



# LINDENWOOD AREA SENIOR NEWS

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March, 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.*

## MARCH POTLUCK & AGING MASTERY PROGRAM

On Tuesday, March 10<sup>th</sup> Lindenwood Area Senior Ministry is hosting its monthly potluck lunch at noon followed by the first session of the Aging Mastery Program (AMP) beginning at 1:00 pm. This will be held in Memorial Hall of Southwest Baptist Church, 6401 Scanlan Ave. The AMP is being offered through Oasis and will be held **every Tuesday, March 10<sup>th</sup> – May 12<sup>th</sup>** from 1:00-3:00 pm.

The first session is entitled, *Navigating Longer Lives* and it will be followed by nine more sessions focused on improved health, stronger financial security and overall well-being. There is very limited space available. Please call Oasis at 862-4859 ext. 24 to reserve a space or to be placed on the class waitlist.

Our potluck lunch is open to all. Simply bring a dish to share and come enjoy fellowship! The AMP following lunch will only be open to those who have registered through Oasis. Please contact Katie at the LASM Office (647-4591) with any questions or concerns.



## SPRING FLING 2020

Shake, rattle and roll on over to...

Lindenwood Area Senior Ministry's  
14<sup>th</sup> Annual Spring Fling:

***Cruising Down Memory Lane***

Saturday, April 25<sup>th</sup>

4:30-8:00 pm

Epiphany of Our Lord Catholic Church  
Parish Hall, 6596 Smiley

Tickets: \$20/person.

Dinner, live entertainment by Larry Hallar & the Two Star Final, dancing, fellowship, a stellar silent auction, door prizes & more!



All ages, singles and couples welcome as we celebrate the fabulous 50s & 60s! Tickets go on sale March 15<sup>th</sup>. Check your church bulletin for ticket sales information or contact the LASM office at 647-4591 to make a reservation. Tables of 8-10 people can be reserved ahead of time, otherwise open seating.

Help LASM make this year's Spring Fling the best yet. We are seeking sponsors for the event as well as silent auction and attendance prize donors. Contact the LASM Office at 647-4591 to inquire about lending your support in these areas. All funds generated by the Spring Fling go to the direct support of LASM's programs and services for older adults.

## AGING ANSWERS – FREE HELP FOR OLDER ADULTS

**L**utheran Senior Services Aging Answers department is a free resource for seniors and provides an array of services.

**Phone consultations** – Can address health related questions, senior care options, and financial concerns.

**Care Management** – The goal is to keep seniors independent and safe in their homes by providing comprehensive needs assessment and safety checks by an Elder Care Specialist. Resources, referrals, and other information are included in these visits.

**Senior Benefits Program** – Aging Answers is able to help seniors identify, apply for, and access benefits, such as Medicare savings programs, tax assistance (Circuit Breakers), medication assistance, and Veterans' programs. With this service, seniors can save up to \$500 annually. Qualifications include age 60 or older and live in the city. There are no income restrictions.

**Financial Assistance for Church Workers and Missionaries** – Available through the Eliezer Fund, provides assistance with in-home care services, medical equipment, medications and nutritional supplements.

**Good Neighbor** – A financial assistance program for those needing home-based, non-medical services to remain independent. Assistance through Good Neighbor pays \$10/hour toward the cost of Lutheran Senior Services Private Duty Services.

Have questions? Need help?

We have answers! Call Aging Answers at (314) 446-2475 to get started today!

## BOOKS FOR CHARITY

**S**chnucks on the Hill is supporting Spring Fling 2020 via their Books for Charity program. In this program Schnucks sells used books, available at the end of their self check-out lanes, and donates the proceeds to local organizations.

LASM will be the charity of the month this March! So what can you do to help?

1. Drop off book donations at the Customer Service counter of Schnucks on the Hill, 5055 Arsenal. Adult and children books are accepted.
2. Find some good reads – purchase books throughout the month.
3. Save the date to attend the Spring Fling on April 25<sup>th</sup>!



## 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, educational programming, and this monthly newsletter!

Please call 647-4591 to get more information, refer a neighbor or learn about volunteer opportunities!

## UPCOMING EVENTS

### RUMMAGE SALE

**Saturday, March 21<sup>st</sup>** 8 am – 1 pm.  
Timothy Lutheran Women in Mission Rummage Sale, 7604 Flyer Avenue at Ivanhoe. Come shop for great deals and support the organization's mission projects. If you have items you'd like to donate to the sale, they can be dropped off at the church gym March 16-19 from 10:00 am to 2:00 pm. Ring the doorbell at the doors of the small parking lot on Fyler. Questions call the church office at 314-781-8673.



### MATURE MILE WALK

Let's get on the move! LASM has been invited to join the St. Louis Activity Center's team for the GO! St. Louis Mature Mile Walk in Forest Park on **Saturday, March 28<sup>th</sup>**. Transportation provided from the St. Louis Activity Center parking lot at Sublette and Arsenal to Forest Park. This event was started in 2005 to inspire and encourage seniors in the St. Louis area to get and stay fit! The one-mile walk is on a closed course in Forest Park. Participants will receive a t-shirt, race bib number and finisher's medal. Post-race refreshments will be served. Please contact the St. Louis Activity Center at 314-645-3477 to register today!



## SATURDAY SERVANTS

Our Saturday Servant volunteers have set their Spring meeting dates: **March 7<sup>th</sup>, April 4<sup>th</sup> and May 2<sup>nd</sup>**. If you are in need of minor indoor or outdoor household repairs or maintenance please contact the LASM office at 314-647-4591 to register for one of our Spring service dates.

We are also hosting a special Spring yard clean-up day with volunteers from St. Louis University on **Saturday, March 21<sup>st</sup>**. Not in need of assistance, but would like to volunteer to help? All volunteer skill-levels are appreciated, call 647-4591 or e-mail Katie at [lasmdirector@gmail.com](mailto:lasmdirector@gmail.com) to learn more about volunteering with our Saturday Servant team.



## TALKING BOOK LIBRARY

Wolfner Library is a free library service for Missourians who are unable to use standard print materials due to a visual or physical disability.

Materials include:

- Free loan of audio and Braille books
- Free loan of audio players
- Free book downloads, 24 hours/day
- Magazines, in various genres
- Newspapers accessible over the telephone
- Film and television programs with descriptive narration

Materials are mailed to and from library patrons at their homes, postage paid. There is no charge to the patron. Contact (800) 392-2614 or [www.sos.mo.gov/wolfner](http://www.sos.mo.gov/wolfner) to learn more.

**Lindenwood Area Senior News**  
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**RETURN SERVICE REQUESTED**

## SEEKING AND FINDING GOD

Faithful God,

You give us forty days of Lent to quiet ourselves and explore the inner chambers of our hearts.

Let these sacred days be a time when we seek and find you there.

Passionate God,

May we find you even in our tears and in our pain and in whatever troubles our hearts.

Keep us from all that separates us from you. Be with us and in us.

Amen.



## A BIT OF HUMOR

Three sisters ages 92, 94 and 96 live in a house together. One night the 96-year-old draws a bath. She puts her foot in and pauses. She yells to the other sisters, “Was I getting in or out of the bath?”

The 94-year-old yells back, “I don’t know. I’ll come up and see.” She starts up the stairs and pauses. “Was I going up the stairs or down?”

The 92-year-old is listening to her sisters. She shakes her head and says, “I sure hope I never get that forgetful, knock on wood.”

She then yells, “I’ll come up and help both of you as soon as I see who’s at the door.” 😂