



Tower Grove Manor
Independent-Living Senior Community
2710 S. Grand Blvd.
St. Louis, MO 63118
314-773-2800
www.towergrovemanager.org



MEDIA ADVISORY

Contact:

Ameerah Cetawayo, Public Relations Director

acetawayo@standrews1.com

[St. Andrew's Resources for Seniors](http://St.Andrew'sResourcesforSeniors)

(314) 726-0111

Or

Heather Finkleston, Executive Director

[Tower Grove Manor](http://TowerGroveManor)

(314) 773-2800

CENTENARIAN "SHERIFF" OF TOWER GROVE MANOR CELEBRATES 104TH BIRTHDAY WITH FRIENDS, FAMILY & LOCAL COMMUNITY LEADERS

Birthday reception held on January 27 at Tower Grove Manor

St. Louis, MO (January 27, 2012) – Lucy Hamm, Tower Grove Manor's centenarian "Sheriff" was surrounded by family and friends Friday afternoon, celebrating her 104th birthday.

Born in Cairo, Illinois, she was the first person in her family to go to high school, but had to quit at age 15 to help raise her siblings due to the untimely death of her mother. Lucy has fond memories of making hominy on the farm with mom and going down to local hotels to sell the delicious fare.

She moved to St. Louis in the 1930s and was employed in the shoe making trade, being part of the working world well into her 70s. "She's a character," said grand-daughter Debbie Meyer.

So what's her secret to her longevity? A love for beer, even if it is inexpensive, according to Meyer. "My mother-in-law is a very frugal person," said Janice Hamm, Lucy's daughter-in-law. These days, she is more apt to say an "apple a day" helps.

Christina Ahlheim and Megan Meyer, Lucy's great-granddaughters were also in awe. "It's great. I am excited for her. I think she has another decade in her easily! She's still sharp as a tack," Ahlheim said.

"I remember helping her move in to Tower Grove Manor," Megan Meyer said. Tower Grove Manor is an independent living retirement community in South St. Louis, offering the lifestyle amenities, wellness programs and conveniences for seniors to age in place and age well.

"She was reluctant at first because she had been living alone. But she had been here just a little over a month and she did a complete 180 and said, 'I love it here and why didn't I do this before?' Ahlheim recalled. See a video of Lucy blowing out her candles [here](#). Congratulations, Lucy!

For more on Tower Grove Manor, [visit www.towergrovemanager.org](http://www.towergrovemanager.org).

ABOUT TOWER GROVE MANOR

[Tower Grove Manor](http://TowerGroveManor) is an independent living retirement community sponsored by St. Andrew's Resources for Seniors. For more than 50 years, St. Andrew's Resources for Seniors System has been the place where seniors, their families and caregivers find answers. Whether it's occasional help that allows a senior to remain independent at home, a comfortable retirement residence that feels like home, or an assisted living or skilled nursing facility, St. Andrew's is addressing the needs of our aging population. Thanks to donations to our Charitable Foundation, we are able to assist seniors at all income levels, helping them find and access the support they need so they can Worry Less. **Click here** to see St. Andrew's Mission in Action. Get the real stories from those St. Andrew's serves.

###