



LINDENWOOD AREA SENIOR NEWS

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November, 2019

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.*

FALL NEWSLETTER APPEAL

Dear LASM Senior News Reader,

As 2019 draws to a close, LASM is feeling awfully grateful. It's been a full year for our ministry! Our core programs have remained strong. We have provided much needed rides to medical appointments. Our Saturday Servant volunteers have assisted numerous homeowners with inside and outside home upkeep projects. Our Stephen Ministry program grew with the addition of three new volunteers to aid in our work of providing 1:1 Christian care to those hurting in our community. We've offered monthly opportunities to gather for social and educational enrichment. Many have benefitted from resources shared in this monthly newsletter and personalized assistance navigating resources through our case management services.

We are excited to continue offering these vital programs in 2020 and to explore ways that we can grow to continue to meet the needs of older adults in our neighborhood and faith communities. We've conducted a Community Survey over the past several months to aid us in determining where growth and additional resources are most needed and look forward to sharing the results of that

survey with all of you in the near future.

Our ministry simply would not exist without our incredible team of volunteers and without the support of our partner churches and individual donors. We've created a short video to highlight the work of our ministry and to show the impact that our volunteers and donors are making in the lives of those we serve. Please take a moment to visit our website, www.lasministry.org, and check it out.

We've created a short video to highlight the work of our ministry and to show the impact that our volunteers and donors are making in the lives of those we serve.

During this season of gratitude and giving we invite you to join us in carrying out our mission! Pray for the work and success of our ministry. Consider joining our volunteer force. Make a donation to support the care and coordination of our programs and services. Enclosed is a Contribution Form, detailing ways to support LASM and an envelope. LASM is a non-profit organization and financial contributions made to the ministry are **tax deductible**. Thank you in advance for your generosity.

My best wishes for a happy and healthy holiday season for you and your family!

Many Blessings,

Katie Weintraub, MSW
Director

NOVEMBER LUNCH & LEARN: THE SS ADMIRAL

Annie Blum has lived close to the Mississippi River all her life and worked on the steamer Admiral for 16 summers. In the meantime, she earned a bachelor's degree from Fontbonne University, taught high school, and married a steamboat captain. In 2017 Annie's book, *The Steamer Admiral*, was published. We are excited to welcome Annie Blum as our guest speaker for our final Lunch & Learn of the autumn series.

Annie will give us a detailed history of the SS Admiral along with her shared experiences with the company and on the boat. Copies of her book will be available for purchase at \$15. Sure to be a fun trip down memory lane full of many interesting facts! Join us on **Thursday, November 21st** at 11:30 am in Memorial Hall of Southwest Baptist Church, 6401 Scanlan. Lunch will be provided. Please RSVP to the LASM Office: 314-647-4591 by Tuesday, November 19th.

CELEBRATE VETERAN'S DAY

LASM will be celebrating Veteran's Day (one day late) with the help of the *Friendship Village Singers*.



Come enjoy lunch and fellowship on **Tuesday, November 12th**

followed by the performance of several patriotic tunes. We are excited to welcome the 20+ member "wellness through singing" choir to Memorial Hall of Southwest Baptist Church, 6401 Scanlan Ave. The choir is led by LASM Friend and Music Therapist, Rebecca Schomburg. Potluck lunch at noon, please bring a dish to share. Entertainment will begin around 12:45 pm. Please RSVP to the LASM Office at 314-647-4591.

CASE MANAGEMENT Q&A

QUESTION: Where can I get help with making the right Medicare Health and/or Drug Plan Choice for 2020? I think I need some help in doing all of this.

ANSWER: You, a relative, or someone you trust can go on the internet, at www.medicare.gov/find-a-plan to compare the coverage you have now with all of the 2020 options available, and enroll in a new plan if you decide to make a change.

If you would feel more comfortable meeting with someone in person, please call Katie Weintraub, MSW, at 314-647-4591. She will be happy to do a plan comparison for you.

You can also get one-on-one help from the State Health Insurance Assistance Program in Missouri. They offer free unbiased counseling and assistance. They can help you in person by appointment or over the phone, compare plans, and even enroll you into a new one. The number to reach this program is 1-800-390-3330 and is



called CLAIM (Community Leaders Assisting the Insured of Missouri).

Or, you may call a customer service rep at 1-800-MEDICARE (1-800-633-4227) 24-hours a day/7 days a week to find out more about your coverage options. TTY users should call 1-877-325-0778.

Open enrollment ends December 7.

Do you have a case management question? Call 647-4591 or write to 6401 Scanlan, 63139 to have your questions answered in the next newsletter. LASM offers case management services. If you are in need of assistance, please contact Katie at 314-647-4591.

UPCOMING EVENTS

8TH ANNUAL LASM TRIVIA NIGHT

It's not too late to join in the fun of Lindenwood Area Senior Ministry's Trivia Night on **Saturday, November 2nd** at Epiphany of Our Lord Catholic Church, 6596 Smiley at Ivanhoe. Enjoy a night-out with family and friends while also supporting LASM! Doors open at 6:30 pm and trivia begins at 7:00 pm. Register online at lasministry.org/events or contact the LASM Office at 314-647-4591. Cost: \$20/person, competitive tables of 6 at \$120. Soda and snacks provided. You are welcome to carry in additional beverages and snacks.

HOT THANKSGIVING MEALS

Don't let the Thanksgiving holiday pass without enjoying the traditional feast! Parishioners of Epiphany of Our Lord Catholic Church have been providing meals for more than 25 years to individuals who are homebound or unable to celebrate with family and friends. Would you like to receive a free home delivered meal on Thanksgiving Day? Meals are delivered mid-day. Contact Lynn or Bill Kloecker at 636-529-1164 to register.

SAVE THE DATES

Saturday, December 7th: Annual Christmas Market at Timothy Lutheran Church (6704 Fyler) from 11:00 am – 6:00 pm. Cookie Sale and Christmas Bazaar at Mount Tabor UCC (4205 Watson Rd.) from 9:00 am – 1:00 pm.



Tuesday, December 10th: LASM December Social at Noon at Southwest Baptist Church. Potluck lunch followed by presentation on the Kiel Opera House with historian Ed Golterman.

CHRISTMAS LIGHTS TRIP

Join us for a festive night out at LASM's Annual Christmas Lights Trip! We'll enjoy a family-style dinner at Castell's Restaurant in Alton, IL. Dinner will include: fried chicken, mostaccioli, baked potatoes, green beans and tossed salad with orange sherbet for dessert. After dinner we'll head to Christmas Wonderland at Rock Springs Park where the "Grandpa Gang" has hung more than four million lights. Sure to be a fun evening full of Christmas cheer! If time allows, we'll drive through the St. Louis Hills Christmas light displays before returning to our meeting location.

Thursday, December 5th 4:00-8:00 pm.
\$40/person.

Meeting Location: Upper Parking Lot of Southwest Baptist Church, 6401 Scanlan

Reserve your spot today! LASM Office:
314-647-4591

SUICIDE PREVENTION HELP

Mount Tabor UCC, 4205 Watson Road, is hosting a Suicide Prevention Workshop from 12:30-3:00 pm on **Saturday, November 16th**. Lunch will be available at 11:30 am. Suicide is a tough discussion to have with anyone, especially our youth. Unfortunately, it is a very real presence in today's world.

Learn how to have a healthy conversation that could potentially save someone's life. We will learn how the words we use in everyday conversation matter to people who may be suicidal. The session leader will be Cindy Birkner who has worked in Youth Ministry for more than 15 years.

All are welcome – Youth and Adults!
Contact Mount Tabor UCC at 314-645-9025 with questions and/or to RSVP.

Lindenwood Area Senior News
Lindenwood Area Senior Ministry
6401 Scanlan Avenue, Room 201
St. Louis, MO 63139

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RETURN SERVICE REQUESTED

WALK WITH ME

My Jesus, my Friend,
walk with me today.

Hand in hand, guide me to learn
and to know what is good.

Arm in arm, help me to grow
in my faith and in love for others.

Side by side, stay by me to protect me
and show me Your ways.

Heart to heart, help me to pray and
to be all that You want me to be.

Thank you, Jesus, for the special love
You have for me. Amen.

*Shared by LASM Senior News reader,
Sharon Kempen*

A BIT OF HUMOR

A kangaroo kept getting out of his enclosure at the zoo. Knowing that he could hop high, the zoo officials put up a ten-foot fence. He was out the next morning, just sauntering around the zoo. A 20-foot fence was put up. Again he got out. When the fence was 40-feet high, a camel in the next enclosure asked the kangaroo, "How high do you think they'll go?" The kangaroo said, "Unless somebody locks the gate at night, I think they will just keep going!" 😂

Somebody said there are only two kinds of people in the world. Those who wake up in the morning and say, "Good morning, Lord," and those who wake up in the morning and say, "Good Lord, it's morning!" 😂