



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.*

OLDER AMERICANS MONTH 2015: “GET INTO THE ACT”

Older adults are a vital part of our society. Since 1963, communities across the country have shown their gratitude by celebrating Older Americans Month each May. The theme of this year’s celebration is “Get into the Act,” to focus on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others.

The theme also reflects on the 50th anniversary of the Older Americans Act that was signed into law in July 1965 by President Johnson. Since that time, the Act has provided a nationwide aging services network and funding that helps older adults live with dignity in the communities of their choice for as long as possible. These services include home-delivered and congregate meals, caregiver support, community-based assistance, preventive health services, elder abuse prevention, and much more.

By promoting and engaging in activity, wellness, and inclusivity, more Americans than ever before can “Get into the Act.” While Lindenwood Area Senior Ministry provides home and community-based services to older adults year-

round, Older Americans Month offers an opportunity to increase awareness of our programs and services and celebrate the impact that our seniors have on the life our community.

Throughout the month, LASM will be conducting activities to celebrate the older adults we serve and who serve along-side us. We’ll kick off the month

with a volunteer appreciation luncheon, host a day trip and round out the month with a special workshop (see

details on these events inside this issue).

Enclosed you’ll find a donation envelope. Please consider contributing to an organization that is “in on the Act” – LASM! Your tax deductible donation will go toward the care and coordination of our core programs: medical transportation, home maintenance/repairs, case management, Stephen Ministry, social and educational programming, and this monthly newsletter!

We look forward to celebrating Older Americans Month with you and thank you in advance for your support!

—Katie Weintraub, Director & LASM Board of Directors



LAUGH! FOR THE HEALTH OF IT

Join us for the third installment of our *Spring into Action Workshop Series* on **Tuesday, May 19th**. The value of laughter and humor has been known for centuries. Research is now confirming this truth. Laughter and humor have many health benefits and can lift your spirits.

Marlene Chertok, RN, BSN is a Certified Laughter Yoga Teacher. She began exploring the benefits of laughter as an experiment for her own healing 11 years ago. She is now convinced of the benefits of laughter for the body and the soul and loves to share it with others. This is a participatory session. Come prepared to learn and have fun!

10:00-11:30 am at Southwest Baptist Church – Memorial Hall, 6401 Scanlan Ave. Light refreshments will be provided. Please RSVP to Claire at 645-6411.

A merry heart doeth good like a medicine but a broken spirit drieth the bones.
— Proverbs 17:22

What soap is to the body, laughter is to the soul. — Yiddish proverb

HOME & GARDEN DAY TRIP

Join us for a day out on the town on **Wednesday, May 13th**! We'll visit our City's renowned Missouri Botanical Garden for a guided tram ride through the garden and special nature-printing class. Lunch will be at Rooster on South Grand followed by a guided tour of the Magic Chef Mansion in the Compton Hill Reservoir Square neighborhood.

Constructed in 1908, the Magic Chef Mansion is one of St. Louis' premiere old-world



estates. It was designed by Ernst Janssen for the founder of the Quick Meal and Magic Chef Stove Company, Charles Stockrom. Sure to be a day full of learning new things and enjoying beauty! All-inclusive price: \$50/person.

For reservations contact the LASM Office at 647-4591. We'll depart from the Upper Parking Lot of Southwest Baptist Church at 8:45 am and return by 3:30 pm.

EPIPHANY'S ANNUAL FLEA MARKET

Preparations are underway for Epiphany's Annual Flea Market. Perhaps you're spring cleaning or you know someone who is moving and wants to make the load a little lighter. Donations (with the exception of clothing, TVs, phones, entertainment centers, mattresses or exercise equipment) will be accepted June 1st-23rd in the gym (6596 Smiley) Monday through Friday 8:30 am-12 noon and 1:30-3:30 pm. For questions or to schedule a donation pick-up, please call Rich Huelsmann at 645-5941.



Plan to check-out the Flea Market which will be held on Thursday, June 25th 6:00-8:00 pm with a \$3.00 entrance fee; Friday, June 26th 9:00 am-1:00 pm; Saturday, June 27th 9:00 am-3:00 pm; and Sunday, June 28th Noon - 4:00 pm.

EVENTS AT THE LIBRARY

LIVE ENTERTAINMENT

Our neighborhood library, Machacek, is celebrating Older Americans Month too! Local musician, Gary Schoenberger, will provide live music at the library on **Friday, May 15th** at 11:30 am. Come prepared to be entertained! Refreshments will be provided.



The Summer Reading Club starts on May 4th and it's not just for kids. Anyone with a library card can sign up. The whole program runs from May 4th to July 25th. Read 10 books, magazines, audiobooks, etc. and receive a prize!

SENIOR FILM SERIES

Did you know that Buder Branch Library at 4401 Hampton Avenue hosts a Senior Film Series every Wednesday afternoon? Each month features a new theme for the movies that are shown. Join the crowd every Wednesday at 1:30 pm in the large meeting room in the basement of the library. May's theme is Teen Movies. Questions, call 352-2900.



MEDICAL EQUIPMENT DONATION DRIVE

Do you have medical equipment that is not being used? St. Louis HELP (Health Equipment Lending Program) is accepting donations of manual and power wheelchairs, electric hospital beds, canes/crutches/walkers, shower chairs, grab bars, elevated toilet seats, portable commodes, lift chairs, seating cushions, back supports, folding ramps – nearly every type of medical equipment (except oxygen and medications).

The items are cleaned, refurbished, and loaned to individuals in need, at no cost or fee. So clean the attic, garage or basement and make a tax-deductible donation of your medical equipment at one of the designated Walgreens drop off locations on **Saturday, May 2nd, 9:00 am to 2:00 pm:**

3920 Hampton Avenue
(Hampton & Chippewa)

#1 Grasso Plaza (Gravois & S. Rock Hill)

Call (314) 567-4700 for more information. St. Louis HELP is a non-profit organization. All donations are tax-deductible. www.stlhelp.org

CAUGHT ON CAMERA! Participants enjoyed Washington, Missouri via Amtrak on March 26th and April 9th.



Taking off on the train!



Yummy pie at Cowan's Restaurant.

Lindenwood Area Senior News
c/o Timothy Lutheran Church
6704 Fyler
St. Louis, MO 63139

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RETURN SERVICE REQUESTED

LONGING OF THE SOUL

There is a thirst within me, God, that only You can satisfy. Whenever I retreat from my busy life for just a few moments and let myself be aware of You, I am filled with Your presence. Then I feel a peace that is beyond description. God, I long for peace. Sometimes, though, I become so busy or so focused on something going on in my life that I forget Your peace is always within me. Yet in just that moment when I become still and open myself to a sacred communion with You, I experience a peace that heals me of all anxiety. As I exhale, I release all concern. I inhale and know that it is Your spirit that fills me, enlivens me, and satisfies the longing of my soul. Amen.

A BIT OF HUMOR

After dying in an accident, three friends go to Heaven for orientation. They are all asked the same question: "When you are in your casket, and friends and family are mourning over you, what would you like to hear them say about you?"

The first guy immediately responds, "I would like to hear them say that I was one of the great doctors of my time, and a great family man."

The second guy says, "I would like to hear that I was a wonderful husband and school teacher who made a huge difference in the children of tomorrow."

The last guy thinks a minute and replies, "I guess I'd like to hear them say... *look, he's moving!*"