



LINDENWOOD AREA SENIOR NEWS

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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

It's that time again! Each May we come to you, our readership, to ask of your prayers and financial support. We are offering three great ways to support the work of our ministry this Spring: 1) this newsletter appeal, 2) Give STL Day on May 10th and 3) participating in our Jukebox Jamboree!

Enclosed you'll find a contribution form and envelope for mailing in your donation. Online donations can be made 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.

LASM is participating in Give STL Day, a 24-hour day of online giving to benefit nonprofits serving the St. Louis region. On **Wednesday, May 10th** 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 on or before May 10th to make your contribution.



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!



You're Invited to a Jukebox Jamboree!
to benefit Lindenwood Area Senior Ministry
Friday, June 2nd

11:30 am - 2:30 pm

Timothy Lutheran Church, 6704 Fyler Avenue
◆Lunch ◆Raffle Baskets ◆Pot of Gold
Entertainment by the 60's Chicks Show Choir!
Tickets: \$15/person



Check your church bulletin for ticket sales information or contact 314-647-4591, katie@lasministry.org to make a reservation. Tables of 8 people can be reserved ahead of time, otherwise open seating. We are seeking sponsors and raffle item donors for this event as well. Contact Katie to inquire about ways to lend your support in this way!

CELEBRATING OUR VOLUNTEERS

LASM paid special tribute to its fabulous volunteers at Epiphany Bowling Lanes during last month's National Volunteer Week. With only two part-time staff members, our ministry's volunteers are truly the hands and feet of this organization. Our deepest gratitude for their unending support and generosity!



Thank You So Much

WTJ FINAL UPDATE

Our ministry's 3rd Annual Walk to Jerusalem wrapped up on Easter Sunday! Our 68 participants collectively walked and prayed more than 8,500 miles! We celebrated with a beautiful, guided walk through the Missouri Botanical Garden on April 12th. Many thanks to all who participated. It was a joy to journey with you!



MAY MYSTERY TRIP!

We won't keep it a mystery to the very end, but details are still coming together for an LASM Spring day trip! The trip will take place on **Tuesday, May 23rd** 9:30 am–3:30 pm and will be in the St. Louis area. If you are interested in receiving trip details as they come together please contact katie@lasministry.org or 314-647-4591.



UPCOMING EVENTS

PILLOW STUFFING

Looking for a great way to give back to your community? Join the Southwest Baptist Pillow Stuffers! They meet on the **3rd Thursday of each month** from 9:30-11:30 am on the 2nd floor of Southwest Baptist Church, 6401 Scanlan. Enter through the side entrance on Tamm Ave. Stuff and stitch pillows closed while enjoying fellowship with others. All the pillows are donated to Missouri Baptist Hospital for surgery patients.

LPNA FLEA MARKET

The Lindenwood Park Neighborhood Association is holding a flea market on **Saturday, May 20th** from 7:00 am to 1:00 pm at Watson Terrace Christian Church, corner of Watson and Winnebago. This is a fun event and any money raised goes back into our community by providing events such as Lindenwood Live, Trivia Night, LinFest, upkeep of the gardens in the park and more. Donations of items you no longer want will be accepted at the venue on Friday, May 19 between 6:30-8:30 pm. Large furniture, large appliances, clothing and broken items are not accepted. If you prefer to sell your own items, LPNA will provide a table and 2 chairs for a small fee. You can keep any profit you make. For more info and an application form, please email fleamarket@lindenwoodpark.org.

HealthFest

Southside Senior Citizens Center Presents the 41st "Bringing It Together" HealthFest on **Friday, May 26, 2023**, 10:00 am to 2:00 pm. Venue: The Munny Upper Parking Lot in Forest Park. Live Entertainment and Exhibitors. For more details, contact Debra at 314-664-5024 or email southsidewellness314@gmail.com

FROM OUR CASE MANAGER

QUESTION: Over the years, I have incurred significant credit card debt and I cannot seem to pull out of it, especially now that I'm on a fixed income. Is there anything I can do?

ANSWER: First of all, know that you are not alone. Debt is a national crisis and 62% of Americans carry credit card debt month to month. Whether you are dealing with the effects of inflation, experiencing a financial strain that comes from an unexpected emergency—or you just need help with money management—a certified credit counselor can help you make a plan to pay off your debt.

I recommend starting with the National Foundation for Credit Counseling (NFCC) which is a nonprofit organization that



turns no one away. The NFCC offers counselors who are consumer advocates. They have built a national network of similarly committed nonprofit member agencies, which offer the right programs and solutions to fulfill their mission of creating access to financial health for anyone who seeks it.

In one session by phone (or in person), an NFCC Certified Counselor will speak with you about your current circumstances and help create an actionable plan to tackle your debt. There are no loans or hidden fees. They maintain relationships with banks and creditors in order to negotiate payment terms, lower interest rates, eliminate late fees, and stop collection calls. The NFCC can be reached at **800-388-2227** or nfcc.org.

—Leigh Manalang, MSW

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RETURN SERVICE REQUESTED

PRAYER FOR GRANDMOTHERS

Holy God, I thank You and pray that as I and every other grandmother grows older, we acknowledge that we still have purpose and value. We still have so much to give our families and this world. We thank You for entrusting us with Your work, and choosing us to bear Your precious fruit.

Guide us to give us more ideas of how we can further be of service to our families and others during the priceless time You have given us on this earth. Motivate us to get out of bed in the morning and use our talents and energy to improve the lot of humanity.

Amen.

A BIT OF HUMOR

My mom from time to time puts on her wedding dress. Not because she's sentimental. She just gets really far behind in her laundry.

—*Brian Kiley*

When your mother asks, "Do you want a piece of advice?" it is a mere formality. It doesn't matter if you answer yes or no. You're going to get it anyway.

—*Erma Bombeck*

Nothing is really lost until mom can't find it. —*Unknown Author*

My mother's menu consisted of two choices: Take it or leave it.

—*Buddy Hackett*

