



LINDENWOOD AREA SENIOR NEWS

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October, 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.*

10TH ANNUAL LASM TRIVIA NIGHT

It's time for round two of virtual trivia! Last year's event proved to be successful and fun. We are excited to offer this safe way to gather and support LASM again! We'd love to be joined by even more teams this year. If the term "virtual" scares you, don't let it! We'll be happy to assist you in learning about Zoom and can even do a 1:1 trial run with you ahead of time. Mark your calendar and begin recruiting your team!



When: Saturday, November 6th

Time: 7:00 pm

Location: Zoom

Team Size: Up to 8 people/8 devices

Needed: Internet connection. Ability to access a Zoom link. Some teammates.

How to Support: Spread the word about this event. Be a Round Sponsor for \$75. Pay suggested player fee of \$10-20 per person or device.

Why: You deserve a fun night "in" and supporting a great organization that serves seniors in the Lindenwood Park Neighborhood (and beyond) is just what the

doctor ordered!

Registration Options:

1. Visit lasministry.org/events
2. Email: katie@lasministry.org
3. Call LASM Office at 314-647-4591

SENSORY WALKS AT MOBOT

Our friends at the Missouri Botanical Garden have organized two opportunities for LASM friends to visit and learn at the Garden this Fall! Our senses enhance any experience in nature. Learn to develop an awareness of natural surroundings and slow your pace by paying attention to the sights, sounds, textures and scents all around. Come prepared for a leisurely, short distance walk with a member of MOBOT's Therapeutic Horticulture team. *(Continued on Page 2)*

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KEEP YOUR KEYS DRIVING PROGRAM

LASM is partnering with AARP volunteer and presenter, Charlene Wall, to offer the *Keep Your Keys Program* on **Thursday, October 28th** at 10:00 am. This program is designed for individuals ages 55 and older. It discusses the main factors of how aging affects driving.

Topics also include staying safely on the road and self-accessing one's skills. It is a one-hour presentation with discussion. All participants will receive a take-home booklet for review.



Limited in-person spaces available in Memorial Hall of Southwest Baptist Church,

6401 Scanlan Ave. Unlimited virtual attendance via Zoom. This is a free program offered by AARP. Reservations are required. Contact Katie at 314-647-4591 or katie@lasministry.org.

SENSORY WALKS

(Continued from Cover Page)

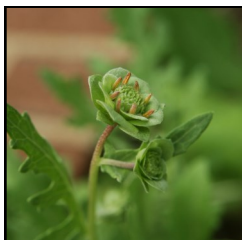
Thursday, October 7th or
Tuesday, October 19th
at 10:00 am.

Limited to 10 attendees per day. Meeting

Location: the Garden's main entrance at 4344 Shaw Blvd. This program is sponsored by Allegro Senior Living in Richmond Heights so there's no cost to you!

To reserve your space contact Katie at 314-647-4591 or katie@lasministry.org

Come join us for this fall outing!



DISCOVER WHAT STEPHEN MINISTRY IS ALL ABOUT

Lindenwood Area Senior Ministry is excited to announce that it will be expanding its Stephen Ministry program with the training of a fifth class of Stephen Ministers!

Our Stephen Ministers work alongside the LASM Director and the pastors of our partner churches to care, encourage, and provide emotional and spiritual support to seniors who are going through a difficult time.

If you have gifts for caring, encouragement, and listening — consider becoming a part of this important ministry. The training will be held in conjunction with Timothy Lutheran Church and South Grand Senior Ministry and will begin in February 2022.

Come learn more!

What: Stephen Ministry Introductory Workshop

When: Sunday, October 24th

Time: 12:15 – 1:00 pm

Where: Timothy Lutheran Gym, 6704 Fyler

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



Did you know that October 10, 2021, is National Cake Decorating Day? Make a cake and eat it too!

UPCOMING EVENT

MEDICARE EDUCATIONAL WORKSHOP

As Medicare recipients gear up for another open enrollment period (October 15-December 7), come get educated around the ins and outs of the Medicare maze.



LASM Case Manager Leigh Manalang will present a free Medicare educational workshop on **Tuesday, October 12th** at 10:00 am in Memorial Hall of Southwest Baptist Church, 6401 Scanlan Ave.

If you are turning 65 soon, or have been receiving Medicare benefits and are confused by the process, this will be a good event to attend! Leigh will explain differences between original Medicare and Medicare Advantage plans, key takeaways and updates for 2022, and try to simplify the federal program's terminology for you.

We will have limited in-person spaces available as well as unlimited virtual attendance via Zoom. Reservations required. Contact Leigh at 314-376-4121 or leigh@lasministry.org to reserve your space today.

While this workshop will not include any plan specific details, Leigh is happy to meet with individuals at another time to review your unique plan, talk through your insurance needs and health concerns, and help you understand any changes that might be coming in 2022. She can also help you compare your current plan to other Medicare Advantage plans that are offered to Missouri residents. For an individual consultation, please contact Leigh at 314-376-4121.

FROM OUR CASE MANAGER

MAKE PHONE CALLS EASIER

Do you have trouble hearing on the phone? You can apply for a no-cost captioning phone. This phone displays big, easy-to-read text that automatically captions your conversations. It dials, rings and works just like a regular phone.

Complimentary delivery, installation, training and support. Must have in-home internet



connection. Caption Call is part of a federally funded program to benefit people with hearing loss. This fund pays the total cost of service for qualified users.

You can learn more or apply by contacting Cheryl Green, Missouri Account Manager, at 314-332-0661 or cgreen@captioncall.com

—Leigh Manalang, 314-376-4121

ABOUT OUR SERVICES

LASM is a partnership of four faith communities providing a variety of support services for older adult members of the partner congregations as well as any senior living in the Lindenwood Park neighborhood. Our services and programs include: medical transportation, minor home maintenance & repair, Stephen Ministry, case management, social engagement, and educational programming. Please call 314-647-4591 to get more information, refer a neighbor or learn about volunteer opportunities!



Lindenwood Area
Senior Ministry

Lindenwood Area Senior News
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RETURN SERVICE REQUESTED

GIVE ME YOUR LIGHT

Jesus, I feel within me
a great desire to please you
but, at the same time,
I feel totally incapable of doing this
without your special light and help,
which I can expect only from you.

Accomplish your will in me —
even in spite of me.

—St. Claude La Colombière, SJ

*Do all things without murmuring and
arguing, so that you may be blameless
and innocent, children of God.*

Philippians 2:14-15

A BIT OF HUMOR

Father William, the old priest, made it a
practice to visit the parish school one
day a week.

He walked into the 4th grade class,
where the children were studying the
states, and asked them how many states
they could name. They came up with
about 40 names.

Father William jokingly told them that in
his day, students knew the names of all
the states. One lad raised his hand and
said, “Yes sir, but in those days there
were only 13 states.” 😂

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People want the front of the bus, the  
back of the church, and the center of  
attention. 😂