



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.*

PERRYVILLE DAY TRIP

Hit the road to Perryville, Missouri on Thursday, October 27th. This day trip will offer the opportunity to enjoy beautiful works of religious art, time for prayer and reflections, and the chance to remember and honor our nation's veterans. We'll begin the day with a guided tour of The National Shrine of Our Lady of the Miraculous Medal which was built in 1929. The church is decorated with beautiful paintings, stained glass windows, and intricate design work on the walls and ceilings. The Shrine's grounds offer beautifully landscaped walking paths.

Lunch will be at Perryville favorite, Mary Jane Burgers & Brew. There we'll enjoy a burger bar with all the fixings with sides of creamy slaw and seasonal pasta salad.

After lunch we'll visit Missouri's National Veterans Memorial that is dedicated to honoring our nation's veterans. We'll



receive a guided tour of the Memorial which includes a military museum, a Guardians of Freedom Monument, an Honor Flag Memorial and a full-scale model of the Vietnam Veterans Memorial Wall identical to that in Washington D.C.

Thursday, October 27th from 9:00 am to 4:00 pm. We will depart from the upper parking lot of Southwest Baptist Church, 6401 Scanlan. All inclusive price: \$65/person. RSVP to katie@lasministry.org or 314.647.4591. Mail trip payment to LASM, 6401 Scanlan Avenue, St. Louis, MO 63139.



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11TH ANNUAL LASM TRIVIA NIGHT

It's back to in-person! Join in the fun of Lindenwood Area Senior Ministry's 11th Annual Trivia Night! Saturday, November 19th at Epiphany of Our Lord Catholic Church, 6596 Smiley at Ivanhoe. Enjoy a night-out with family and friends while also supporting your favorite senior ministry, LASM!

Doors open at 6:30 pm and trivia begins at 7:00 pm. Register online at lasministry.org/events or fill out, clip and mail the registration form to the right. Cost: \$25/person, tables of 6 at \$150. Table reservations of more than 6 players are welcome, but will not be eligible for prizes. If you don't have a full table we can match you with other individual players. Soda and snacks provided. You are welcome to carry in additional beverages and snacks.

Not able to attend, but would still like to support this event? You can donate a raffle item, be a \$100 Round Sponsor or Trivia Friend! All proceeds will benefit the care and coordination of our core services: Saturday Servants, medical transportation, Stephen Ministry, case management, social engagement, educational programming and this monthly newsletter. Questions, please contact the LASM office at 314-647-4591 or katie@lasministry.org.

AUTUMN WALKING GROUP

Let's enjoy the cooler weather and watch the colors of the seasons change! We'll gather on the **2nd Thursdays at 10:00 am** in Lindenwood Park for a morning stroll. Meet up at the corner of Jamieson and Pernod. Dates: October 13th and November 10th. No need to RSVP. Hope to see you there!

LASM TRIVIA REGISTRATION



Name: _____

Phone: _____

Please check one:

- I would like to register a table of 6 players. \$150
- I would like to register as an individual player and be matched with a table of other individual players. \$25
- I would like to be a trivia Round Sponsor. \$100
- I would like to be a Trivia Friend via my enclosed donation of \$ _____
- I would like to donate an item for the trivia's raffle table (enclose with registration or contact the LASM office 647-4591 to arrange an item pick-up).

Please mail this form with payment made to: *Lindenwood Area Senior Ministry, 6401 Scanlan Ave., St. Louis, MO 63139.*

SUPPORTING TRIVIA

LASM's Trivia Committee is seeking donations of raffle items and/or already made raffle baskets. Ideas include autumn or holiday themed décor and treats, games, restaurant gift cards, tickets or memberships to local attractions, store gift cards, gift certificates for services such as hair/nail care, massage or an oil change.

We are also seeking volunteers to assist with set-up/clean-up, running the raffle, serving snacks/drinks and judging trivia. Please coordinate the donation of a raffle item or sign up to volunteer by contacting katie@lasministry.org or 314-647-4591.

UPCOMING EVENTS

AGING & ARTHRITIS WORKSHOP

Back by popular demand, Geriatric Physical Therapist, Dr. Beth of HouseFit, is returning for a talk on Aging & Arthritis. More than 100 different forms of arthritis affect tens of millions of Americans, causing pain, swelling, physical deformities, and disabilities. The most common form, osteoarthritis, results from trauma, infection, or aging of the body's joints. You won't want to miss out on this learning opportunity on managing the aches and pains of arthritis. Find out about:

- Osteoarthritis and what causes it.
- The myths of arthritis that keep you from enjoying life.
- The most highly recommended treatment options for arthritis.
- Why "wear and tear" should be replaced with "wear and repair".
- Is it safe to do a painful exercise?

Join us on **Thursday, October 20th** at **10:00 am** in Memorial Hall of Southwest Baptist Church, 6401 Scanlan. RSVP to LASM's Office at 314-647-4591 or katie@lasministry.org. Zoom attendees are welcome as well, just send us an email to receive the link. Free to attend; donations welcome. Continental breakfast will be provided.

'A MATTER OF BALANCE' CLASSES

Wednesdays Oct 12th-Dec 7th

9:30-11:30 am

SSM Health St. Mary's Hospital
Mother Odelia/Mother Concordia

Classes are held once a week for 8 weeks, no class 11/23. Program is Free of Charge. For more information, please contact Haley Strebler, Master Trainer, at 314-257-7200 or Haley.Strebler@ssmhealth.com

FROM OUR CASE MANAGER

MEDICARE OPEN ENROLLMENT OCTOBER 15TH-DECEMBER 7TH

I am offering free consultations to review your Medicare insurance plan, talk through your insurance needs and health concerns, and help you

understand any changes that might be coming in 2023. I can also help you compare your current plan to other



Medicare Advantage plans that are offered to Missouri residents. I am also happy to assist with your Medicare Prescription Drug Plans. For an individual consultation, please contact me at leigh@lasministry.org or 314-376-4121.

LOW INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)



Now is the time to apply for help with your upcoming winter heating bill! LIHEAP provides discounts on your electric or gas bills. You must have \$3,000 or less in bank accounts, retirement accounts, or investments; and meet specific income guidelines that vary according to household size.

Annual income for one person must be at or below \$26,531 or \$34,694 for two persons. The application can now be submitted online to the Community Action Agency for the area in which you live. I can also provide you with a paper application if you prefer to mail it in. Please contact me for more information or assistance with applying.

—Leigh Manalang, LASM Case Manager, 314-376-4121

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RETURN SERVICE REQUESTED

GOD'S BLESSINGS

God, you bless us with the gift of perseverance that keeps us upright in the face of all that threatens to topple us. You bless us with the gift of hope, which sustains our energy while we work to make real that which we are hoping for. You bless us with the gift of love, which buffers our hearts from all that could break them. You bless us with the gift of compassion, which enables us to shoulder one another's burdens and celebrate one another's joys. For your sustaining power, we offer our praise. Amen.

He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. —Hebrews 1:3

A BIT OF HUMOR

A couple in their nineties are both having some short term memory loss. While in for a checkup, the doctor says that physically they're okay, but since they're having trouble remembering things, they might want to start writing things down. Later that evening the husband asks, "Would you like anything from the kitchen?" "Some vanilla ice cream," his wife says. "Okay." "Shouldn't you write it down so you don't forget it?" she asks. "Don't worry, I won't forget." "Well," she says, "A few raspberries on top would be great. You want to write that down?" "I've got it." "And chocolate sauce, too. Maybe you'll forget that. Want me to write it down for you?" A little miffed, he replies, "I've got it! Ice cream, raspberries and chocolate sauce. I don't need it written down, for gosh sakes!"

He goes to the kitchen. A half hour later, he comes back with a plate of ham and scrambled eggs, and gives it to his wife. She stares at the plate a few seconds, then says, "You forgot my toast." 😞