



LINDENWOOD AREA SENIOR NEWS

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May, 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.*

SPRING APPEAL... LASM CELEBRATES 15 YEARS!

It's that time again! Each May we come to you, our readership, to ask of your prayers and financial support. As our second Spring of the pandemic passes by, LASM remains unable to host its annual Spring Fling fundraiser, an opportunity to have marked our organization's 15 year anniversary.

Therefore, we are offering two great ways to support the work of our ministry in the meantime: this newsletter appeal and Give STL Day on May 6th! And the best news...your contributions up to \$10,000 will be matched by a pool of matching gift donors!

We would like to give special thanks to our matching gift donors:

LASM'S BOARD OF DIRECTORS

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TWO ANONYMOUS DONORS

Let's make the most of their generous matching funds! Enclosed you'll find a contribution form and envelope for mailing in your donation. On-line donations can be made on our website at lasministry.org.

Your support funds the care and coordination of our core programs which include: case management services, medical transportation, Saturday Servants, Stephen Ministry, and social and educational programming.

GIVE STL DAY

Give STL Day is 24-hours of online giving to benefit nonprofits serving the St. Louis region. On **Thursday, May 6th** 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 givestlday.org/ LindenwoodAreaSeniorMinistry to make your contribution on May 6. You can also preschedule your Give STL Day gift on this site. Interested in helping us spread the word and impact of Give STL Day? Contact katie@lasministry.org for a sample letter that you can share with your email contacts or on a social media post on May 6th.

We thank you in advance for your prayerful and financial support of LASM!

OLDER AMERICANS MONTH: COMMUNITIES OF STRENGTH

In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Lindenwood Area Senior Ministry as clients, volunteers, neighbors, and our partner churches have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, Lindenwood Area Senior Ministry will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.

Here are some ways to share and connect:

- **Look for joy in the everyday:** Celebrate small moments and ordinary pleasures by taking time to recognize

them. Start a gratitude journal and share it with others via social media or call a friend or family member to share a happy moment or to say thank you.

- **Reach out to neighbors:** Even if you can't get together in person right now, you can still connect with your neighbors. Leave a small gift on their doorstep, offer to help with outdoor chores, or deliver a homecooked meal.
- **Build new skills:** Learning something new allows us to practice overcoming challenges. Take an art course online or try a socially distanced outdoor movement class to enjoy learning with others in your community. Have a skill to share? Find an opportunity to teach someone, even casually.
- **Share your story:** There's a reason storytelling is a time-honored activity. Hearing how others experience the world helps us grow. Interviewing family, friends, and neighbors can open up new conversations and strengthen our connections.

When people of different ages, backgrounds, abilities, and talents share experiences—through action, story, or service—we help build strong communities. And that's something to celebrate! Please join us by telling us about the ways you are sharing and connecting this month. We'd love to hear from you via email: katie@lasministry.org, Facebook message: [facebook.com/LASM.STL](https://www.facebook.com/LASM.STL) or phone: 314-647-4591. We'll look forward to sharing your actions and stories that continue to strengthen our community in our June newsletter. Also join us for an outdoor celebration (see details on page 3)!

UPCOMING EVENT

OLDER AMERICANS MONTH CELEBRATION AT FRANCIS PARK

Let's get together outside to celebrate our LASM community!

When: Tuesday, May 25th (Inclement weather will be moved to May 27th)

Where: Francis Park

Meeting Location: The big evergreen tree in the middle of the Nottingham side of the park, across from St. Gabriel's Church

Time: 10:00 am-Noon

What: Walk, talk, Tai Chi, sit and enjoy the views, raffle baskets, take home treats

RSVP: 314-647-4591 or katie@lasministry.org

Come enjoy a morning at Francis Park with your LASM community. At **10:00 am** we'll gather and walk the inner loop of the park together. This loop is flat and has plenty of benches for resting along the way. At **10:45 am** we'll be joined by Susan Marting, a *certified Therapeutic Tai Chi instructor*, who will offer an introductory Tai Chi session for us. Afterwards all are welcome to stick around to enjoy the outdoors and fellowship. We'll have three health and wellness raffle baskets for participants and bottled water and prepackaged snacks that can be enjoyed socially distanced or on the way home. Please wear a mask.

**Tai Chi is a gentle, ancient exercise which is accessible to just about anyone. Tai Chi is slow, intentional movement, coordinated with your breathing to bring a sense of relaxation. Additional benefits include improved balance, lowered blood pressure, increased mobility and flexibility.*

LASM'S HIDDEN STRENGTH

In reflecting upon this year's OAM theme of Communities of Strength we couldn't help thinking of one of our LASM community's main sources of strength, our incredible volunteer force!

Often hidden behind the scenes, our volunteers are the ones who are out and about on a daily

basis doing the work of our mission. They are providing rides to medical

appointments, helping clients with home maintenance/repair projects, making friendly phone calls, writing letters, providing Stephen Ministry caring visits, preparing our monthly newsletter, fueling ideas for programming and fundraising support.

Know an LASM volunteer? Send them some praise and thanks today! Want to become an LASM volunteer? Contact: 314-647-4591 or katie@lasministry.org.



CASE MANAGER AVAILABLE

Leigh Manalang, MSW, is a phone call or email away if you need any consultation. She can offer information and referrals, needs assessment, health insurance reviews, advocacy and more for a wide-range of issues/concerns that older adults face.

Leigh can be reached at 314-376-4121 or leigh@lasministry.org. Please don't hesitate to contact her today. She works



part-time at Lindenwood Area Senior Ministry on Tuesdays, Wednesdays, and Thursdays.

Lindenwood Area Senior News
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RETURN SERVICE REQUESTED

A GRANDMOTHER'S PRAYER

Dear Lord, I thank you for this day, for little feet to walk beside, and a small hand to hold along the way. Letting me forget I'm growing old even for a day.

Lord help me give my grandchildren gifts of treasured dreams and memories that will give them both roots and wings. I pray my words of wisdom, praise, and encouragement stay with them long after my time here is spent.

Lord with all one could pray for, to me there's nothing so dear as praying for the blessing of having my grandchildren near. Amen.



A BIT OF HUMOR

The psychology instructor had just finished a lecture on mental health and was giving an oral test.

Speaking specifically about manic depression, she asked, "How would you diagnose a patient who walks back and forth screaming at the top of his lungs one minute, then sits in a chair weeping uncontrollably the next?"

A young man in the rear raised his hand and answered, "A basketball coach?"



My wife just found out I replaced our bed with a trampoline. She hit the ceiling!

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I was addicted to the hokey pokey, but then I turned myself around.