

South Grand Senior News



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HELP WITH HEATING BILLS

The Missouri Low Income Home Energy Assistance Program (LIHEAP) is designed to help pay heating bills for those Missourians in need of assistance now through the month of March. If the head of household and/or spouse are over 60 and/or disabled, the application can be sent beginning October 1, 2011.



Eligibility for benefits under this program is limited to households who: are responsible for paying home heating costs; are U.S. citizens; do not have available resources in excess of \$3,000; and meet specific income guidelines that vary according to household size. For one person, monthly income cannot be greater than \$1,218. For a household size of two, the monthly income limit is \$1,639. Please call Greg Payne at 314-664-9700 for an application.

ENJOY CHRISTMAS EVENTS

It is almost that time of year again, and South Grand Senior Ministry has Christmas events for you to keep in mind. Join us for a special free Christmas performance at **Notre Dame High School** (320 E Ripa Ave) on **December 4, 2011** beginning at 7:00 pm. We will be meeting at the school to watch the student performance, and then will enjoy a nice reception with Christmas cookies. Please arrive at the school by 6:30 pm for seating. RSVP by December 2nd to Greg Payne at 314-664-9700.

Also, be on the look out for more information about a bus tour through one of the famous holiday-lit parks in St. Louis. We will first meet at a restaurant to enjoy dinner and then board a private bus to tour the holiday lights. For more information, please contact Greg Payne at 314-664-9700.

MEMBER SPOTLIGHT: KAY HELMBACHER

In this edition, we begin a new feature, spotlighting one of our dedicated ministry volunteers.

Kay Helmbacher has been volunteering with South Grand Senior Ministry since 2005, when Sr. Carrol Coble recruited St. John's parishioners to volunteer as drivers. She has also been involved with our newsletter mailing since it began. Through the ministry, Kay has greatly enjoyed meeting new people and staying connected with old friends. The newsletter mailings allow her to spend time with six close friends from St. John's, while South Grand volunteer appreciation days allow her to connect with friends she doesn't normally get to see. As a volunteer driver, Kay meets new people every month, and it is this aspect of service she enjoys most. *(Continued on Page 3)*



MEDICARE OPEN ENROLLMENT THROUGH DEC. 7TH

This message is brought to you by the U.S. Department of Health & Human Services.

Your health needs change from year to year. And, your health plan may change the benefits and costs each year too. That's why it's important to evaluate your Medicare choices every year. Open Enrollment (now through December 7th) is the one time of year when ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage. There are several ways to ensure people get the information to help in deciding what kind of coverage works best, including:

- ◆ Call Dee Magee, SGSM Case Manager, at 314-664-9700 to help you with a review.
- ◆ Visit www.medicare.gov/find-a-plan to compare your current coverage with all of the options that are available in your area, and enroll in a new plan if you decide to make a change.
- ◆ Call 1-800-MEDICARE (1-800-633-4227) 24-hours a day/7 days a week to find out more about your coverage options. TTY users should call 1-877-486-2048.
- ◆ Review the Medicare & You 2012 handbook. It is mailed to people with Medicare in September.
- ◆ 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.

SENIOR MINISTRY BIDS GOODBYE TO VISTA

After two years of working as SGSM Network's Social Engagement VISTA, Amy LeMieux has chosen to remain in Saint Louis and work in a local nonprofit organization. Rest assured you haven't seen the last of her, as she plans to stay active with the senior ministry and volunteer at events when possible.



Amy appreciates all the seniors she has met through our many activities and events. She thanks everyone for giving her two fulfilling years with SGSM Network, and warmly welcoming her to the wonderful city of St. Louis!

SENIOR LIVING OPTIONS, FINE ARTS SHOW

SAJE Senior Ministry, a ministry of SGSM Network, is a neighboring group in Crestwood and Sunset Hills. SAJE invites you to attend its first Senior Living Options Fair and Fine Arts Show on **Saturday, November 19**, from 9:00 am to 12:00 pm (Senior Living) and to 5:00 pm (Fine Arts Show). The event will be held at the Sunset Hills Community Center, 3915 S. Lindbergh Blvd.

This fair features service providers such as pharmacies, in-home care services, senior housing and more. Vendors will be there to explain their services and answer questions, and there will also be an opportunity to view and purchase the work of local artists.

For more information about this free event, please contact Greg Payne at 314-664-9700.

UPCOMING EVENT

TRIVIA GAME LUNCHEON FOR OLDER ADULTS

Join us on **Wednesday, November 16th** in St. Anthony's Parish Hall, 3135 Mera-mec for a hot lunch and trivia games! It's just for fun and no money to be won. Lunch at 12 noon, followed by games. For reservations, Call Barb Salmo at 314-655-0554 by Thursday, November 10. Cost is \$9.

SPOTLIGHT—(Continued from Cover)

Outside of volunteering, Kay enjoys playing bridge on her computer, meeting with friends weekly at the Grand Oak Hill Senior Center for bingo and lunch, and attending Sr. Carrol's exercise class. She also entertains many visitors at her home, especially her four children, six grandsons, and numerous nieces and nephews. Thank you, Kay, for your dedication and time with our ministry!

EYE EXAMS IN YOUR HOME

Vision changes happen throughout our lifetime. Health problems affecting other parts of your body can affect your vision as well. Diabetes, hypertension (high blood pressure), or certain medications can have eye-related side effects, and have the potential to cause vision problems.

Annual eye examinations are the best way to prevent these changes. Dr. Kim Folwarski offers comprehensive eye examinations in the comfort of your own home. To schedule your appointment, please call House Call Doctors at (314) 727-2226. Medicare Part B will be billed for services.



HEALTH CORNER

WHEN SOMEONE YOU KNOW HAS CANCER

How do you help when someone you know has been diagnosed with cancer? What should you say or do? The following advice from the *American Cancer Society* may help:

- ♦ **Speak from the heart.** Simply showing interest or concern is fine; the main point is to be sincere. "I'm not sure what to say, but I want you to know I care" is a perfectly appropriate sentiment. Other examples: "I'm sorry to hear you're going through this," "I'll keep you in my thoughts" or simply "How are you holding up?"
- ♦ **Say something nice.** When the person is looking good, say so. On the flip side, don't point out the person's obvious signs of fatigue or weight loss. Cancer is a hard disease to fight, and patients have good days and bad.
- ♦ **Don't advise.** Cancer can be unpredictable. Avoid telling the person you know how he or she feels. When encouraging optimism, be sensitive to hardships so you don't discount the person's own fears and sad feelings, which are perfectly natural.

Research shows that people with strong social networks handle major illnesses better. Reach out if someone you know has cancer. It's the healthy thing to do.

PUMPKIN SEEDS: YOU CAN EAT THEM

Pumpkin seeds are not only tasty, they're nutritious. Per ounce, they contain 12 grams of healthy fat and nearly a day's supply of vitamin E, as well as thiamin, folate, magnesium, iron and zinc. Be sure to rinse and dry the seeds before toasting.



South Grand Senior Ministry
100 North Jefferson, 2nd Floor
St. Louis, MO 63103

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RETURN SERVICE REQUESTED

THE LORD IS MY SHEPHERD

I shall not want. He makes me lie down in green pastures; He leads me beside still waters; He restores my soul. He leads me in right paths for His name's sake.

Even though I walk through the darkest valley I fear no evil, for you are with me; your rod and your staff—they comfort me.

You prepare a table before me in the presence of my enemies, You anoint my head with oil, my cup overflows.

Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord my whole life long.

~ Psalm 23

A BIT OF HUMOR

A Sunday School teacher decided to have her young class memorize one of the most quoted passages in the Bible, Psalm 23. She gave the youngsters a month to learn the verse.

Little Rick was excited about the task, but he just couldn't remember the Psalm. After much practice, he could barely get past the first line.

On the day that the kids were scheduled to recite Psalm 23 in front of the congregation, Ricky was so nervous. When it was his turn, he stepped up to the microphone and said promptly, "The Lord is my Shepherd, and that's all I need to know."

