



LINDENWOOD AREA SENIOR NEWS

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May, 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.*

OLDER AMERICANS MONTH 2020: MAKE YOUR MARK

This month we celebrate Older Americans Month (OAM) a tradition dating back to 1963 to recognize the contributions of our country's senior population. LASM typically likes to celebrate this month with several social activities and events, but as we all know, 2020 has turned out to be no typical year. That however, does not change the fact that we still want to take pause and give thanks for the gifts that older adults share with our LASM community.

This year's theme for OAM, *Make Your Mark*, seems especially fitting for our LASM family as we are able to witness the seniors from our partner churches and neighborhood leaving their mark on our community daily. As volunteers, program participants, board members, neighbors and friends, LASM's seniors support one another, engage in their community, share their stories and wisdom, and for this we are all the better. LASM seniors, thank you for *leaving your mark* on our community and in our hearts!

OLDER
AMERICANS
MONTH



MAKE YOUR MARK: MAY 2020

SUPPORT LASM... GIVE STL DAY

Give STL Day is a 24-hour day of online giving to benefit nonprofits serving the St. Louis region. On **Thursday, May 7th** St. Louis will shine the spotlight on our region's vast assortment of nonprofits, their missions, and the extraordinary ways they make our city special. LASM is proud to be one of those non-profits in the spotlight! Visit www.givestlday.org/lasm on May 7th to make your contribution. You can also preschedule your Give STL Day gift on this site.

REMOTE LIBRARY RESOURCES

The St. Louis Public Library is offering technology assistance in order for patrons to take advantage of on-line resources during the pandemic. If you are in need of computer assistance or iPad help, the library can assist you. Perhaps you would like to check out an E-Book or want to figure out Zoom or another video chat platform but don't know how. The Library is hosting "Virtual Tech Connect" sessions. Visit <https://www.slpl.org/tech-connect/> to request a session and the Library will get back to you by the preferred method that you indicate: phone, email or Zoom.

If you need help with this first step of filling out the session request on-line, please call the LASM Office at 314-647-4591.

ADVANCE CARE PLANNING: A TIME LIKE NO OTHER TO REFLECT

Last month in honor of National Healthcare Decisions Day on April 16th we had a Lunch & Learn planned with Carla Baum, an Advocate for End-of-Life Conversations. We look forward to rescheduling this event as soon as it is safe to do so, but in the meantime, Carla shares the following with us:

On February 28, 2020, I was sitting in the St Louis County Library listening to an author talk about her new book with over 800 people in a crowded room. Just a week or so later, we were all being asked to Stay at Home due to the Coronavirus outbreak with no end in sight.

Just like that...things happen... unexpected, life-changing events. Maybe we know someone who has been diagnosed with COVID-19 or sadly, someone who died. It is truly a time like no other in our lifetimes, so widespread and impacting each of us so personally.

As we are forced to slow down and reflect on our lives, I hope one of the questions you ponder relates to this — *Am I prepared if I would contract the COVID-19 virus?* What do I need to do to ensure my loved ones know about my end-of-life wishes should I need to be in ICU and on a ventilator?

“I have an advance directive, not because I have an illness, but because I have a family.” — *Ira Byock, MD*

If you already have an advance directive in place, review it and ensure it reflects your thinking today in this unprecedented time. If you have not completed one, please reach out to me and I will send you electronically or via mail, a form to

HELLO PARADE

I don't know about you, but I sure miss seeing the smiling faces of our LASM family. So let's get out and say hello from a safe social distance! On **Saturday, May 9th** at **11:00 am** together with some LASM board members, pastors and volunteers, I'll be leading a Hello Parade through the neighborhood. We'll be sharing honks, smiles, cheerfully decorated cars and maybe even a few surprises along our way!

The parade route will be:
South on Tamm
from the corner
of Tamm &
Smiley, South-
west (right) on



Watson Road, West (right) on Fyler,
North (right) on Ivanhoe, East (right) on
Arsenal and South (right) on Tamm,
disbanding at Smiley.

Pray for good weather and step out on your front porch or come sit/stand safely 6 feet apart on our route to say hello. What better way to lift all of our spirits and celebrate Older Americans Month 2020-style!

Hope to see you on May 9th,

Katie Weintraub
LASM Director

complete and walk you through the steps. My services are free of charge and I would be honored to help you ensure your end-of-life wishes are honored and respected.

My contact information is:

Carla Baum
Meaningful Life
Cbaum1life@gmail.com
Website: 1life1decision1story.com
Cell phone: 314-402-6624

PROGRAMMING UPDATES

All of LASM's social and educational group programming will remain postponed until further notice. Our May Saturday Servant service day is also cancelled. The annual Catholic Heart Work Camp service week in July, which many of our participants take part in has been cancelled.

We have a network of LASM volunteers that are providing friendly phone check-ins and sending cards. If you are feeling the impacts of loneliness and isolation during this pandemic, please reach out. We would be happy to connect you with a volunteer to chat and check-in with on a regular basis. If you'd like to volunteer to do some calling or card writing feel free to reach out as well. LASM Office: 314-647-4591.

LASM partner church, Timothy Lutheran Church's food pantry remains open. If you or a neighbor needs food assistance during this time, the pantry is open on the 1st and 3rd Thursday of each month from 9-10am. Food boxes are available for pick up at the gym entrance at 6704 Fyler.

FREE GROCERY DELIVERY

Our names are Sarah and Rachel Noser and we are looking to give back to the wonderful South St. Louis community that our family grew up in.

We are writing today for a nonprofit organization called *Leave It To Us*. Its mission is to help the most vulnerable during the COVID-19 quarantine get needed groceries or pharmacy items delivery fee-free. Volunteers, armed with masks and gloves, go retrieve groceries. Then, they go to the senior's home and swap the groceries for payment, which will be in a secure location on the porch. Lastly, they will call the senior and let them know their groceries have been delivered. With this process, seniors can stay in their homes and will have less exposure to Coronavirus, hopefully making them feel safer.

If you think you could benefit from this service, know someone else that could use it, or would like to volunteer with us please feel free to contact us at: (314) 660-5223 or Rachel.noser@gmail.com. For more information go to: www.leaveittous.global

HOUSEFIT ALLOWS OLDER ADULTS TO STAY ACTIVE

LASM has recently learned of HouseFit, a local business that regularly offers exercise and physical therapy services for seniors and is now rolling out an on-line platform. HouseFit is offering online exercise classes taught by their physical therapy team that are designed specifically for adults 55 and older. All of the routines can be modified to meet your needs and require no special equipment. The classes are being offered on Zoom and can be participated in live or at a later time via an emailed recorded link. If you'd like to give these classes a try, HouseFit is offering a FREE Week of Online Exercise Classes! Call (314) 939-1377 to set up your free week and to receive Zoom tech assistance (if needed). You must have a computer, tablet or smartphone with internet access in order to participate. Your device does not need to have a camera or microphone. HouseFit is willing to work out a group rate for LASM seniors after the initial free week, if there is interest among our community. Please call the LASM office at 314-647-4591 if you try the free classes and want to continue with the program.



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NIGHT LIFE

Two a.m. on a cold spring morning,
the young rabbit sits stilled on the
blackened path,
caught in the glare of the alley light.
Still there?

He keeps his vigil in the night.

What holds him in place in these harsh
surrounds, bereft of tender and tasty
greens? (Life isn't always what it
seems...)

For suddenly from the left and the right
spring two brother cotton-tails poised in
flight,
Their game continues...
And joy rebounds.

*Poem written and shared by
LASM friend Joan Leyden, April 2020*

A BIT OF HUMOR

My wife is singing in the house. I'm sitting
outside so the neighbors don't think I'm
hitting her. 😊

My wife sent me a text that said, "Your
great." So naturally, I wrote back and
said, "No, you're great." She's been
walking around all happy and smiling.
Should I tell her I was just correcting her
grammar or leave it? 😊

My wife just stopped and said, "You
weren't even listening, were you?"
I thought to myself... "That's a pretty
strange way to start off a conversation."
😊

I told my wife she should embrace her
mistakes... she hugged me. 😊