



NE COUNTY DEANERY SENIOR NEWS

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ANGEL FOOD PROVIDES GROCERIES AT BIG DISCOUNTS

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States. The program began in 1994 with 34 families in Monroe, Georgia, and has grown to serve hundreds of thousands of families every month across 35 states.



Blessings by the Box

The Angel Food Signature Box is available at \$30 per unit. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$65.

One unit of food assists in feeding a family of four for about one week or a single older adult for almost a month.

The food is acquired through the best producers/vendors of high quality, "name brand" foods, the same found at a grocery store. There are no second-hand items, no damaged or out-dated goods, no dented cans without labels, no day-old breads and no produce that is almost too ripe.

Also offered is the Senior and Convenience Meal Box for \$28. It's perfect for seniors or people on the go! Ten seasoned, nutritionally balanced, fully cooked meals—just heat and serve.

Each meal has been developed with the dietary needs of senior citizens in mind, and contains 3 oz. of protein, a starch and two vegetables or fruit.

There are also specialty boxes available such as steaks, chicken, fruits and vegetables. This allows participants to purchase expanded choices.

Everyone qualifies! There are no applications to complete or qualifications to meet. Additionally, there is no limit to the number of units or bonus foods an individual can purchase. Angel Food Ministries also participates in the U.S. Food Stamp program.

Orders and distribution are handled by church host sites, of which several are located in the north county area. Orders are collected by the host sites during the first part of each month.

Call the *24-hour hotline* for answers to common questions, including menu information and host site contact info: 1-877-FOOD-MINISTRY (1-877-366-3646) or contact www.angelfoodministries.com

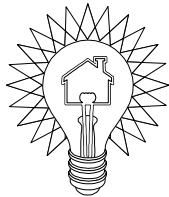
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LIGHTS ON!

The NE Deanery Senior Ministry is NOW ENROLLING homeowners to participate in the Lights On! Neighborhood Engagement Program. The goal is to increase neighborhood engagement and safety with motion sensor lighting and landscaping, creating new opportunities for neighbors to socialize and engage within their neighborhoods.

We will be able to provide and install FREE motion sensor lighting and complete landscaping work to a limited number of neighborhoods in North County. If you are in need of these safety features and would like to be considered for enrollment, please call Whitney Calliotte at 314-664-9700. Feel free to encourage your older adult neighbors in need to call as well.



If you are interested in sponsoring a home for \$25, please send donations to SGSM Network, 2000 So. 11th Street, St. Louis MO 63104. *Checks should be made payable to Northeast Deanery Senior Ministry* (write "Lights On" in the memo line). Your donation is tax deductible. If you have any questions, please call Whitney Calliotte at 314-664-9700.

HELP WITH HEATING BILLS

Now is the time to apply for energy assistance through the Missouri Low-Income Home Energy Assistance Program (LIHEAP). Eligibility is limited to households who: do not have available resources in excess of \$3,000; and meet specific income guidelines that vary according to household size. Please call Phillip Calderon or Natasha Boddy at 314-664-9700 for an application.

HOME WEATHERIZATION

With winter fast approaching, added insulation in the home is a great way to keep warm and save on utility bills. Are you a homeowner 65 or older and need assistance weatherizing your home? Northeast Deanery Job Squad home repair volunteers will be providing minor weatherization services. The volunteers will be primarily installing weather stripping, door sweeps and clear plastic window sheets, in addition to changing furnace filters.

Homeowner must purchase or reimburse the volunteers for the cost of supplies. However, Northeast Deanery Senior Ministry may be able to provide some weatherization supplies if the homeowner is unable to. To sign up, contact Phillip Calderon at Northeast Deanery Senior Ministry at 314-664-9700.

CHRISTMAS CHEER

Do you remember listening to Gene Autry sing "Rudolph the Red-nosed Reindeer" on your LP player as your family decorated the entire house? On **Thursday, December 10**, join us when Karen Bono from *Life Memories Renewed* will take us back in time, reminding us of how we decorated our home for the holidays in the 1940s, '50s and '60s. You are encouraged to bring your own vintage items along to share. Afterward, we will create a 2009 ornament with Mr. Allen Kaullen. He will also share Christmas decorating tips and ways to get festive for the holidays. The event will be held at St. Ferdinand, 1765 Charbonier, from 1:00 to 4:00 pm in the Hall and costs \$5. Contact Katie Lynn Deater at 314-664-9700 to register.

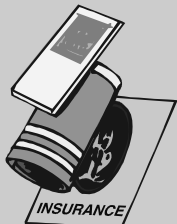
UPCOMING EVENTS

SENIOR MOMENTS

Join us for the next spiritual journey series, Senior Moments, on **Sunday, November 22nd**. Fr. Ron Chochol will be leading a discussion entitled, "What do you want for Christmas?" This free event will be held at St. Ferdinand, 1765 Charbonier, from 1:00 to 3:00 pm.

LUNCH AND LEARN

If you have questions about your government benefits, we will answer them! Come to a Lunch and Learn information session and find out everything you need



to know about Medicare, Missouri Rx, Medicaid, Social Security, Veterans benefits and much more. Our experts can let you know what you are qualified

for and how to get these benefits. They can review your current plans and make recommendations to save you money.

Join us **Tuesday, November 17th**, 10:30 am-1:30 pm at St. Martin de Porres, 615 Dunn in Hazelwood. The cost of the event is \$7 and includes lunch. Please RSVP to Michelle Ritter or Shirley at 314-895-1100.

FOR MORE INFORMATION

As a collaborative ministry, NE County Deanery Senior Ministry has four main programs: Job Squad (minor home repair), Health promotion activities, Social events and Spiritual activities. If you are interested in learning more about these programs or how to become a participant or volunteer, please call the office at 314-664-9700.

HEALTH CORNER

Most people with health problems must take medication to help manage their condition. Some people find taking medicine easy to do. Many do not.

- 1. Stay in touch with your doctors, nurses and pharmacists.** ASK about all the medicines you are taking. What is the name of the medicine and what does it do? How much of the medicine should I take, when, and for how long? Does it matter what I eat or drink? Does it matter if I am taking any other medicine? Can I do any activity, such as driving, when I take this medicine? What side effects should I look out for? Do you have a brochure that tells about this medicine?
- 2. Make sure this information is written down for you.** TELL your doctor the best times for you to take medicine during the day. TELL your doctor if you are having side effects from the medicine. DO NOT STOP taking the medicine without telling your doctor.
- 3. Find ways to remember to take your medicine.** Take your medicine at the same time each day. Remind yourself with a watch alarm, putting the pills on the breakfast table or on your nightstand. Or ask someone to help you remember to take your pills.
- 4. If you forget your medicine, take it as soon as you remember.** But if it is almost time for your next dose, skip the missed dose and go back to your regular schedule. Do not double your dose.
- 5. Get refills in time.** If you are worried about the cost, tell your doctor.

NE County Deanery Senior Ministry
c/o SGSM Network
2000 South 11th Street
St. Louis, MO 63104

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A PRAYER FOR ALL SOULS DAY

God of Love and Compassion,
You look with tenderness on Your
beloved sons and daughters,
who have been saved by the death
and resurrection of Jesus.

We ask You to show that
same embracing compassion
and tender mercy to

[mention names/intentions here]

whom You have called from this life.

May they enjoy the fullness of the
risen life with Jesus and all the
saints, bathed in Your glory,
light and tender mercy.

Amen.

A BIT OF HUMOR

Rose and Barb had been friends all of their lives. When Rose was dying, Barb asked, "Rose, we both loved playing softball. When you get to Heaven, you must let me know if there's women's softball there." Shortly after that, Rose passed on.

A few nights later, Barb was awakened by a voice calling out, "Barb, Barb!" "Rose! Where are you?" asked Barb. "In Heaven," she said. "I have some good news and a little bad news. There's softball in Heaven! We're all young again and it's always springtime. Best of all, we can play softball all we want, and we never get tired." "That's fantastic," said Barb. "So what's the bad news?" "You're pitching on Tuesday."