



LINDENWOOD AREA SENIOR NEWS

Volume 5, Issue 3

March, 2011

SAVE THE DATE!

Lindenwood Area Senior Ministry's

5th Annual Spring Fling

"Butterfly Kisses"

Saturday, April 16, 2011

4:30-8:00 pm

Timothy Lutheran Parish Hall

Join us for an evening of FUN – Fellowship, Dinner, Live Music, Dancing, Silent Auction, Door Prizes and MORE!

Ticket sales will begin on March 14th and can be purchased through the LASM Director (647-4591) or through your church's contact person (please see your bulletin). The Spring Fling committee is seeking silent auction and door prize donations for this year's event. Please contact Katie at 647-4591 if you have an item that you would like to donate.

YOUTH GROUPS SEEKING SPRING TIME WORK

LASM has been contacted by two teen groups that would like to be of service to the older adults of our ministry! Please contact Katie (647-4591) if you are in need of assistance. The groups are able to address outside work such as raking, pulling weeds, and cleaning porches and patios. Dates of service are scheduled for **April 8th-9th**. Due to transportation limitations and time constraints, this opportunity is only available to those living in the Lindenwood Neighborhood.

GUIDED AUTOBIOGRAPHY SERIES BEGINS MARCH 3RD

Do you enjoy reminiscing? Are you a history buff? Do you enjoy learning about other's journeys? If so, this is the series for you!

To honor and celebrate your stories, Lindenwood Area Senior Ministry will be offering *Guided Autobiography*, a 10-week course designed to provide a process for life review that incorporates individual and group experiences with autobiographical writing.

Throughout the course you will be guided through writing about your life experiences with the goal of having your story well-documented by the course's end. This course will be held on **Thursday** mornings (March 3rd – May 5th) at **10:00 am** at **Southwest Baptist Church** – Memorial Hall (6401 Scanlan Ave). It is not necessary that you be present at all sessions in order to participate.

Contact Katie at 647-4591 if you plan to attend.

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INTELLIGENCE STUDY

Older adults (aged 65+) are invited to participate in the development of the second edition of the *Wechsler Abbreviated Scale of Intelligence (WASI-II)*. Individuals are being asked to take the test in order to develop standards for performance at each age range (for example, most 65-year olds earn this score, most 70-year olds earn this score, etc.).

Participation takes about one hour and involves tasks such as defining familiar words and finding the missing piece in a pattern. Eligible participants earn \$25 for their time. For more information, please contact Jill Isenberg at 314-265-7161 or vanpelt1976@yahoo.com.

FREE DIABETES PROGRAM

You're invited to take part in a free 16-week program, designed to bring both hope and means for older adults to combat obesity and cope with diabetes. Bilingual International Assistant Services is pleased to announce its new *Diabetes and Obesity Comprehensive Intervention and Education program* for St. Louis City residents. This program serves consumers 55 and older.

Program offers: education classes on healthy eating and exercise using the *You Can* toolkit and *10 Steps to Healthier Aging* curricula, cognitive behavioral therapy, one-on-one counseling provided by licensed therapists, pharmaceutical assessments provided by doctor of Pharmacology. Services will be provided in-home for all homebound! For more information about the program, or to see if you qualify, call Kimberly at 692-9010.

YOUR HEALTHCARE QUESTIONS ANSWERED!

Come learn what you need to know about changes in Medicare insurance plans, Medigap coverage and at-home rehabilitation services. Our guest speaker will review options for Medicare D “donut hole” coverage and will explain upcoming changes in Medicare coverage. Q & A time will be available, so come prepared with your questions. Light refreshments will be served. RSVP to Katie at 647-4591 by March 16th.



Friday, March 18th

10:00 - 11:00 am

Epiphany's Assumption Room –
6596 Smiley Ave.

Guest Speaker: Dee Magee, Geriatric
Care Manager

MoRx: SAVES YOU MONEY

MoRx is Missouri's state pharmacy program, which pays 50 percent of members' out of pocket costs remaining after their Medicare Prescription Drug Plan pays. The income level for eligibility for MoRx has gone up to \$21,660 for a single person and \$29,140 for a married couple (annual gross income). **Liquid assets (savings) do not affect your MoRx eligibility.**

There are no costs associated with enrolling in or belonging to MoRx. You can apply for MoRx at any time throughout the year. Once enrolled, you never need to re-apply. You can download the enrollment forms at www.morx.mo.gov or call Katie at 314-647-4591 for an application.

UPCOMING EVENTS

LIFE LINE SCREENING

Lindenwood Area Senior Ministry is pleased to offer preventive health screening in collaboration with Life Line Screening. The screenings will be offered on **Monday, March 28th** at Mount Tabor UCC (6520 Arsenal) and test for stroke risk, vascular disease, and bone density. Call 1-888-653-6441, or visit www.lifelinescreening.com, for more information and to pre-register. Discount coupons are available through LASM's office – contact Katie at 647-4591 to inquire about receiving a coupon.

RUMMAGE SALE

March 19th, 8:00 am – Noon
Timothy Lutheran Parish Hall, 6704 Fyler

CARD PARTY

Epiphany's Ladies Guild invites you to a Card Party on March 21st (and the 3rd Monday of every month) from 10:00 am-2:00 pm. Brown bag lunch. Dessert and coffee provided. \$2 entrance fee. Simple card games. Epiphany of Our Lord (6596 Smiley) – Assumption Room.

ABOUT OUR SERVICES

Lindenwood Area Senior Ministry is a partnership of five 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, health promotion, social engagement, information & referral, and this monthly newsletter! For more information contact Katie Weintraub, Director, at 314-647-4591.

HEALTH CORNER

Here's a brief rundown of changes to Medicare in 2011:

1. Original Medicare will cover the full cost of an annual wellness visit with your doctor.

The yearly check-up will include routine measurements like your blood pressure, a review of your prescriptions and medical history, and a personal assessment of any risks to your physical and mental health. Until now, you've been entitled to one "Welcome to Medicare" exam during the first year you sign up for Medicare's Part B, which covers outpatient services.

2. If you have a drug plan and reach the coverage gap, or "donut hole," you'll receive a discount on your prescriptions.

You'll get 50 percent off the price of brand-name drugs and 7 percent off generics. And even though you'll pay less for a brand-name drug, you can count the prescription's full retail price toward the amount you're required to spend on drugs to qualify for catastrophic coverage.

3. If you have Original Medicare, you'll pay nothing out of pocket for most preventive services.

In the past, you've usually paid 20% of the Medicare-approved amount for lab tests and screenings after you met your annual deductible. In 2011, you won't have to worry about a deductible, co-payment or coinsurance for: colonoscopies, mammograms, Pap tests and prostate cancer screenings. If you're in a Medicare Advantage plan, call to find out whether it has also eliminated out-of-pocket costs for tests and screenings.

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RETURN SERVICE REQUESTED

TIME FOR CHANGE

It's time, Lord, for a change. Time to move forward and leave the ruts behind. Pull me, push me, and lift me — whatever it takes! Just don't let me stay here and become a fixture in the halls of an unchallenging existence. I need to be stretched and bent and moved so I can continue to grow.



There are physical therapists who help people increase their range of physical motion and ability. God, be my spiritual therapist! Take my spirit to new levels of strength and movement.

I am ready to follow your instructions.
Amen.

A BIT OF HUMOR

A fifth grade teacher in a Christian school asked her class to look at TV commercials and see if they could use them in ways to communicate ideas about God. Here are some of the results:

God is like... Bayer Aspirin, He works miracles.

God is like... Coke, He's the real thing.

God is like... Hallmark Cards, He cares enough to send the very best.

God is like... General Electric, He brings good things to life.

God is like... Allstate, You're in good hands with Him.

God is like... Maxwell House, Good to the last drop!