



LINDENWOOD AREA SENIOR NEWS

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March, 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.*

MEDICAID PLANNING WORKSHOP

The average cost of long-term nursing care in Missouri is approximately \$6,300 a month. While it is extremely expensive, the statistics are high — one in two people will need some type of long-term care and one in five will need this care for more than five years. MO HealthNet benefits, also known as Medicaid, can help to defray the cost of skilled nursing care. However, the process of becoming eligible by meeting the specific asset and income criteria in the State of Missouri can be overwhelming and complicated.

Attorney Brigid Fernandez from Fernandez Elder Law LLC will present a Medicaid Planning workshop on **Thursday, March 30 at 1:00 pm**. Join us in Memorial Hall of Southwest Baptist Church, 6401 Scanlan, for this great opportunity to learn about vendor Medicaid benefits, eligibility, and asset preservation. Ms. Fernandez is also a Licensed Clinical Social Worker and has experience working in a major healthcare system.

Register by contacting Leigh Manalang at leigh@lasministry.org or 314-376-4121. The workshop will also be available via Zoom for those that prefer to attend online. Free program. Light refreshments will be provided.

BALANCE & REVITALIZE CLASS

Looking for a way to increase your health and wellbeing this Spring? Exercising with others can help you stay motivated and offer a new community of friends. This class, hosted by Lindenwood Area Senior Ministry and Machacek Library will include a variety of stretching and strengthening techniques to improve balance and energy.

The sessions will be led by Eileen Kinsella, a Registered Somatic Movement Therapist and Educator. The first class is **Thursday, March 9th** and weekly sessions will follow on **Thursday mornings at 10:00 am** through May 25th. Location: Machacek Library's Community Room, 6424 Scanlan. Please contact Machacek Library at 314-781-2948 to make a weekly reservation or email Molly Pfeiffer at mpfeiffer@slpl.org. You do not have to attend every session to participate.

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RENEW IN 2023: GROW IN HAPPINESS & RESILIENCY

We all want to be happy in life, but what does that really mean? We often think our happiness is dependent on our circumstances, but research shows that true happiness is a choice. Join us for the final workshop of our Renew in 2023 series, where presenter Meghan Chun will talk about the critical components of happiness and share strategies so you can increase your happiness in life!

Thursday, March 9th at 11:00 am (note time change to accommodate Balance & Revitalize Class). We will gather in Memorial Hall of Southwest Baptist Church, 6401 Scanlan Ave. The workshop will also be available via Zoom for those that prefer to attend online.

Register by calling Jan Holmes at 314-644-4299 or email katie@lasministry.org. Free program. Lunch will be provided afterwards for a suggested donation of \$10.



MEET SAMUEL



This Spring, Samuel Wondemu, a student from Concordia Seminary, is doing service learning with LASM! Samuel is working towards his Masters in Divinity and currently in his second year of seminary. Originally from Ethiopia, he has been living in the U.S. for 12 years along with his wife and twin daughters. He will primarily be shadowing Leigh to learn the ins and outs of our ministry and case management. He will be dedicating several hours of service to LASM programs. Please join us in welcoming Samuel!

WTJ: SEEKING ADDITIONAL PILGRIMS

Our ministry launched its 3rd Annual Walk to Jerusalem (WTJ), a collective, imaginary walk from St. Louis to Jerusalem to increase physical health and spiritual growth during the weeks of Lent. We are just at the beginning of our journey, so it is not too late to join! Contact the LASM Office at 314-647-4591 or katie@lasministry.org to receive a Travel Guide that includes weekly devotions and growth activities as well as a mileage tracking sheet. We hope to log the 6,457 miles that separate St. Louis from Jerusalem by Easter Sunday. All are welcome to attend weekly group walks on Wednesday mornings at Lindenwood Park. We meet at 9:30 am at the corner of Jamieson and Pernod. A final celebratory walk will be hosted at the Missouri Botanical Garden on Wednesday, April 12th. More details to follow in next month's issue.

UPCOMING EVENTS

JUKEBOX JAMBOREE

Save the date for LASM's Spring fundraiser on **Friday, June 2nd** from 11:30 am to 2:30 pm at Timothy Lutheran Church. Lunch, raffle items, a pot of gold raffle and entertainment by the 60's Chicks Show Choir! A fun time guaranteed. Tickets will go on sale April 21st.

SATURDAY SERVANT UPDATE

After a winter break our Saturday Servant volunteers are resuming 1st Saturday monthly service dates in March. If you have a minor home repair need or would like to lend your helping hands to this program, please contact the LASM Office at 314-647-4591 or katie@lasministry.org.

SPRING PLANT SALE

THINK SPRING! Add color to your landscape while supporting youth ministries at Ascension Lutheran Church. Its annual spring plant sale will be held on **Saturday, April 29** from 9:00 am-1:00 pm. Choose from a colorful selection of fresh, locally grown annuals, perennials, vegetables, and hanging baskets. Brighten landscapes or give to mom for Mother's Day!

Pre-orders are required for annuals, and orders are due with payment by April 14. Some additional perennials and annuals will be available on sale day. This sale will be held in the Word of Life gymnasium, 6535 Eichelberger St., 63109.

Visit <https://ascensionstl.com/plants> for complete details and to download the order form. Contact Karen Hilkerbaumer at (314) 378-2977 or Julie Headrick at (314) 258-2169 with questions or to volunteer.



FROM OUR CASE MANAGER

QUESTION: I'm looking for resources to help a friend who has been recently diagnosed with cancer. Do you have any suggestions?

ANSWER: I would recommend checking with the St. Louis Peregrine Society who has been serving cancer patients since 1949. They have assistance programs that include:

- Nutritional supplements with physician approval
- Prescription medication assistance for uninsured and under-insured cancer patients
- Transportation for radiation and chemotherapy treatments
- Medical supplies and equipment
- Respite care to provide caregivers a break
- Holiday program for patients and their families
- Recreational and therapeutic programs for pediatric cancer patients

All services are provided free of charge. Referrals can be made online at peregrinesoc.org/services or by calling 314-781-6775.

Another great resource is 'Cleaning for a Reason,' a non-profit organization that provides free home cleaning to patients battling cancer. They partner with cleaning companies to provide two free professional house cleanings for people undergoing any kind of cancer treatment. For more information or an application, go to www.cleaningforareason.org.

—Leigh Manalang, MSW

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RETURN SERVICE REQUESTED

WHY I WAKE EARLY

Hello, sun in my face.
Hello, you who make the morning
and spread it over the fields
and into the faces of the tulips
and the nodding morning glories,
and into the windows of, even, the
miserable and the crotchety —
best preacher that ever was,
dear star, that just happens
to be where you are in the universe
to keep us from ever-darkness,
to ease us with warm touching,
to hold us in the great hands of light —
good morning, good morning,
good morning.

Watch, now, how I start the day in
happiness, in kindness.

— “*Why I Wake Early*” by Mary Oliver

A BIT OF HUMOR

Halfway through the flight the plane
started bucking and rocking side to side
from air turbulence. Finally, after a few
minutes of calmer air, the flight
attendants offered free drinks to the
passengers. One attendant asked an
older lady, “Would you like a
complimentary cocktail, ma’am?”

“Absolutely!” she said. “Just give me
whatever the pilot’s been drinking!” 😂

*Football commentator to color analyst
and former Quarterback Joe Theisman
during a broadcast:* “Joe, this
quarterback is a football genius.”

Theisman: “The word ‘genius’ isn’t
applicable in football. A genius is a guy
like Norman Einstein.” 😂