



LINDENWOOD AREA SENIOR NEWS

Volume 8, Issue 10

October, 2014

3RD ANNUAL TRIVIA NIGHT IN SUPPORT OF LASM'S PROGRAMS & SERVICES

It's not too late to get in on the fun of our 3rd Annual Trivia Night on **Saturday, October 11th** at Timothy Lutheran Church (6704 Fyler at Ivanhoe). Doors open at 6:30 pm and trivia begins at 7:00 pm. Cost: \$20 per person, tables of 8 at \$160. Soda and snacks provided. You are welcome to carry in additional beverages and snacks. Enjoy a night-out with family and friends while also supporting one of your favorite organizations! If you're not able to attend, but would still like to support this event, you can be a sponsor or silent auction donor! All proceeds will benefit the care and coordination of our core services: Saturday Servants, medical transportation, Stephen Ministry, case management, social & educational programming and this monthly newsletter. Please contact the LASM office at 647-4591 to make your reservation or to coordinate a donation.

SENIOR RESOURCE FAIRS

LASM is pleased to share that two community organizations will be hosting Senior Resource Fairs very near our neighborhood this month. The fairs will feature vendors providing information on caregiving, elder law, Medicare and insurance, Veterans benefits, senior support services and more!

- **All About Aging:** Sat., October 4th from 9:00 am to noon at St. Raphael the Archangel Parish Gym, 6000 Jamieson Ave. Flu shots will be available. Questions? Call Memory Care Home Solutions at 314-645-6247.
- **CRSS Senior Resource Fair:** Sat., October 18th from 9:00 am to 1:00 pm in the Lally Room of Cardinal Ritter Senior Services campus, 7601 Watson Rd. Free health screenings available. Flu shots provided by CVS Pharmacy. LASM will be hosting a table at this event! Questions? Contact Stacy at 314-447-6282.

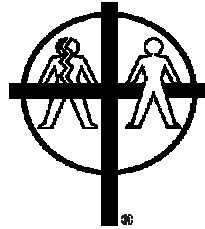


LINFEST 2014: NEIGHBORHOOD FALL FESTIVAL

LASM is excited to be participating in this year's LinFest organized by the Lindenwood Park Neighborhood Association! Held on **Saturday, October 4th** from 11:00 am to 4:00 pm in Lindenwood Park – come enjoy food from many of our neighborhood's excellent restaurants, acquaint yourself with neighborhood businesses, take in performances by local schools and a live band and enjoy lots of family-friendly activities. Be sure to stop by LASM's booth – hope to see you there!

STEPHEN MINISTRY: 2ND TRAINING UNDERWAY

We are excited to see our Stephen Ministry program grow as four women have graciously answered God's call to participate in this caring ministry. Training sessions will be held through February and then these women will join our Stephen Ministry team in bringing their caregiving skills to LASM seniors. Stephen Ministers work alongside the LASM Director and the Pastors of our partner churches to care, encourage, and provide emotional and spiritual support to seniors who are going through a difficult time, such as grief, hospitalization, loneliness, chronic illness, or isolation. Please keep each of our Stephen Minister trainees in your thoughts and prayers: Beverly Clancy, Ann Mueller, Chris Reeves and Lynne Weinzettel.



HEALTHY LIVING SERIES: KNOW THE 10 SIGNS

Join us for the 2nd installment of our *Health Living Workshop Series*. We will meet on **Tuesday, October 7th** at 10:00 am in Memorial Hall of Southwest Baptist Church, 6401 Scanlan. In this session, we'll learn the difference between normal aging, the warning signs of Alzheimer's disease and dementia, and information on how to seek diagnosis. Early diagnosis is important. Our guest speaker will be Angie Keevan, Community Educator from the Alzheimer's Association. Light refreshments will be provided. Please RSVP to Claire at 645-6411.

Plan to join us on the first Tuesdays of the next two months as well!

November 4th: Smart Nutrition

December 2nd: Getting a Good Night's Rest

CHARITY SHARITY – INFORMATIONAL MEETING

Are you someone that likes to work on crafts or with fabrics? Perhaps you volunteer with a group that creates items to donate to those in need or would like to get started in doing this kind of work. If so, don't miss out on this opportunity to learn about an organization that is there to help you. Charity Sharity is a unique recycling program, giving **FREE** supplies to over 150 groups and individuals that use them in service of others. Their largest category is donated fabric, but they also distribute yarn, sewing equipment and notions, many needlework supplies and almost anything your group needs to help with their charitable projects.

Charity Sharity will present an informational program in the Fellowship Hall of Union United Methodist Church, 3543 Watson Road, on **Saturday, October 18th**, from 10:00 am to noon. For more information and to RSVP, please contact Verneal Barlow at vernealbarlow@sbcglobal.net or 647-0347 by Wed, October 15th. Everyone welcome!

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

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

UPCOMING EVENTS

SAFE WATER FOR HAITI

Come enjoy a wonderful night out at 3500 Winehaus with great food and drinks while transforming lives. On **Wednesday, October 1st**, 15 percent of all sales between 5:00 and 9:00 pm will be donated to Union United Methodist Church to purchase Sawyer Water Filters for families in Haiti.

Where: 3500 Winehaus,
3500 Watson Road

When: Wednesday, October 1, 5-9 pm

Why: to celebrate life and provide families in Haiti with good clean water.

HEARTFUL HOME SOLUTIONS

Monday, October 20, 11:00 am. Join a workshop to help guide you on ways to organize your home. Many people assume that when their children are grown they need to 'downsize' and fear they have to get rid of everything. Actually, it is more about 'rightsizing' and keeping things that you use, need or hold sentimental value. Location: Immaculate Heart of Mary, 4092 Blow St. RSVP: 481-7543. Free lunch provided after presentation.

ALTON HAUNTINGS TOUR

A few seats remain on our ministry's evening outing to tour the legendary haunted areas of Alton, Illinois. **Tuesday, October 28th from 3:30 – 9:45 pm.** We'll depart from Immaculate Heart of Mary (4092 Blow) and enjoy dinner at *My Just Desserts* before embarking on our driving tour. \$45/person. Reservations: Katie at 314-647-4591.



CASE MANAGEMENT Q & A

QUESTION: My friend told me that she qualifies for LIHEAP, a program that helps her with her utility bills. What does LIHEAP stand for and how do I find out if I'm eligible?

ANSWER: LIHEAP stands for *Low Income Home Energy Assistance Program* and provides discounts on your electric or gas bills. You must have \$3,000 or less in bank accounts, retirement accounts, or investments; and meet specific income guidelines that vary according to household size. Annual income for one must be at or below \$15,512 or \$20,939 for two persons. If the head of household and/or spouse are over 60 and/or disabled, the application can be sent beginning October 1, 2014.



Please contact the LASM office at 314-647-4591 to receive help applying for these programs.

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

LASM is a partnership of five faith communities providing a variety of support services for older adult members of the partner congregations as well as any senior living in the Lindenwood Park neighborhood. Our services and programs include: medical transportation, minor home maintenance & repair, Stephen Ministry, case management, social engagement, information & referral, and this monthly newsletter! For more information contact 314-647-4591.

Lindenwood Area Senior News
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RETURN SERVICE REQUESTED

AUTUMN PRAYER

O God, how beautiful is this season of harvest and change! Autumn celebrates what summer has accomplished: fruit, wheat, vegetables, and even hay for the animals. All of these things are miracles. They grow from tiny seeds in the ground and amazingly spring up and become our sustenance for another year. How do you do it, God? We know the facts, but the miracle still remains. I praise you, gracious Provider, for the wonder of your goodness and love toward us. Amen.

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All things on earth point home in old October.

—*Thomas Wolfe, Of Time and the River*

## **A BIT OF HUMOR**

*DEATH BY PUN....*

I didn't like my beard at first. Then it grew on me.

A cross-eyed teacher lost her job because she couldn't control her pupils.

When you get a bladder infection, urine trouble.

I wondered why the ball was getting bigger. Then it hit me!

Broken pencils are pointless.

What do you call a dinosaur with an extensive vocabulary? A thesaurus.

England has no kidney bank, but it does have a Liverpool.

I used to be a banker, but then I lost interest.