



# LINDENWOOD AREA SENIOR NEWS

Volume 6, Issue 11

November, 2012

## ANNUAL APPEAL TO OUR COMMUNITY MEMBERS

Dear Newsletter Reader,

As the end of 2012 approaches, Lindenwood Area Senior Ministry reflects on the many blessings we have received and look toward the future of our ministry.

Whether social activities such as our bus trips or the annual Spring Fling, health-related workshops, Saturday Servant home repairs, or our medical transportation ministry, we have served countless members of our community. We are deeply committed to serving the older adults of the Lindenwood Park Neighborhood and our partner congregations. It is our hope that as a *Lindenwood Area Senior News* reader, you have been impacted by one or more of our ministry's programs and services.

Many of your neighbors rely on the services we provide, allowing them affordable home repairs, social opportunities, and transportation to medical appointments. One member of the Lindenwood Park community, Dianne Mayfield, describes the impact LASM has had in her life:

*"I utilize the Transportation Services to medical appointments. These services are reliable and convenient and the drivers are so personable and charitable with my particular needs. I have been extremely satisfied. I pray daily for all of your volunteers."*

When talking with Dianne she described her gratitude for LASM and the donations that make these services possible. Dianne is just one of many of your neighbors who benefit from the ministry, and because our services rely on the support of the community, we come to you each year at this time to seek your assistance in carrying out this mission through your prayers, volunteerism and financial support.

We ask that you pray for our ministry, that God will continue to bless the work that we do and the people whom we serve. We also ask for your prayerful consideration of making a donation to LASM. All gifts, small and large, will make an impact in funding the provision of case management, volunteer coordination, program implementation, and printing/postage fees associated with our monthly newsletter. For your convenience, the enclosed envelope can be used to mail your donation and contribution form to the ministry. LASM is a non-profit organization and all contributions made to the ministry are **tax deductible**. Thank you in advance for your generosity.

My sincerest wishes for a happy and healthy holiday season for you and your family! Many Blessings,

Katie Weintraub, MSW  
Director

## CASE MANAGEMENT Q & A

**QUESTION:** I've seen the commercials on TV for Medicare open enrollment. What is this all about? Could there be a better plan out there for me?

**ANSWER:** Open Enrollment for Medicare D plans (prescription drugs) and Medicare Advantage health plans runs now through December 7. It's important to review your plan each year to make sure that it's giving you the best coverage at the best prices. Most of the plans make changes each year and these changes could cost you money.

If you would like Katie Weintraub, MSW, to review your coverage to help you make a good choice, please call 314-647-4591 and she will be happy to do a plan comparison with you.

*LASM offers case management services. If you are in need of assistance with navigating community resources, please contact ministry Director, Katie Weintraub at the number listed above.*

## GAGING INTEREST

Over the past several years, LASM has gone on a Christmas lights bus trip. Would you be interested in going on such a trip this year? Do you have a suggested light display for us to visit? Please call or email Katie at 647-4591, [lasmdirector@gmail.com](mailto:lasmdirector@gmail.com) to share your ideas.



## VOLUNTEER OPPORTUNITY

Help bring *Lindenwood Area Senior News* to the older adults of Lindenwood Park and beyond! LASM is seeking a volunteer to pick up the monthly newsletter from the printer, located at Webster University, and deliver it to our mailing site, Timothy Lutheran Church (6704 Fyler) on the 4<sup>th</sup> Tuesday of every month. Please contact Katie at 647-4591 if you are able to assist in this capacity.

## RIGHTS & RELATIONSHIPS

Join us for an interactive, informative and refreshingly honest conversation about seniors' rights and relationships. Our guest speaker, Dee Magee, a Social Worker and Geriatric Care Manager will lead our discussion on protecting your right to make decisions for yourself, protecting your assets and preserving relationships with your children while maintaining your independence. We'll also review cautions to forming new relationships and rights in skilled nursing facilities.

**Thursday, November 8<sup>th</sup>** from 10-11am  
Mount Tabor UCC Fellowship Hall  
at 6520 Arsenal. FREE Breakfast!  
RSVP to Katie at 647-4591.

## HOT THANKSGIVING MEALS

Don't let the Thanksgiving holiday pass without enjoying the traditional feast! Parishioners of Epiphany of Our Lord Catholic Church have been providing meals for more than 15 years to individuals who are homebound or unable to celebrate with family and friends. Would you like to receive a free home delivered meal on Thanksgiving Day? Contact Lynn or Bill Kloecker at 644-6582.

## UPCOMING EVENT

### *SPRINGFIELD, IL DAY TRIP*

Wednesday, November 28th

8:00 am – 6:30 pm

LASM has been invited to join South County Senior Ministry on an all-inclusive day trip to Springfield, Illinois! Enjoy a guided tour through Lincoln's Home, a National Historic Site. Dine on a buffet-style lunch at Chesapeake Seafood House, a Lincoln era mansion built in the 1850's. Explore the Abraham Lincoln Presidential Museum, detailing the life of our 16<sup>th</sup> President. Complete the day with a guided tour of the City of Springfield aboard our coach.

Cost: \$40

**Reservation:** LASM office at 647-4591

**Mail Payment to:** LASM, 6401 Scanlan Ave., St. Louis, MO 63139

**Meeting Location:** St. Mark's Catholic Church, 8300 Morgan Ford Road

## MINISTRY TAKING ROOT

LASM is thrilled to be laying the foundation for initiating our new Stephen Ministry program. Stephen Ministry trains individuals to provide care to people who are hurting. Our trained ministers will specifically provide care to senior members of our partner churches as well as any older adult living in the neighborhood we serve, Lindenwood Park. The first step in establishing this ministry is to recruit caring individuals to be trained. After completing training, these individuals will be prepared to provide one-to-one care to older adults experiencing difficult times. Please prayerfully consider becoming involved and contact Katie at 647-4591 for more information. Our first class will begin in January 2013!

## HEALTH CORNER

### *CHOOSING A CALCIUM SUPPLEMENT*

**Y**ou never outgrow your need for calcium. It's vital for bone and heart health. If you believe your diet is lacking enough calcium, talk to your doctor about supplements. Here are some guidelines:

✓ **Dose.** Adults should get 1,000-1,200 mg/day, preferably in a divided dose, according to the National Institutes of Health (NIH). To avoid side effects, increase the dose gradually and do not exceed recommended amounts. Read labels carefully.

✓ **Type.** Most reputable brands work equally well, but pay attention to the amount of "elemental" calcium, as this is the part the body absorbs. Chewable and liquid forms tend to dissolve well. Calcium carbonate is absorbed better with food, while calcium citrate can be taken anytime.

✓ **Safety.** Choose brands that include the USP mark on their labels. It indicates that the U.S. Pharmacopoeia has verified a supplement's safety and contents. Supplements without this symbol may contain high levels of toxic metals.

✓ **Side effects.** Occasionally, calcium supplements cause gas or constipation. If adding fluids and fiber to your diet doesn't help, try a supplement containing both calcium and magnesium.

✓ **Interactions.** If you take iron pills or prescription medications, or have a history of kidney stones, check with your doctor before using a calcium supplement.



**Lindenwood Area Senior News**  
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**RETURN SERVICE REQUESTED**

## **A PRAYER FOR THOSE WHO LIVE ALONE**

I live alone, Dear Lord, Stay by my side.  
In all my daily needs be Thou my guide.  
Grant me good health for that indeed,  
I pray, To carry on my work from day to  
day. Keep pure my mind, my thoughts,  
my every deed. Let me be kind, unselfish  
in my neighbor's need. Spare me from  
fire, from flood, malicious tongues, from  
thieves, from fear, and evil ones.  
If sickness or an accident befall, then  
humbly, Lord, I pray, hear Thou my call.  
And when I'm feeling low or in despair,  
lift up my heart and help me in my  
prayer. I live alone, Dear Lord, yet have  
no fear, because I feel your presence  
ever near.

Amen.

## **A BIT OF HUMOR**

A Sunday school teacher said to her students, "We have been learning how powerful kings and queens were in Bible times. But, there is a higher power. Can anybody tell me what it is?" One child blurted out, "Aces!"

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Sunday after church, a mother asked her very young daughter what the lesson was about. The daughter answered, "Don't be scared, you'll get your quilt." Needless to say, the mother was perplexed. Later in the day, the pastor stopped by for tea and the mother asked him what that morning's Sunday school lesson was about. He said, "Be not afraid, thy comforter is coming."