



LINDENWOOD AREA SENIOR NEWS

Volume 8, Issue 11

November, 2014

Dear Newsletter Reader,

This past September we began training our second class of Stephen Ministers. One of the most commonly referred to Bible passages in this ministry is John 13:34b, "Love one another. As I have loved you, so you must love one another." As I sat down to write this letter as I do each Fall, this passage kept coming to mind. When I think of my work with LASM, what always inspires and amazes me is the LOVE I see being shared in our community.

- Linda is comforted by a weekly visit with her Stephen Minister.
- Roy's financial burdens are eased by receiving help applying for utility assistance via LASM's case management program.
- Mike is reliable in picking up his rider on time and provides a listening ear on the way to her doctor appointment.
- Sarah and Joy provide support to one another as they discover that they have a similar health condition while volunteering to prepare LASM's newsletter.
- Marge makes a pitcher of lemonade for the Saturday Servant volunteers who are helping her with heavy yard work.
- Sue helps prepare food for LASM's annual senior dinner and dance.

LASM strives to create opportunities for our participants to give and receive kindness, compassion and love.

In each of these acts, we are able to witness individuals answering this call to "Love one another." The names of the individuals have been changed to respect their privacy, but perhaps these names are interchangeable with your own. LASM, through its programs and services, strives to create opportunities for our participants to give and receive kindness, compassion and love.

As 2014 comes to a close, we look forward to another year of providing

ways for love to be shared in our community. We come to you to seek your assistance 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 that we serve. We ask that you consider sharing your time and talents with one of our volunteer programs. We also ask for your support by making a donation to LASM for the provision of case management, volunteer coordination and program implementation. For your convenience, the enclosed envelope can be used to mail your donation to LASM.

All contributions made to LASM are **tax deductible**. Thank you in advance for your generosity. Holiday Blessings,
Katie Weintraub, MSW
Director

SPONSOR IN THE SPOT-LIGHT: ZOUNDS HEARING

We were blessed to have Zounds Hearing as a sponsor for our October Trivia Night. Chad and Kim Gregory opened their franchise in February, offering free hearing evaluations as well as retail sales and repair of hearing devices and accessories.

Zounds offers a portfolio of some of the



world's best-performing hearing aids and wireless devices at affordable prices to people with mild, moderate or moderate/severe hearing loss. Kim says that she gets the most satisfaction in her work when "seeing someone smile as they hear sounds they haven't heard recently."

Come meet Kim after our December 2nd *Healthy Living Workshop Series* to learn more about this helpful resource. In the meantime, you can contact Zounds by calling 858-1212 or emailing kgregory@saintlouiszounds.com. Zounds is located at 9997 Manchester Road. Mention seeing this article and receive a free hearing aid when one is purchased at regular price.

CASE MANAGEMENT Q&A

QUESTION: Where can I get help with making the right Medicare Health and/or Drug Plan Choice for 2015? I think I need some help in doing all of this.

ANSWER: You, a relative, or someone you trust can go on the internet, at www.medicare.gov/find-a-plan to compare the coverage you have now with all of the 2015 options available, and enroll in a new plan if you decide to make a change.

You can also get one-on-one help from your State Health Insurance Assistance Program (SHIP). Missouri SHIP is called CLAIM (Community Leaders Assisting the Insured of Missouri) and can be reached at 1-800-390-3330.

If you would feel more comfortable meeting with someone in person, please call Katie Weintraub, MSW, at 314-647-4591. She will be happy to do a plan comparison for you. Open enrollment ends December 7, 2014.

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.

LOW VISION CLINIC ENHANCES DAILY LIVING ACTIVITIES

The Society for the Blind and Visually Impaired offers a low vision exam, which determines if there are prescriptive optical aids or non prescriptive vision aids that will help you best utilize your remaining sight. This exam compliments your primary eye doctor's medical exam by looking at how your visual functioning may be enhanced to perform daily living activities.

Staff can assist you in the identification and proper use of aids such as magnifiers, lighting and task lamps, computers and electronic zoom magnification. The clinic, at the corner of Brentwood and Manchester, is staffed by a Doctor of Optometry and Certified Low Vision Therapists. Call 314-968-9000 for an appointment.

UPCOMING EVENTS

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 25 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? Meals are delivered mid-day. Contact Lynn or Bill Kloecker at 314-644-6582.

CHRISTMAS LIGHT TRIP

Join us as we take in the beauty of the *Way of Lights* at Our Lady of the Snows in Belleville, IL on **Tuesday, December 9th**. We will depart from the upper parking lot of Southwest Baptist Church at 3:30 pm. Enjoy a buffet-style dinner at the Shrine's banquet hall. View the indoor holiday displays and the outdoor Christmas lights. We'll return around 7:30 pm. \$30 per person. Call Jan for reservations at 644-4299. Mail trip payment to: LASM, 6401 Scanlan Ave. (63139).



LIKE US ON FACEBOOK

"Like" our ministry's Facebook page to stay up-to-date on our latest happenings! Find us at www.facebook.com/LASM.STL.

LEAVE A LASTING LEGACY

Include LASM in your estate planning. Consult your personal accountant or lawyer for details or contact the LASM office (647-4591) to learn more.

HEALTHY LIVING SERIES: DISEASE PREVENTION THROUGH NUTRITION

Join us for the 3rd installment of our Health Living Workshop Series. We will meet on **Tuesday, November 4th** from 10:00 am to noon at Memorial Hall of Southwest Baptist Church, 6401 Scanlan.

In this session, we'll review how good nutrition relates to our overall health and well-being. We'll learn ways to prevent health problems with diet and get tips on how to read food labels.

Our guest speaker will be Esther Kibunja, a natural health advocate. Esther holds a Masters Degree in Holistic Nutrition. She is a Certified Colon Hydrotherapist and an accomplished Nutritional Consultant. Light refreshments will be provided. Please RSVP to Claire at 645-6411.

Plan to join us on the first Tuesday of the next month as well! December 2nd: Getting a Good Night's Rest

TRIVIA NIGHT RAISES FUNDS FOR LASM

Many thanks to all who made our 3rd Annual Trivia Night a FUNdraising success! An intelligent and fun-loving crowd filled Timothy Lutheran's gym on the evening of October 11th to support LASM. Through player admission fees, generous sponsorships and dynamite silent auction donations, we raised \$5,100 in support of our programs and services. What a blessing! A full list of our sponsors and donors will be listed in our December newsletter.

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RETURN SERVICE REQUESTED

A PRAYER FOR ALL SOULS

God our Father, Your power brings us to birth, Your providence guides our lives, and by Your command we return to dust.

Lord, those who die still live in Your presence, their lives change but do not end.

I pray in hope for [mention the names here] my family, relatives and friends, and for all the dead known to You alone.

In company with Christ, Who died and now lives, may they rejoice in Your kingdom, where all our tears are wiped away.

Unite us together in one family, to sing Your praise forever and ever. Amen.

A BIT OF HUMOR

Church bulletin bloopers:

This evening at 7:00 pm there will be a hymn singing in the park across from the Church. Bring a blanket and come prepared to sin. ☺

Ladies Bible Study will be held Thursday morning at 10 am. All ladies are invited to lunch in the Fellowship Hall after the B.S. is done. ☺

The pastor would appreciate it if the ladies of the Congregation would lend him their electric girdles for the pancake breakfast next Sunday. ☺

Low Self Esteem Support Group will meet Thursday at 7 pm. Please use the back door. ☺