



LINDENWOOD AREA SENIOR NEWS

Volume 15,
Issue 9

September, 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.*

JOIN LASM FOR OUR 15TH ANNIVERSARY CELEBRATION!

In late 2006, five congregations in the Lindenwood Park Neighborhood partnered together to form a ministry that would serve the older adult members of their churches and provide outreach to any senior living in the neighborhood around their churches. They recruited leadership, surveyed their congregations, pooled resources and secured grant funding.

From these efforts the planning and building out of programs began and.... Lindenwood Area Senior Ministry (LASM) was born! Since that time, LASM has worked tirelessly to meet the needs of older adults in its partner congregations and neighborhood. LASM has been blessed with strong partnerships, generous supporters and dedicated volunteers. Important support and beautiful relationships have blossomed and grown. What a blessing!

Come help us celebrate the 15 years of community we have had in LASM and all that is to come! Enjoy lunch, fellowship, entertainment, and a timeline of LASM's first 15 years!

"Like" our ministry's page to stay up-to-date on our latest happenings! Find us at www.facebook.com/LASM.STL

**Tuesday, September 14th
11:30 am-1:30 pm**

Outdoors on the front lawn/entry way of Southwest Baptist Church
6401 Scanlan Avenue
Boxed lunches by Bubba's Deli.

Entertainment by John + Doe singing big band favorites of the '40s & '50s. Some tables and chairs will be set up, but all who can are encouraged to bring a lawn chair and sun umbrella. \$10 suggested donation for the meal, payable on the day of the event.

Back up bad weather day will be Tuesday, September 21st.

Reservations required: contact Katie at 314-647-4591 or katie@lasministry.org.

Hope to see you there!



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HELP US HELP YOU: RECOMMENDATIONS REQUESTED

Hello Friends,
Leigh, our ministry's Case Manager, and myself frequently receive phone calls for assistance finding a trusted professional or service provider. We are always looking to grow our referral list with well trusted and highly recommended individuals/companies. We wish to support our local businesses and spread the word about LASM's programs and services to the people that are serving you! Please let us know if you have an individual or business to add to our list! We are looking for recommendations in the following areas:

Household Needs

- Grass Cutting
- Snow Removal
- Leaf Removal
- Landscaping
- Painting
- Roofing Repairs/Replacement
- Plumbing Services
- Electrical Services
- Heating/Cooling Services
- Handyman/Odd Job Services
- House Cleaning

Personal Care

- Home Health Services
- Independent Senior Caregivers
- Hairdresser/Barber
- Chiropractic Services
- Massage Therapy
- Dentist
- Eye Doctor
- Hearing Aid Services
- Physical/Occupational Therapy Services
- Transportation Providers
- Grocery Delivery

Other Needs

- Car Shop/Mechanic
- Elder Law/Estate Planning
- Financial Planning
- Tax Preparer
- Car/Home Insurance Agent
- Realtor

Please send recommendations to katie@lasministry.org or 314-647-4591. Thank you in advance for your assistance.

Katie Weintraub
LASM Director

STEPS TOWARD HAPPINESS

Let's welcome autumn with a little more lightness in our hearts! Join us for a morning workshop where we'll discover new insights for creating joy and happiness in our daily lives!

Our guest speaker will be Donna Adams with Lutheran Senior Services. **Tuesday, September 28th at 10:00 am** in Memorial Hall of Southwest Baptist Church, 6401 Scanlan Ave. We will have limited in-person spaces available as well as unlimited virtual attendance via Zoom. Reservations required. Contact Katie at 314-647-4591 or katie@lasministry.org.

AUTUMN YARD CLEAN-UP

At this time of year, many of our older adult homeowners face the daunting task of cleaning up yard overgrowth and weeds, trimming hedges and raking up fallen leaves.

Our Saturday Servant programming is gearing up to help tackle these needs and recruit additional helpers. If you are in need of assistance or would like to volunteer your time to help we want to hear from you! Our Fall service dates are September 11th, October 9th and November 13th. Contact Katie at 314-647-4591 or katie@lasministry.org.

UPCOMING EVENT

SAVE THE DATE - TRIVIA 2021

Our ministry will be celebrating its 10th Annual Trivia Night on **Saturday, November 6th** at 7:00 pm! Please mark your calendar and begin recruiting your team. We are still determining if the event will be hosted in-person or virtualy, but either way the show will go on! More details to follow in next month's newsletter.

WALK WITH EASE

Join the upcoming "Walk with Ease" program sponsored by St. Louis Area Agency on Aging (SLAAA) starting the week of October 4th. Participants receive:

Free Book (no cost, \$11.95 value)

Walking Activity Log

Online resources

Exercise

Walk 3 times per week for 6 weeks at your own pace.

Meet Mondays and Thursdays on Zoom at 12 noon to 1:00 pm.

Walk on your own with friends in your neighborhood or at a time convenient for you at home.

Keep a walking diary in your free book! To register and receive Zoom link, please call: Sheila at 314-657-1670, St. Louis Area Agency on Aging. Mention you are with Lindenwood Area Senior Ministry and Leigh Manalang will pick up and deliver your free book!



FROM OUR CASE MANAGER

FALLS PREVENTION AWARENESS

September includes Falls Prevention Awareness and I want you to know about a new online tool to help older adults stay falls free. The coronavirus pandemic has changed a lot of things. One thing that's still the same — falling is NOT a normal part of aging.

LASM is committed to empowering all older adults to reduce their risk of falls, which are one of the greatest causes of serious injuries and death among people over age 65. The National Council on Aging (NCOA) is marking Falls Prevention Awareness Week with a new online falls risk assessment tool available at no cost to individuals. Visitors to www.ncoa.org/FallsFreeCheckUp can complete a short, 12-question survey that screens for the most common falls risk factors. If you don't have access to the internet, I am happy to assist you in completing the survey. Learn steps you can take to stay safe. You can prevent falls by doing the right exercises, making your home safer, and getting regular health checkups.

—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 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

PRAYER FOR SPIRITUAL MISSION

Good and gracious God,

I am grateful for your constant patience and love. Help me to focus on what's truly important in my life — my spiritual mission, my calling. Strengthen my resolve to always follow you, especially when distractions



emerge, and give me the patience to support others who are also trying their best to live according to your teachings. I ask this in Jesus' name, who has shown us all the way, and supports our every step. Amen.

—*Bryan Sokol*

A BIT OF HUMOR

Two friends are talking before a game of golf.

First golfer: "I have the greatest golf ball in the world. You can't lose it."

Second golfer: "How so?"

First golfer: "If you hit it into the sand, it beeps. You hit it into the water, it floats. If you want to play golf at night it glows."

Second golfer: "Hey, sounds good. Where did you get it?"

First golfer: "I found it in the woods." 😂

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Before I criticize a man, I like to walk a mile in his shoes. That way, when I do criticize him, I'm a mile away and I have his shoes. 😂