



LINDENWOOD AREA SENIOR NEWS

Volume 8, Issue 3

March, 2014

LASM WELCOMES NEW BOARD MEMBER

LASM is thrilled to welcome Andrew Bolin to our governing body. Andrew, his wife, Rachel and two children, Moriah (7) and Gus (almost 2) are members at Timothy Lutheran Church.

Andrew is a native of Detroit and spent a couple of years working in church ministry in the Northeast as a Family Life Minister. He and his family moved to St. Louis when he accepted a position with Lutheran Hour Ministries and it was there that his interest in financial services grew.

Andrew is now a Financial Advisor with Thrivent Financial and of his work he says, "I like helping people improve their lives. There's a lot of variety in what I do; I work with all different types of people who are at different stages in their lives."

Andrew first became interested in the work of LASM when his wife served as a volunteer. Pastor Bill from Timothy called on Andrew to assist in getting our organization registered for the Thrivent Choice Dollars program (mentioned in last month's newsletter) and his interest grew. Andrew is impressed by our Mission and sees the programs and services of LASM as important staples

in our community.

In regards to his new position on the LASM Board of Directors Andrew said, "I am open to seeing how I can help. I hope to bring new ideas and to improve

the long-term sustainability of the organization."

Andrew says that he has enjoyed attending LASM events like the Spring Fling and educational programs. He has also enjoyed getting to know some of LASM's participants and volunteers, even when this involved

getting heckled as the MC of our October Trivia Night!

Welcome to the Board, Andrew! We are excited to have your enthusiasm and fresh perspective! LASM's other board members are Larry Meyers (President), Anita Bledsoe (Vice President), Roger McCurley (Treasurer), Carol Ann Simon, Paul Diekhoff and Bob Richardson. The pastors of our partner churches serve as ex-officio board members.



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RESOURCES FOR THOSE UNABLE TO LEAVE HOME

In November our ministry's volunteers got together for our first ever Volunteer Summit. The day included time for prayer and reflection on their volunteer service as well as a time to share ideas for our ministry's future. Some really great ideas came out of this sharing time and two of those ideas were: 1) expanding LASM's Transportation Ministry to include grocery shopping and 2) beginning a caring phone calls/check-in ministry.

Through a little research and community networking, LASM has discovered two programs in our area that are already providing these services. Therefore, we would like to share these resources with you and encourage your feedback if you choose to take advantage of either program.

DAILY HARVEST

Grocery Delivery Service: Call, e-mail or fax your groceries order in the morning, Tuesday – Saturday. Groceries are purchased at Schnucks and delivered in

the afternoon. Delivery fee is based upon the size of your grocery bill. Call or email Scott with Daily Harvest at 314-752-6781 or dailyharvest@live.com to learn more. One LASM senior who utilizes the service had this to say about Daily Harvest, "They're just great! I'm very satisfied and I'd give them an A+."



CARDINAL RITTER SENIOR SERVICES (CRSS) TELEPHONE REASSURANCE PROGRAM

Seniors who are lonely and/or isolated in their homes can receive a weekly caring phone call from a volunteer. A participant of the program says, "I consider [my caller] a true friend...I share with her and she keeps me in her prayers and I keep her in my prayers."

If you'd like to volunteer or refer someone to this program, please call Linda Renaud, LCSW, Social Services Manager at CRSS, at 314-918-2259.

SAVE THE DATE - APRIL 15TH

Lindenwood Area Senior Ministry along with other national, state and community organizations, is leading an effort to highlight the importance of advance health-care decision-making—an effort that has culminated in the formal designation of April 16th as National Healthcare Decisions Day (*we're celebrating a day early*).

Save the date to attend a presentation and interactive discussion with Advance Care Planning Specialist, Susie Pekios.



**NATIONAL HEALTHCARE
DECISIONS DAY**
★ *your decisions matter* ★

Lunch will follow the presentation as well as the opportunity to participate in a research study on death and religiosity. The study is being conducted by Southern Illinois University-Edwardsville Clinical Psychology graduate student, Kristie Nienaber.

Tuesday, April 15th from 10:30 am – 12:30 pm at Mount Tabor UCC, 6520 Arsenal St.

SPRING FLING 2014

Preparations for our ministry's 8th Annual Spring Fling are in full swing. This year's event will be held on **Saturday, May 3rd** from 4:30-8:00 pm at Epiphany of Our Lord Catholic Church. Tickets will go on sale April 1st (no fooling) so begin recruiting a table of your family and friends for a fun night out!

In the meantime help LASM make this year's Spring Fling the best yet. We are seeking sponsors for the event as well as silent auction and attendance prize donors. Contact the LASM Office at 647-4591 to inquire about lending your support in these areas.

Also, don't forget to donate and purchase books via the Schnucks on the Hill (5055 Arsenal) Books for Charity program. As referenced in last month's newsletter, LASM is the charity of the month in March. All March book sales will be donated to the Spring Fling and in turn to the support of LASM's programs and services for older adults.

BALANCE & REVITALIZE

Suffering from lack of mobility, chronic pain or fear of falling? Registered Somatic Movement Therapist, Eileen Kinsella, has a class made for you! Eileen has developed the Kinsella MethodSM of fitness for all ages and stages of life. Classes are designed to address core strength and balance along with tips for daily practices that are easy and fun. A six-week session is set to begin on **Thursday, March 6**, 9:00-10:00 am at Immaculate Heart of Mary Church, 4092 Blow St. Classes are \$3 each and optional materials are \$25. To reserve your spot, call Eileen at 314-608-3862.

CASE MANAGEMENT Q & A

QUESTION: I'm suffering from osteoporosis. Is there any support for this condition in the community?

ANSWER: Yes! The Missouri Osteoporosis Foundation offers a monthly Osteoporosis Support Group the **second Thursday of each month at 1:30 pm** at the Richmond Heights Community Center, 8001 Dale Avenue. Upcoming meetings will be Thursday, March 13 — Osteoporosis Update; and Thursday, April 10: Exercises for Osteoporosis and Osteopenia

To reserve your spot, please call Alice at (314) 270-7148.

Do you have a case management question? Call 647-4591 or write in (6401 Scanlan, 63139) to have your question answered in the next newsletter. If you are in need of community resources, please call Katie at the number above.

HOLOCAUST MUSEUM TRIP

Did you know St. Louis has a Holocaust Museum and Learning Center? You can join neighboring South Grand Senior Ministry for a guided tour of the museum, survivor discussion and a lunch outing on **Monday, March 24th**.

Time: 8:30 am-3:00 pm

Departure: Immaculate Heart of Mary, 4092 Blow Street

Cost: \$20 for chartered bus transportation, tour and lunch at Hearth Room Café.

Reservations: Please call 481-7543. Checks payable to IHM, Attention: Ann, 4092 Blow St., St. Louis, MO 63116

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RETURN SERVICE REQUESTED

GIVING THANKS

I give you thanks, Lord, for my perfect arms when so many have suffered mutilation. For my perfect eyes when so many cannot see.

For my voice that sings when so many are reduced to silence. For my hands that work when so many beg.

O wondrous Lord, to have a home, to return to it, when there are so many brothers and sisters who have nowhere to go. To smile, to dream, to love, when so many cry, and so many hate each other.

Above all, to have little to ask you for and so much to thank you for.

—*Diocese of Juigalpa, Nicaragua*

A BIT OF HUMOR

A farmer walked into an attorney's office wanting to file for a divorce. Attorney: "Well do you have any grounds?" Farmer: "Yea, I got about 140 acres." Attorney: "No, you don't understand, do you have a case?" Farmer: "No, I don't have a Case, but I have a John Deere." Attorney: "No you don't understand, I mean do you have a grudge?" Farmer: "Yea I got a grudge, that's where I park my John Deere." Attorney: "No sir, I mean do you have a suit?" Farmer: "Yes sir, I got a suit. I wear it to church on Sundays." Attorney: "Well sir, does your wife beat you up or anything?" Farmer: "No sir, we both get up about 4:30." Attorney: "Okay, let me put it this way. WHY DO YOU WANT A DIVORCE?" Farmer: "Well, I can never have a meaningful conversation with her."