



LINDENWOOD AREA SENIOR NEWS

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June, 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....

HEALTHY LIVING SUMMER WORKSHOP SERIES

LASM will be hosting a series of workshops on improving your health and wellbeing throughout the summer months! The workshops will be presented by Dr. Gurav with Dedicated Senior Medical Center. We will have limited in-person spaces available as well as unlimited virtual attendance via Zoom. Mark your calendar to join us at 2:00 pm on the following Thursdays this Summer:

June 17th: Preventing Falls

July 15th: Quit Sitting and Get Moving

**August 5th: Choosing Healthy Foods
& Getting Better Sleep**

Did you know that 1 in 3 adults over 65 fall every year? One out of five of those falls causes a serious injury such as broken bones or a head injury. Join us for the first of our Healthy Living Summer Workshop Series on **Thursday, June 17th** at 2:00 pm where we'll explore some of the best ways to prevent falling. 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.

SPRING APPEAL UPDATE

In last month's newsletter we came to you asking for your support of our ministry via our Annual Spring Newsletter Appeal and Give STL Day. We were blessed to have \$10,000 in matching gift funds from several key donors and LASM's Board of Directors. We are so pleased to report that these matching gift funds have been fully utilized as Newsletter Appeal donation have reached \$5,670 and Give STL Day donations totaled \$5,300! Therefore, we are at \$20,970 and counting! What an amazing show of support for our ministry's programs and services!

Our sincere gratitude to all who have contributed thus far. This support is particularly important as we were not able to host our Spring Fling fundraiser for the second year in a row. If you have not donated yet and wish to support the work of LASM do not fear! Donations are accepted year-round via our website: lasministry.org or checks payable to LASM, 6401 Scanlan Ave., 63139.

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FROM OUR CASE MANAGER

QUESTION: Where can I get medical equipment and incontinence products without paying a lot?

ANSWER: LASM has some free medical equipment such as walkers and rollators that we can lend to you.



We also just received a sizable donation of adult medium and extra-large disposable underwear. Please contact Leigh at 314-376-4121 or leigh@lasministry.org if you are in need of any products. If we don't have the specific item you're looking for, we can check with churches and



other agencies such as St. Louis HELP who provides access to this equipment at no charge.

ENERGYCARE SUMMER SERVICES

The hot, humid summer in St. Louis can be difficult for many residents. To help our elders in need, EnergyCare will keep people safely cool by installing air conditioners in their homes and lower their risk from life-threatening conditions. If you or someone you know is a low-income senior or disabled person and in need of a window A/C unit, please contact EnergyCare at 314-773-5900 to register for the program.



LPNA NEWS

QUARTERLY MEETING

The Lindenwood Park Neighborhood Association (LPNA) will be hosting its next quarterly meeting via Zoom on **Monday, June 7th** at 7:30 pm. The guest speaker is Michael Dauphin, St. Louis Assessor. There will also be reports from Aldermen Joe Vaccaro and Tom Oldenberg, State Rep. Donna Barringer, Officer Vince Stehlin - SLMPD, Katie Weintraub - LASM, and Molly Pfeiffer - Machacek Library.

Use this link below to join the webinar: <https://us02web.zoom.us/j/87514397925> or to join by phone dial: 1-312-626-6799, Webinar ID: 875 1439 7925.

LAWN & GARDEN CONTEST

LPNA is hosting its annual Lawn & Garden Contest. Have you noticed a neighbor with a beautifully landscaped front or back yard? Perhaps you are proud of your own green thumb and would like to put yourself in the running! Nominations for the contest are being accepted through the end of June.

Email Gabe Gassner at lawn-garden@lindenwoodpark.org with the address of your nomination. If you don't have access to email but would like to nominate someone call Katie at 314-647-4591 and she will assist you.

NEWSLETTER MAILING LIST

If you are no longer interested in receiving this newsletter, please notify Katie Weintraub at 314-647-4591 or katie@lasministry.org.

If you would like to receive an electronic copy of the newsletter, send a message to katie@lasministry.org. We will add you to the monthly distribution list!

UPCOMING EVENTS

WALK AT WILLMORE PARK

Our Lenten *Walk to Jerusalem* participants showed interest in continuing to gather for regular opportunities to walk with friends. So let's meet up this month for a stroll around Willmore Park's big lake.

Enter the park via the Hampton entrance and follow the inner road to the right. Meet at Pavilion #2 by the first parking area. We'll gather at **9:00 am on Tuesday, June 22nd**. Hopefully we'll beat any extreme heat at this earlier time. Bottled water and some post-walk snacks will be available. All are welcome! Hope to see you there!

T-SHIRT/UNDERWEAR DRIVE

LASM Member, Katie Patterson, is an associate with the Dominican Sisters and Associates of our Lady of the Rosary in St. Louis. With these organizations, she is working to collect items most needed by homeless and needy families in our city.

Right now the most needed items are new men's and children's t-shirts and underwear, all sizes and any color. Collected items will be distributed to Sunshine Ministries and St. Patrick's Center. Donations can be dropped off at Epiphany of our Lord Catholic Church Rectory, 6596 Smiley, throughout the Summer and Fall months.

For more information or questions, contact Katie Patterson at 314-645-2044 or kty.patterson@gmail.com.

"LIKE US" ON FACEBOOK

"Like" our ministry's page to stay up-to-date on our latest happenings!

www.facebook.com/LASM.STL



LIBRARY OFFERS SUMMER PROGRAM, FREE LAPTOPS

Join St. Louis Public Library's summer reading challenge for adults June 1- August 15! The Community Reading Challenge called "Give Back to Reading" is to read 25,000 books as a community. Let's work together! Complete "book bingo" and SLPL will give donate a book for a child's home when you turn in the card at any Library location.

Head into any SLPL location to pick up a booklet, or download your Book Bingo card at www.slpl.org/summer-reading/



Have you been wanting to try a laptop at home? Did you know the St. Louis Public Library offers a free device to

check out along with a hotspot to enable mobile WiFi? You just reserve it as you would a regular book. It's called "Chromebook With Hotspot" on their catalog page. You may borrow the bundle for 3 weeks at a time.

If you need assistance setting it up for the first time, Katie or Leigh can help! Call 314-647-4591 and let us know.

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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A GRANDFATHER'S PRAYER

Dear Father, My prayer for each grandchild is that they will experience your fullness in their daily walk with You. May they desire to live for You, guard their steps, and draw near to You, experiencing your love for them. In times of testing may their hearts and minds be drawn to you, causing them to remember your Word. In addition, help them to honor you through the life you've given to them. Help me, as their grandfather, to reflect a clear image of You through the life you have given to me. I trust You to give me patience and love to influence, and encourage them into your grace. I commit each one of my grandchildren into your care and blessing. In Your precious name, I pray, Amen.
— *by John Penner*

A BIT OF HUMOR

One day a man went to an auction. While there, he bid on a parrot that was supposed to be able to talk. He really wanted this bird, so he got caught up in the bidding.

He kept on bidding, but kept getting outbid, so he bid higher and higher and higher. Finally, after he bid way more than he intended, he won the bid – the parrot was his at last!

As he was paying for the parrot, he said to the auctioneer, "I sure hope this parrot can talk. I would hate to have paid this much for it, only to find out that he can't talk!"

"Don't worry," said the auctioneer, "He can talk. Who do you think kept bidding against you?" 