



LINDENWOOD AREA SENIOR NEWS

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March, 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.*

RIDDLE ME THIS!

Take a crack at these St. Patrick's Day themed riddles and contact the LASM Office to check your answers (call/leave a message at: 314-647-4591 or email: katie@lasministry.org). Those that answer 5 or more correctly will be entered into a drawing for some fun prizes! Prizes will be mailed or contact-free delivered to your doorstep.

1. Why can't you iron a four-leaf clover?
2. What do you call a fake stone in Ireland?
3. What type of bow cannot be tied?
4. Where can you always find gold?
5. How can you tell if a leprechaun is having a good time?
6. What happens when a leprechaun falls into a river?
7. When is an Irish potato not an Irish potato?
8. Why can't you borrow money from a leprechaun?

February Answers: Ebenezer Baptist, Little Rock (AK), department store seamstress, Ralph Bunche, Maya Angelou, Cassius Clay, Woolworth's, Jackie Robinson, Booker T. Washington, John Lewis



VIRTUAL ST. PATRICK'S DAY CELEBRATION

Join us for a special St. Patrick's Day celebration where we'll explore the history of the holiday and learn about the country of Ireland. We'll be joined by longtime member of our LASM community and local Hibernian, Mary Stahl. In addition to sharing some history with us, Mary will also share stories and pictures of travels to her homeland. Wearing green is required! **Wednesday, March 17th** at 1:00 pm on Zoom. Contact the LASM Office at 647-4591 or katie@lasministry.org to receive the Zoom link.



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FROM OUR CASE MANAGER

QUESTION: Since I've been living on a fixed income, I've had trouble saving any money for emergency use or big repairs. Any ideas on what I can do?

ANSWER: We just learned about a program open to 55+ St. Louis city residents called the Senior Resiliency Fund. It is a savings match program offered by Lifewise STL for older adults who would like to save money for a savings goal of their choosing as well as build connections with peers in their community. The program includes two virtual meetings a month for an hour that cover a new topic each time. Participants can receive a 2:1 match at the end to save even more towards their savings goal. For example, Lifewise STL will double the dollar amount saved, up to \$200 (\$400 matched). Your maximum income can be \$25,760 annually or \$2147 monthly to be eligible. Please contact Kim Saunchgrov with Lifewise STL at 314-260-6373 for more information or visit www.lifewisestl.org.

—Leigh Manalang, MSW

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 and 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. (800) 392-2614 or sos.mo.gov/wolfner

MAKE MARCH MEANINGFUL

On February 17th our ministry launched a Walk to Jerusalem! We are inviting our entire community to join us on this collective, imaginary walk from St. Louis to Jerusalem.

The goal is to increase our physical activity and promote spiritual growth in the weeks leading up to Easter. It is not too late to join the journey!

Contact the LASM Office at 647-4591 or katie@lasministry.org to receive a Travel Guide and Travel log. Weekly miles and prayer time (15 minutes of prayer=1mile) are collected each Saturday. Through our exercise and prayer time we hope to collectively travel the 4,100 land miles that separate St. Louis from Jerusalem.



WALK TO JERUSALEM WALKING GROUP

Enhance your journey by walking with friends!

When: Every Tuesday in March

Time: 10:00 am

Meeting Location: Lindenwood Park
(corner of Jamieson & Pernod)

Wear a mask and keep a safe social distance from other walkers.



UPCOMING EVENTS

FISH FRIES IN MARCH

LASM partner church, Epiphany of our Lord Catholic Church, is hosting Friday fish fries throughout the month of March. Fish fry hours are from 4:30-7:00 pm. Carry outs only. Pre-orders and walk-ins welcome! 6596 Smiley Avenue. Visit www.epiphanystl.org/fish-fry to place your order online or call the church office at 314-781-1199 by 5:00 pm the Thursday prior.

SATURDAY SERVANTS TO START THIS SPRING

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 once a month.



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!

METRO REDUCED FARE BUS PASS PROGRAM

The St. Louis Area Agency on Aging (SLAAA) Bus Pass Program is for seniors 60 and over or persons with disabilities. You must be a resident of the City of St. Louis.

Pay \$15 for a Monthly Reduced Fare Pass (money orders/ exact cash only)

If you need a Metro Transit Fixed Route, Metro Transit Senior or ADA Permit, please contact Metro Transit St Louis.



SLAAA sells reduced bus passes once a month on the following dates:

March 31, 2021

April 30, 2021

May 28, 2021

June 30, 2021

Location: 1520 Market Avenue, First Floor Conference Room

Other locations participating in the Metro Reduced Fare Bus Pass Program:

Five Star Senior Center, 2832 Arsenal
Urban League (PATCH), 7925 Minnesota
Southside Wellness, 3017 Park Ave.

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!

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RETURN SERVICE REQUESTED

PRAYER FOR INCREASED FAITH

God, I confess I have a tendency to worry or play it small, preferring to stick with what feels safe and comfortable. I doubt what You can or will do. But God, You created the Universe! You conquered death! There's *nothing* You can't do. Please strengthen my faith and help me to trust in You for every one of my needs today.

—Brittany Ann, *Equipping Godly Women*

This I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for his compassions never fail.

Lamentations 3:21-22

LAST BIT OF COVID HUMOR

11. I hope the weather is good tomorrow for my trip to the backyard. I'm getting tired of the Living Room.

12. Appropriate analogy. "The curve is flattening so we can start lifting restrictions now" is like saying "The parachute has slowed our rate of descent, so we can take it off now."

13. Never in a million years could I have imagined I would go up to a bank teller wearing a mask & asking for money.

14. The spread of COVID-19 is based on two things:

- How dense the population is.
- How dense the population is.

