE PRIZE DONORS:

Adam's Smokehouse: 2819 Watson Rd.
Afghan Kabob House: 3500 Watson Rd.
Amigo Joe's: 5901 Southwest Ave.
Ann Mueller
Biggies Restaurant: 3332 Watson Rd.
Chris' Pancakes & Dining:
5980 Southwest Ave.
Deb Lowes
Dierbergs Market—Mackenzie Pointe
Gary & Nanette Weintraub
Guidos Pizzeria & Tapas: 5046 Shaw
El Paisano Mexican Restaurant:
3315 Watson Rd.
Espresso Yourself Coffee & Café:
5351 Devonshire
Herbaria: 2016 Marconi Ave.
John & Jan MacDonald
Larry & Lisa Meyers
Lynn McGoogan
Mary Ann Heil



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Many thanks for all who shook, rattled and rolled on over to our Spring fundraiser on Friday, June 2nd. Much fun was had by all as we enjoyed a delicious lunch, toe tapping entertainment by the 60s Chicks and raffle baskets/attendance prizes galore! The event raised just over \$3,000 in support of LASM's programs and services due to all our fabulous attendees, volunteers, sponsors and donors! Many thanks to our partner church, Timothy Lutheran, for the use of their facilities.

Please join us in thanking those that made this event so special:

\$300 SPONSOR:

Epiphany Friends Forever

\$250 SPONSOR:



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\$100 SPONSORS:

Café Ganadara: 6413 Hampton Ave.

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www.freedomcare.com/missouri

Ivan Hauser State Farm Insurance
Agent: 5811 Hampton Avenue

Jim & Ann Mueller

Meaningful Life:
1life1decision1story.com



JUKEBOX JAMBOREE RECAP—

(Continued from Cover Page)

RAFFLE BASKET & ATTENDANCE PRIZE DONORS:

Michael's Bar & Grill: 7101 Manchester
Mickey & Mary Louise Smith

Mindy Whittle

Naomi Hildreth

Pat & Jan Holmes

Pietro's:

3801 Watson Rd.

Pint Size Bakery:
3133 Watson Rd.

Richard
Huelsmann

Rigazzi's:

4945 Daggett Ave.

Salt + Smoke:
5625 Hampton

Smoke N Bones

BBQ: 6417 Hampton

Sister's Sandwich Shoppe:
5353 Devonshire

Southside Hardware: 6401 Hampton

Sue Walter

Timothy Lutheran Women in Mission



The Garden Shop: 3321 Hampton Ave.

Trendy Nails: 6410 Hampton Ave.

OUR COMMITTEE MEMBERS & VOLUNTEERS:

Gloria Chestnut, Connie Copley, Marilyn
Dickerson, Jan & Pat Holmes, Helen
Kunz, Jen Medeiros, Larry Meyers,

Kathy Migneco, Jean Montrey, Barb
Pollman, Joan Seebach, Mickey &
Mary Louise Smith, Mary Stahl, Sue
Thomas, Greg Todd, Dan & Diana
VanDuyne, Pat, Steve, Maddie &
McKenzie Vastine, Gary, Nanette &
Aspen Weintraub, Keith & Mindy
Whittle



LET'S REMINISCE

What was a favorite vacation that you took in the Summertime? What made it so special? Whom did you travel with? Let's gather for a potluck lunch and the opportunity to share about our favorite travels. **Tuesday, July 18th** at noon in Memorial Hall of Southwest Baptist Church, 6401 Scanlan Avenue. Bring a dish to share and a photo or two of your favorite vacation. After lunch we'll take turns sharing photos and stories of our travels. Please RSVP to Katie at 314-647-4591 or katie@lasministry.org.

WOMEN IN WORLD WAR II

American women took on many extraordinary roles during World War II. Moving into industrial jobs, stepping up to serve with volunteerism in their communities, serving with the Army or Navy Nurse Corps, and serving in the U.S. military as WACS, WAVES, and WASPS. Join Dr. Jennifer Medeiros, Professor of History and Geography from St. Louis Community College, as we walk down memory lane and pay tribute to the amazing accomplishments of American Women. **Lunch & Learn on Tuesday, August 8th** from Noon to 2:00 pm at Southwest Baptist Church. RSVP 314-647-4591

UPCOMING EVENTS

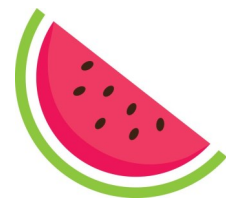
BALANCE & REVITALIZE CLASS

Looking for a way to increase your health and wellbeing this summer? Exercising with others can help you stay motivated and offer a new community of friends. This class, hosted by LASM and Machacek Library, includes a variety of stretching and strengthening techniques to improve balance and energy. The sessions are led by Eileen Kinsella, a Registered Somatic Movement Therapist and Educator. Weekly classes are held on **Thursday mornings at 10:00 am** through August 31st. Location: Machacek Library's Community Room, 6424 Scanlan. Please call 314-781-2948 to reserve a space or email Molly Pfeiffer at mpfeiffer@slpl.org. You do not have to attend every session to participate.

SUMMER TRIVIA NIGHT

Lindenwood Area Senior Ministry is a proud member of the Lindenwood Park Neighborhood Association (LPNA). The Association offers quarterly neighborhood meetings to stay up-to-date on neighborhood happenings and safety, a Summer Concert Series, regular Park clean-up/beautification days and much more! On **Saturday, July 29th** LPNA is hosting a trivia night to support the work that they do in our neighborhood. The event will be at 7:00 pm in Epiphany's Gym. Tables of 8. \$20/person. Includes: snacks, soda, water, and beer. For questions and to RSVP: 314-781-2129 or pat@lindenwoodpark.com.

SAVE THE DATE:



Thursday, August 24th
from 1:00-3:00 pm —
Annual Watermelon Social!

More details to follow in
our August newsletter!

FROM OUR CASE MANAGER

QUESTION: I'm nearing retirement and thinking about what I have to do to prepare, especially with Medicare and Social Security benefits. Any advice?

ANSWER: You are always welcome to call me and set up an appointment to talk about your Medicare options. I'm happy to explain what is available to you. Social Security must be handled through the Social Security office, but you can attend an upcoming webinar in August to learn more.

SOCIAL
SECURITY



Social Security's Kansas City Regional Public Affairs Office is hosting a free pre-retirement webinar that can be viewed from the comfort of your own home.

Social Security 101: Understanding Retirement, Survivor and Medicare Benefits

This 1.5-hour training will provide information about eligibility and filing options for the Social Security Retirement, Survivor, and Medicare programs. They will discuss online tools available for planning and managing benefits and how to sign up for your *my* Social Security account. This training will provide guidance for individuals nearing retirement age or people who assist others.

Saturday, August 12 – 10:00-11:30 am

I can send you the link to register if you email or call me.

—Leigh Manalang, MSW

314-376-4121 ~ leigh@lasministry.org

Lindenwood Area Senior News
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RETURN SERVICE REQUESTED

A BLESSING FOR SUMMER

May the lake be smooth beneath your skis
And the winds blow wide your colored sails
May the sand be warm as you take your
ease

And God's grace bathe you that never fails

May the sun shine bright on your joyous
days

And the rain refresh you through peaceful
nights

May summer show you God's wondrous
ways

And prepare you for heaven's great delights

Till we meet there

May the God of summertime

Hold you in the palm of her hand

Father, Son and Holy Spirit

—Andrew Greeley

A BIT OF HUMOR

I like Independence Day. It's the one
night a year when I can promise my
husband fireworks. - *Melanie White*

So, on July 4th, one of the hottest days
of the year, we're all going to sit outside
of our air-conditioned homes and cook
over a fire? - *Just Bill @WilliamAder*

The Fourth of July is a fun, flashy festival
of freedom featuring fast food, flags,
fireworks, fizzy beverages, and first-aid
kits. - *Greg Tamblyn*

If you drink a fifth on
the fourth, you may not
go forth on the fifth.

July 4th may not be
a picnic, but it's always
a blast.

