



# LINDENWOOD AREA SENIOR NEWS

Volume 16,  
Issue 11

November, 2022

**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.*

## 11TH ANNUAL LASM TRIVIA NIGHT

There's still time to reserve your space to join in the fun of our annual trivia night! Enjoy a night out with family and friends while also supporting Lindenwood Area Senior Ministry!

**Saturday, November 19th**

Epiphany of Our Lord Catholic Church  
6596 Smiley Ave., 63139



Doors open at 6:30 pm, trivia begins at 7:00 pm.

The evening will include fun games and a stellar

raffle. Register your table of 6 people for \$150 or make an individual registration for \$25 and be matched with other players looking for teammates. Register online at [lasministry.org/events](http://lasministry.org/events) or contact the LASM Office at 314-647-4591. Hope to see you there!

## INSIDE THIS ISSUE....

Page 2 Remembrance Service  
Hot Thanksgiving Meals  
AARP Smart Driving Course

Page 3 Christmas Lights Trip  
Guardian Assist  
Grocery Delivery

## AUTUMN APPEAL

Hello Lindenwood Area Senior News Readership,

Twice each year, in May and November, we come to you to ask for your support of our ministry. A contribution form and donation envelope are enclosed.

Your support of LASM provides case management services for older adults in need of resources and support, the coordination and offering of social and educational programming, medical transportation services, home repairs/ adaptations via our Saturday Servant program, one on one emotional/ spiritual care via our Stephen Ministry program and this resourceful monthly newsletter!



Help us continue these good works and plan for a successful 2023 by making an end-of-the-year donation to LASM. LASM is a 501c3 organization and gifts are tax deductible. Supporting LASM through an investment's required minimum distribution is another great way to give. Thank you in advance for your generosity.

In gratitude,  
*Katie Weintraub*  
LASM Director

## REMEMBRANCE SERVICE

In honor of the loved ones we have lost over the past year, LASM is hosting a Remembrance Service on **Wednesday, November 30th** at 10:30 am in Memorial Hall of Southwest Baptist Church, 6401 Scanlan.

Join us as we give thanks for the lives of our loved ones and seek to find comfort in fellowship and in God's Word. You are invited to bring a picture of your loved one(s) to place on our prayer table. Light refreshments will be served afterwards. With questions or to RSVP contact [katie@lasministry.org](mailto:katie@lasministry.org) or 314-647-4591.



## SMART DRIVER COURSE

Enroll to participate in an AARP Smart Driver Course on **Tues., Nov. 15**, 2:00-6:00 pm. Tune-up your driving skills and update your knowledge of the rules of the road. Learn about normal age-related physical changes and ways to adjust for those changes. Reduce traffic violations, crashes, and chance of injury.

Some insurance companies offer a discount to participants! The fee for this class is \$20 for AARP members and \$25 for non-AARP members. It is payable to AARP on the day of the training. Register with Charlene Wall at 636-498-9255, instructor and LASM member. The class will be held in Memorial Hall of Southwest Baptist Church at 6401 Scanlan 63139. Refreshments will be provided.

If the cost of the class is prohibitive for you, please contact the LASM Office at 314-647-4591 to inquire about a partial or full scholarship.

## HOT THANKSGIVING MEALS

Don't let the Thanksgiving holiday pass without enjoying the traditional feast! Parishioners of LASM partner church, Epiphany of Our Lord Catholic Church, have been providing meals for more than 30 years to individuals who are homebound or otherwise unable to celebrate with family and friends.



Meals are delivered mid-day and are available to those living in the following zip codes: 63109, 63139, 63110

and 63143. If you live in one of these areas and would like to receive a free, home delivered meal on Thanksgiving Day, contact Matt Ellison to register by email: [esasportsinfo@yahoo.com](mailto:esasportsinfo@yahoo.com), or call Mark at 314-645-6962.

## MEDICARE FRAUD PREVENTION

October 15 to December 7 marks the Medicare Open Enrollment period for Advantage plans and Part D drug plans. The Missouri Senior Medicare Patrol (SMP) wants to remind older adults to be smart consumers as they consider the plethora of advertising aimed at them through TV, Internet, and mail. There are some steps that you can take to protect yourself. Watch for the announcements from your current plan about changes in benefits, premiums, and coinsurance for 2023. This information is important because plans change from year to year; in addition, your medication needs may have changed. Leigh Manalang, our case manager, is willing to help with individual plan comparisons. Contact her at 314-376-4121 or [leigh@lasministry.org](mailto:leigh@lasministry.org).

## UPCOMING EVENT

### CHRISTMAS LIGHTS TRIP

Get in the holiday spirit on our Christmas Lights Trip! This year we are heading to the Celebration of Lights, a holiday light display held at Fort Zumwalt Park in O'Fallon, Missouri. The Celebration of Lights started in 1991 and attracts more than 13,000 vehicles annually.

Each scene is designed and funded by local organizations, churches and businesses.



Prior to taking in the lights we will have dinner at Rendezvous Café in O'Fallon. **Wednesday, December 7th** from 4:00-8:00 pm. \$35/person. Meeting location will be the Upper Parking Lot of Southwest Baptist Church (6401 Scanlan) next to Machacek Library.

Call Jan at 314-644-4299 to reserve your spot today! Please be prepared with an emergency contact name and phone number. Trip payment can be mailed to: LASM, 6401 Scanlan Ave, St. Louis, MO 63139.

## GROCERY DELIVERY

**D**aily Harvest is a grocery shopping and delivery service, using Schnucks with delivery right to your door. No computer or smart phone needed, just call 314-752-6781 to place your order. The cost is the price of the groceries plus one flat delivery fee based on the amount of your order. They accept cash, check, or credit card (\$4 fee for credit card). Family accounts are available, with billing to a family member. Call 314-752-6781 for more information.

## FROM OUR CASE MANAGER

**QUESTION:** Besides energy assistance and a discount on my sewer bill, are there any other utilities I can get help with?

**ANSWER:** The Low Income Household Water Assistance Program (LIHWAP) may be able to help you with a one-time payment for your water bill from November - September. The maximum amount you could get is \$750.00.

LIHWAP can help with:

- Disconnection or reconnection fees
- Threat of disconnection
- Past due and current bills

Who is eligible?

- United States citizen (or legally admitted for permanent residence)
- Missouri resident
- Have \$3,000 or less in your bank accounts, retirement accounts, or investments
- Have maximum monthly income of \$2,370 for one person or \$3,099 for two persons in a household.

How do I apply?

Apply online at [mydss.mo.gov/utilityassistance/lihwap](http://mydss.mo.gov/utilityassistance/lihwap) or call 855-373-4636 to ask a team member to mail you an application. I can also assist in completing the online application.

—Leigh Manalang, LASM Case Manager, 314-376-4121 or [leigh@lasministry.org](mailto:leigh@lasministry.org)

Happy Thanksgiving



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

Non-profit org  
U.S. Postage paid  
St. Louis, MO  
Permit No. 6401

**RETURN SERVICE REQUESTED**

## **THANK YOU FOR MY COUNTLESS BLESSINGS**

**H**eavenly Father, I want to thank You for my countless blessings. I thank You not only for the food I have to eat, lovingly prepared for me, but also for spiritual gifts, in particular the loved ones I cherish dearly, a comfortable place to live, the beauty that surrounds me, health, and spiritual wealth to name a few. I acknowledge you for the countless blessings You've provided. I thank You for giving us clear direction through Your Holy Word. Through good and bad times, help me to see that we are blessed beyond measure. Amen.

*Give thanks to the Lord, for he is good;  
his love endures forever. Psalm 107:1*

## **A BIT OF HUMOR**

*A funny shared by reader, Rita Basinger:*

Diner: Do you serve crabs here?

Waiter: We serve anyone, sit down! 😂

"When you are dissatisfied and would like to go back to youth, think of Algebra." 😂 —Will Rogers

A retired lady needed some extra cash, so she got a guitar and took some lessons. Then she learned some of her generation's favorite oldies.

She got hired by a nursing home to sing for patients by their bedsides. After serenading one bedridden older lady, she got up to leave and said, "I hope you get better soon." The patient replied, "I hope you get better too." 😂