



# LINDENWOOD AREA SENIOR NEWS

Volume 4, Issue 9

September, 2010

## 2<sup>ND</sup> ANNUAL TAILGATE SALE TO BENEFIT SR MINISTRY

**Saturday, September 25<sup>th</sup>**

8:00 am – 1:00 pm

Mount Tabor UCC  
6520 Arsenal St.

Shoppers mark your calendars – great deals guaranteed! Refreshments available for purchase.

Do you have items you would like to sell? You can reserve a spot to sell your goods by contacting Lisa (781.9492) or Larry (488.1623). Price: \$15 outside selling space or \$20 inside selling space.



## VATICAN SPLENDORS TRIP

It's your last chance to see the Missouri History Museum's special exhibit, *Vatican Splendors: A Journey through Faith and Art* (exhibit ending September 12<sup>th</sup>). Experience 2000 years of Vatican art and history, presented through extraordinary works by artists such as Michelangelo and Bernini. Join LASM on a day trip to the exhibit!

When: **Thursday, September 9<sup>th</sup>**

Time: 11:00 am – 3:30 pm

Meeting Location: Lower parking lot of  
Southwest Baptist Church  
(corner of Tamm & Smiley)

Cost: \$30, includes lunch at Hometown Buffet in Mackenzie Pointe Plaza, admission to the Vatican Splendors exhibit, and transportation. Please contact Katie at 314.647.4591 to reserve your space.

## SAVE MONEY ON YOUR GROCERY BILL WITH ANGEL FOOD

Come learn about Angel Food Ministries, a nationwide food cooperative committed to providing food assistance to individuals and families. Angel Food offers an affordable monthly menu, including senior and convenience meals, from which participants can order food. The ordered fresh and frozen foods are then delivered to Angel Food host sites for pick-up or home delivery service.

Taste-test the food and learn about saving money on your grocery bill!

**Tuesday, September 14<sup>th</sup> at Noon**

Fellowship Hall of Mount Tabor UCC  
6520 Arsenal

Cost: \$5, pay at the door

Please contact Katie at 314.647.4591 to make your reservation.

## VOLUNTEER PROFILE: SHIRLEY HAAS

*Shirley Haas lives in the Lindenwood Park Neighborhood and has served as a volunteer driver for LASM's medical transportation program since 2007.*

### **What are your responsibilities as a volunteer driver?**

To call the night before to let the rider know that I'll be coming the next day and to decide on a time for pick-up. To arrive on time to avoid unneeded anxiety about arriving to the appointment on time. To drive safely and to return the rider home safely.

### **What is the significance of the transportation ministry?**

We're doing what the good Lord expects of us as well as fulfilling a community need.

### **Why do you volunteer?**

I like to help people. I like to serve others. Volunteering to drive people to the doctor makes me feel good and gives me a sense of having accomplished something positive.



**Shirley Haas**

Thank you to Shirley and all of our dedicated drivers for their service!

*Lindenwood Area Senior Transportation ministry currently serves 40 older adults from a pool of 31 drivers. If you need a ride to the doctor or would like to volunteer as a driver, please call Katie at 314.647.4591.*

### **COME TO AN EDUCATIONAL FAIR... SENIOR LIVING OPTIONS**

The Senior Living Options Fair will take place at St. John the Baptist, 4200 Delor, from 9:00 am to Noon on **Saturday, September 11th**, 2010. It will feature representatives from home health services, assistive technology providers, durable medical equipment retailers, senior centers, long term care facilities, independent living facilities, assistance animals, and many other businesses who serve older adults in the South St. Louis area.

All older adults, their families and caregivers are invited to attend and learn about the valuable resources and living options available to them in the community. There is no cost to attend and door prizes will be given away.

### **A STEAL OF A DEAL!**

Hampton Carwash (2130 Hampton) is showing its support of Lindenwood Area Senior Ministry through a very special offer. Purchase a Full Service Carwash certificate, a \$15.95 value, for just \$10. All proceeds will benefit the programs and services of LASM! Contact Katie at 314.647.4591 or [lasmdirector@gmail.com](mailto:lasmdirector@gmail.com) to purchase your certificate.

### **MO HOMESTEAD CREDIT**

The Homestead Preservation Credit (HPC) Program was not extended during the 2010 Missouri legislative session. The HPC program expired on August 28th. There will not be a 2010 Homestead Preservation Credit.

## UPCOMING EVENTS

### *FRAUD PREVENTION FRIDAYS*

Please join us for the final session of Lindenwood Area Senior Ministry's fraud prevention series!

When: **Friday, September 10<sup>th</sup>** at 10 am

Where: Assumption Room - Epiphany Church (6596 Smiley Ave.)

Speaker: Dan Rechten, Coordinator of the Fraud Prevention Taskforce

Session Topic: Predatory Lending, Financial Advisor & Investment Fraud

Light refreshments will be provided. Please RSVP to Katie at 314.647.4591 by Sept. 8<sup>th</sup>.

### *LINFEST*

Stop by LinFest (formerly WOW) after attending the LASM Tailgate Sale on **Saturday, September 25<sup>th</sup>**. LinFest will be held on the grounds of Southwest Baptist Church (Watson Rd. & Scanlan Ave.) from 11:00 am to 4:00 pm. This neighborhood fall festival will feature: live entertainment, food from local restaurants and lots of family-friendly activities.

### *ARMCHAIR VACATION TO GERMANY*

Back by popular demand, seasoned traveler, Ann Garrido, will be taking us to Germany via photos and artifacts. Save the date for **Friday, October 8<sup>th</sup>** at 9:30 am. Stay tuned for more information in the October newsletter.

## HEALTH CORNER

*September is Ovarian Cancer Awareness Month.*

Over half the cases of ovarian cancer in the U.S. are detected in women over the age of 65, and most are diagnosed at 60. Ovarian cancer has a very high mortality rate, because it often goes undetected until it is quite advanced. The cause of this cancer is unknown, but several risk factors are known.

### **Are you at risk?**

The incidence of this cancer rises with age. As with most cancers, a family history of ovarian cancer increases the risk. Women who have had breast cancer and those who have never had children or who had their first pregnancy after the age of 35 are at somewhat higher risk for this cancer.

It is also more common in women who had an early puberty (before age 12) or late menopause (after 50). Eating a diet high in fat, especially animal fats has been shown to increase the risk of ovarian cancer.

### **The Best Defense: Regular Checkups**

The American Cancer Society recommends an annual pelvic exam for all women over the age of 40, in hopes it may increase early detection.

It is very important for all women who still have ovaries, no matter their age, to have a pelvic exam yearly. Your gynecologist can feel any enlargement or masses on the ovaries. Unfortunately, symptoms of ovarian cancer, such as bloating and abdominal pain, are often similar to those of other health conditions. Visit [www.sloca.org](http://www.sloca.org) or call 314-995-6220 for more information.

ENJOY YOUR

**LABOR DAY**

**Lindenwood Area Senior News**  
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## **MY VISIT WITH GOD**

I'm here to spend an hour, Lord,  
Just visiting with you;  
I'd like to tell You all about  
The things I want to do.

I want to ask Your loving help  
In all the things I've planned;  
Unless they are against Your will,  
For You are in command.

I'll just sit here for awhile  
In silent thought with You;  
Your love will soothe my troubled heart  
And all my strength renew.

*Delphine LeDoux*

*Always look for the sunlight the Lord  
sends unto your days.*

*—Hope Campbell*

## **A BIT OF HUMOR**

Professionals posed this question to a group of 4- to 8-year-olds, "What does Love mean?" Some of the answers:

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."

Rebecca - age 8

"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth." Billy - age 4

"Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other."

Karl - age 5