



# LINDENWOOD AREA SENIOR NEWS

Volume 16,  
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September, 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.*

## BETTER BALANCE

**D**id you know that September 22<sup>nd</sup> is National Falls Prevention Awareness Day? The goal of this day is to increase awareness of the dangers of falls and focus on injury prevention. LASM is recognizing this day by hosting a special workshop with physical therapist, Dr. Beth. She is a Board Certified Specialist in Geriatric Physical Therapy and received her Doctorate of Physical Therapy from Washington University.

If you've noticed you aren't as steady on your feet as you used to be, it's tempting to think that it's just a normal part of aging—but it's not! Learn how you can improve your balance and prevent falls, no matter your age!

Join us for this free workshop!  
**Thursday, September 22<sup>nd</sup> at 10:00 am**  
Memorial Hall of Southwest Baptist Church, 6401 Scanlan.

During This Workshop You'll Learn:

- Why you shouldn't accept falling as a normal part of aging.
- The alarming cost of falling and how a prevention mindset is your greatest tool to stay safe.
- The consequences of not being able to get up from the floor after a fall.
- How exercise improves balance and can prevent falls! (*Continued on Pg 2*)

## BLINDNESS SENSITIVITY TRAINING

**W**e are excited to host LASM participant, Patti Schonlau for a special presentation and discussion on blindness sensitivity. Patti has a Masters in Education in K-12 Blind and Visually Impaired Children and a Masters in Rehabilitation Teaching for the Blind Adult.

As a young adult, Patti gradually lost her vision becoming blind at age 25. Patti has a passion for sharing her story and helping others learn about visual impairment. Come learn from Patti's wealth of knowledge and experience. We'll watch a short video about vision loss, participate in experiential learning activities, learn practical tips for assisting persons with visual impairment and have time for Q & A.

**Thursday, September 29th**  
11:30 am – 1:30 pm, Memorial Hall  
Southwest Baptist Church, 6401  
Scanlan.



Lunch will be provided. Reservations required at least 2 days in advance. RSVP to the LASM Office at 314-647-4501 or email [katie@lasministry.org](mailto:katie@lasministry.org).

## MEET NOAH & IEVA



This Fall, LASM has the privilege of having two students from Concordia Seminary do service learning with us! Noah Russell is working on his Masters in Divinity and Ieva Hermanas is a Deaconess student. They will be shadowing LASM staff, Katie and Leigh, to learn the ins and outs of how a ministry like ours works and dedicating several hours of service to our ministry's programs. Please join us in welcoming them!

## BETTER BALANCE

*(Continued from the Cover Page)*

- The top 6 balance exercises you can do at home.

RSVP to Jan Holmes at 314-644-4299. We are open to Zoom attendees as well. If you'd like to attend by Zoom please give Jan your email address and a link will be sent to you.

## LINFEST RETURNS OCTOBER 1ST

Linfest is back in 2022! As our most celebrated neighborhood festival, Linfest highlights all the neighborhood has to offer. Enjoy many family friendly activities, live music and performances, raffles, booths from area businesses and craft vendors, and more. Plus, enjoy fare from local restaurants, who will be on hand dishing out delicious food, drinks and treats.

**Saturday, October 1st, 11:00 am to 4:00 pm. See you at Lindenwood Park!**

## STEPHEN MINISTER TRAINING UNDERWAY

Our Stephen Minister training class got underway on Sunday, August 21st. We are delighted to see our Stephen Ministry program grow as four women have graciously answered God's call to participate in this caring ministry. Training sessions are being held in collaboration with Timothy Lutheran Church and South Grand Senior Ministry through December of this year.



Then these women will join our Stephen Ministry team in bringing their caregiving skills to LASM seniors. 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, such as grief, loneliness, chronic illness, or isolation. Please keep each of our Stephen Minister trainees: **Linda Jean, Deb Lowes, Mary Murphy and Christine Trudell** in your thoughts and prayers as they train for this important ministry.

## UPCOMING EVENTS

### **AUTUMN WALKING GROUP**

Let's gather to enjoy the cooler weather and watch the colors of the seasons change! We'll meet throughout autumn on the **2<sup>nd</sup> Thursdays at 10:00 am** in Lindenwood Park for a morning stroll. Meet up at the corner of Jamieson and Pernod. Dates: September 8<sup>th</sup>, October 13<sup>th</sup> and November 10<sup>th</sup>. No need to RSVP. Hope to see you there!

### **SAVE THE DATE: TRIVIA 2022**

LASM's Annual Trivia Night is returning to in-person this year! Save the date to join us on **Saturday, November 19<sup>th</sup>**. It will be held in the gym of Epiphany of Our Lord Catholic Church. Doors will open at 6:30 pm and trivia will begin at 7:00 pm. It's not too early to begin recruiting your table of 8. More details to follow in next month's issue.



### **ED COMES HOME: A SHOW & EXHIBIT**

Ed Golterman is a local performer, historian and curator who has offered several presentations for our LASM community. He would like to invite all of you to a cabaret show and exhibit that he is hosting with musicians John Walsh and Bill Burnes. **Saturday, September 24<sup>th</sup>** at 3:00 pm at the Blue Strawberry Showroom & Lounge in the Central West End, 364 N. Boyle Ave. (63108). Purchase your tickets (\$20-\$25/ticket) online at [bluestrawberrystl.com](http://bluestrawberrystl.com). Drinks and food available for purchase.

### **"LIKE US" ON FACEBOOK**

"Like" our ministry's page to stay up-to-date on our latest happenings!

Find us at [www.facebook.com/LASM.STL](http://www.facebook.com/LASM.STL)

## FROM OUR CASE MANAGER

**QUESTION:** My hearing is getting worse. I know that hearing aids are very expensive. Do you have any advice?

**ANSWER:** The Center for Hearing & Speech is a non-profit organization that can be more affordable for individuals with limited incomes. They provide need-based financial assistance, ranging from partial to full funding. Currently, United Way has provided them with a grant specifically for St. Louis City residents. Some clients could be eligible for hearing aid assistance through Missouri Vocational Rehabilitation services. The Center for Hearing & Speech also partners with Midwest BankCentre to provide a low-interest loan for all who qualify.



The main clinic is located at 9835 Manchester Road in St. Louis, 63119.

Call to apply: (314) 968-4710

More information and financial aid applications can be found at their website: [chsstl.org](http://chsstl.org)

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

## NEWSLETTER MAILING LIST

If you are no longer interested in receiving this newsletter, please notify Katie Weintraub at 314-647-4591 or [katie@lasministry.org](mailto:katie@lasministry.org).

If you would like to receive an electronic copy of the newsletter, send a message to [katie@lasministry.org](mailto:katie@lasministry.org). We will add you to the monthly distribution list!

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## **TRANSFORM ME**

Lord Jesus,  
Transform me into yourself. May my hands be your hands, may my words be your words. Grant that everything I do may serve only to glorify you.

I pray your Holy Spirit watch over and guide me. Keep me turned to you and grateful in all things so that I may live my life with you and for you — and truly say with St. Paul, “I live now, not I, but Christ lives in me.” Amen.

*We thank you, God, for the moments of fulfillment: the end of a day’s work, the harvest of sugarcane, the birth of a child, for in these pauses we feel the rhythm of the eternal.*

—Prayer from Hawaii

## **A BIT OF HUMOR**

**A**n elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was. The hearing specialist said, “It all seems perfect. Your family should be delighted you can hear everything now.” “Oh no,” the man responded. “I haven’t told any of them. I just sit quietly, listening carefully. I’ve changed my will four times.” 😂

“There are two theories on hitting the knuckleball. Unfortunately, neither of them works.” 😂