

March

April

2018



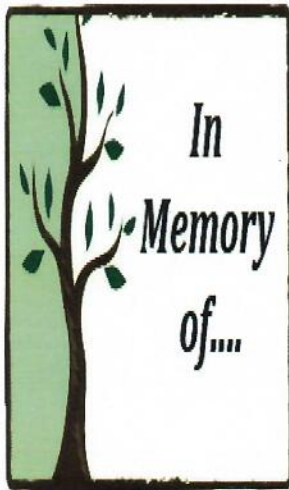
# SAJE

## Senior Ministry

VOL 8 Issue 2

CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit



A very special thank you to the family of Rael Quimby for the contribution made to SAJE Health Ministry in his memory. We are honored and humbled to be thought of at this special time for your family.

### RETIREES & PART TIMERS

Looking for a constructive and rewarding use of your time? You can polish your halo and help some of our non-driving SAJE participants all at the same time. They would benefit greatly from a ride to and from their grocery store, barber/beauty shop, bank, doctor, etc - the essential errands most people have. As driver, you would be covered by SAJE's insurance and could deduct your mileage at tax time. You will be matched with a person who is a good fit for both of you. Our goal is that you would only be asked to drive once a month. Your assistance will help our elders to remain mobile and stay in their own homes. To pursue this opportunity further, please call Jessica Gerth, [314-664-9700](tel:314-664-9700) or email: [Jessica.gerth@sajeseniorministry.org](mailto:Jessica.gerth@sajeseniorministry.org).

**SAJE Committees**— Do you have ideas for Lunch & Learn presentations, Newsletter Articles, Fund Raisers? Are you willing to invest some time and energy into seeing those thoughts through? The Board of Directors is looking for a few committee persons, to assist in the guidance of SAJE activities. SAJE is really a volunteer organization. A participants come to board members and say hey, how about if we start this program, and viola.... We have a Movie Matinee, or BINGO, or Chair Yoga. SAJE grows and expands because of our participants. Would you like to be apart of the action? Your time investment will truly only be a couple hours or so a month. Please contact Jessica if you have any questions.

### Easter Eggs with Jessica

Come to Advent on Saturday March 10th and/or 17th from 9 AM to 5 PM and learn the art of creating Ukrainian Easter Eggs, or Pysanky. Bring lunch, a beverage and a dozen eggs. You will trade your whole eggs for blown eggs to create you own mater pieces. Jessica is apart of the first generation born American, as her mother's family came to the U.S. in 1950, she was taught the art by her Great-Grandmother. Please RSVP so she can have an idea of how many eggs to bring. Jessica Gerth, [314-664-9700](tel:314-664-9700) or email: [Jessica.gerth@sajeseniorministry.org](mailto:Jessica.gerth@sajeseniorministry.org)



Photos do  
NOT do this  
quilt  
justice!!



This quilt measures  
102" x 102"

King Size, hand stitched and hand  
quilted by

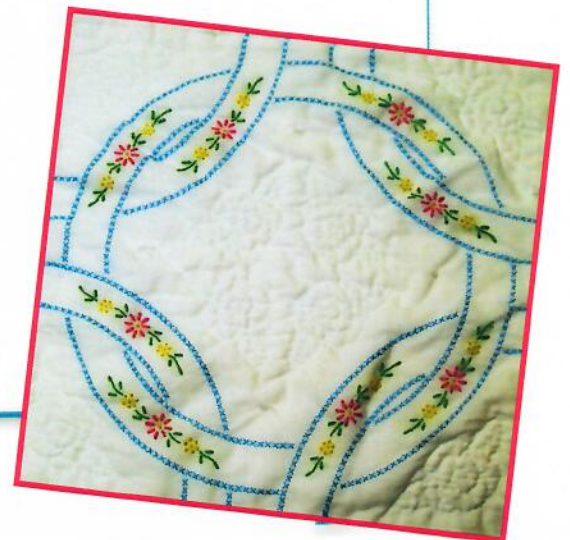
SAJE Senior Ministry Quilters  
Betty's Bee

1 ticket for \$2.00 or  
3 tickets for \$5.00

Proceeds  
benefit SAJE  
Health  
Ministry

There are  
OVER 1,000  
hours of  
loving labor  
invested

Drawing at the SAJE Lunch & Learn  
Thursday May 10, 2018



## Time for Prayer

Come, all who are thirsty, says Jesus, our Lord,  
come, all who are weak, taste the living water that I shall give.  
Dip your hands in the stream, refresh body and soul,  
drink from it, depend on it,  
for this water will never run dry.  
Come, all who are thirsty says Jesus, our Lord.

John Birch [faithandworship.com](http://faithandworship.com)

### Lenten Events

St Thomas/Holy Spirit Soup Suppers & Lenten Worship

3980 South Lindbergh Blvd Sappington MO 63127

Wednesdays March 7, 14, 21 and 28th 6:00 PM

Worship Service 7:00 PM

St Justin Fish Fry Schedule

11914 Eddie and Park Rd Sunset Hills MO 63126

March 2, March 9

St Elizabeth Fish Fry Schedule

1420 South Sappington Rd Crestwood MO 63126

Drive-Thru Service available

March 9, March 23

Stations of the Cross 7:00 PM

St Justin's Friday, March 2, 2018

Advent Episcopal Friday, March 9, 2018

Advent Episcopal Friday, March 16, 2018

St Elizabeth's Friday, March 23, 2018

## REGULAR MONTHLY SAJE SENIOR MINISTRY ACTIVITIES

### 2nd Thursday **Lunch & Learn** 10:45 AM at Advent

**Thursday, March 8, 10:45 AM Travel to Africa with Reverend Dan.** The Rev. Dan Handschy, Ph.D., rector of the Episcopal Church of the Advent, Dean of the Episcopal School for Ministry, and an adjunct professor at Eden Seminary. Rev Handschy traveled to Africa this past Fall and will share with us his journey with a colleague to places around the world. Reverend Dan is an awe inspiring story teller, that I'm sure will leave your heart and mind full of wondrous thoughts. As always lunch and dessert served at noon.

**Thursday, April 12, 10:45 AM A Living History with Barbara Kay** The 'Unsinkable Mollie Brown' will be attending our Lunch & Learn in April..... just in time for the SAJE and Titanic anniversaries. A few days and decades apart, but a celebration is in order, and with Mollie present, the event is guaranteed to be entertaining and educational. As always lunch and home made desserts served at noon.

### 4th Wednesday **Movie Matinee** 1:00 PM at St Thomas/Holy Spirit Popcorn & Beverages Served

**Wednesday March 28, 2018 Dunkirk - Rated PG-13 2017**  
Action/Drama/History – Running Time 1 hour 46 minutes.

In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated.

**Wednesday April 25, 2018 Butch Cassidy and the Sundance Kid - Rated PG 1969**  
Action/Drama/History – Running Time 1 hour 46 minutes.

The true story of fast-draws and wild rides, battles with posses, train and bank robberies, a torrid love affair and a new lease on outlaw life in far away Bolivia. It is also a character study of a remarkable friendship between Butch (Paul Newman) - possibly the most likeable outlaw in frontier history - and his closest associate, the fabled, ever-dangerous Sundance Kid (Robert Redford).

### Last Thursday SAJE **B-I-N-G-O** 10:30 AM at Advent

Bring your favorite BINGO tchotchke... BINGO, snacks and PRIZES !!!!!

Free will offering accepted.

## REGULAR SAJE SENIOR MINISTRY ACTIVITIES

Chair Exercises	Monday	St Elizabeth	9:30-10:15
Pickleball \$3.00	Monday	St Elizabeth	9:00-12:00
Betty's Bee Quilting Bee	Monday	Advent	11:00, Bring lunch
Chair Yoga \$3.00 or SilverSneakers	Tuesday	St Elizabeth	10:30-11:15
Zumba Gold \$3.00	Tuesday	St Elizabeth	11:30 - 12:15
Faith Community RN	Tuesday	St Justin	1:00– 3:00
	Or call	Deb at	314-484-9940
Chair Exercises	Thursday	Advent	9:30-10:15
Cards & Games	Thursday	Advent	10:30 or 1:00
Pickleball \$3.00	Thursday	St Elizabeth	12:00-3:00
Zumba Gold \$3.00	Friday	St Elizabeth	10:30 - 11:15

### St Louis County Library Book Mobile # 4

#### Church of the Advent

Every three Thursdays 10:15-11:00 AM March 15 & April 5

To reserve a book, audio book, magazine or DVD and pick it up from the book mobile, simply log onto [www.slcl.org](http://www.slcl.org), when you choose your book, select to pick it up at Book Mobile #4.



**SIGN IN SHEET UPDATES :** You may have noticed that some of our sign in sheets have slightly changed. Please excuse our the changes, and Jessica and our hosts fussing about making sure your name is legible. We need to be able to ascertain, the number of participants that are enjoying SAJE activities. This information is important to SAJE in being able to continue to offer our great activities and services. On occasion we have to show folks that people utilize and enjoy our activities and services, and that SAJE Senior Ministry and SAJE Health Ministry is in demand!

If SAJE cancels activities due to the weather or any other reason you can check our website at [www.sajeseniorministry.org](http://www.sajeseniorministry.org); or it will also be made public on KTVI, KSDK, KMOV and KMOX. We are listed as SAJE Senior Ministry.

If you have questions or concerns please feel free to call 314-664-9700.

## What's Happening Around Town

### LITTLE FREE PANTRY

We're asking the community to give what they can and/or take what they need. We've also included a box for dog treats! They are located in the West Parking Lot by the preschool entrance.

PLEASE COME, GIVE AND TAKE AS YOU WISH!

### COMMUNITY MEALS

#### Pantry Low? Need a Warm Meal? First Responder?

St. Lucas UCC invites you to share a delicious Sunday dinner in our Community Room, [314-843-2100](tel:314-843-2100), 11735 Denny Road, Sunset Hills. Meet new people, enjoy a change of scenery, and visit with those who serve our community, all at the same time.

March 25, 2018 4PM to 5:30PM Carryout Available. No Charge.



## County Older Resident Programs

CORP provides quality service to Saint Louis County residents age 60 and over.

**Tax Preparation is one of the services that CORP offers.** Federal and State returns and schedules are prepared for income eligible seniors. Appointments are required during tax season. Missouri Property Tax Rebate (also known as Circuit Breaker) forms are prepared year round. To access these services or to obtain more information please call (314) 615-4516 Monday through Friday between the hours of 8:00 am and 5:00 pm.

### Walk in the Warmth of St Louis County Parks Indoor Rec Centers, for FREE

Afton White Rodgers Community Center

9801 Mackenzie Road , 63123

Monday thru Friday 8-9AM

The Pavillion at Lemay

305 Gregg Rd ( Inside Jefferson Barracks National Park) ,  
St Louis, MO 63125

Monday thru Friday 9-10AM

American Eagle Credit Union FREE Document Shredding SATURDAY  
**April 14, 2018 from 12:30 to 3:30**

- JeffCo Branch –1334 Jeffco Blvd.
- South County – 3805 Union Road

\*All Shred Days are rain or shine events. \*All documentation will be destroyed onsite by the company *Shred It*. \*Please limit your documents to 5 boxes per car.

\*Documents can have staples and paper clips attached. \*Please remove all paper from 3-ring binders and/or large binder clips.

**SAJE does not *ever* expect donations, but they are appreciated and accepted. THANK YOU !**

Chris & Pat W., Hilda H., Jane B., Janet D., Laura H., Bill & Renee S.

Your contributions help support  
SAJE activities and services.

thank  
you

SAJE had a slight schedule change to our Lunch & Learn presentations for the month of February. Thankfully, **Linda Vandivort** was able to bring the Rep Theatre to SAJE. Linda brought costumes, props, and an actual set model. Thank you, Linda for sharing your time and talents with our SAJE participants. They really enjoyed The Written Word being brought to Life!

### **VOLUNTEERS MAKE SAJE HAPPEN !**

Thank you to our newest group of volunteers. Our Data Entry Dynamos, Lisa, Lee, Sandy, Lou Ann and Laura! We have a wonderful group of folks that are volunteering their time, talent, and computer skills.

### ***A Bit of Humor***

Sitting on the side of the highway waiting to catch speeding drivers, a State Police Officer sees a car pattering along at 22 MPH. He thinks to himself, "This driver is just as dangerous as a speeder!" So he turns on his lights and pulls the driver over. Approaching the car, he notices that there are five old ladies—two in the front seat and three in the back—wide eyed and white as ghosts. The driver, obviously confused, says to him,

"Officer, I don't understand, I was doing exactly the speed limit! What seems to be the problem?"

"Ma'am," the officer replies, "you weren't speeding, but you should know that driving slower than the speed limit can also be a danger to other drivers."

"Slower than the speed limit? No sir, I was doing the speed limit exactly ...Twenty- two miles an hour!" the old woman says a bit proudly.

The State Police officer, trying to contain a chuckle explains to her that "22" was the route number, not the speed limit. A bit embarrassed, the woman grinned and thanked the officer for pointing out her error. "But before I let you go, Ma'am, I have to ask... Is everyone in this car OK? These women seem awfully shaken and they haven't muttered a single peep this whole time," the officer asks with concern. "Oh, they'll be all right in a minute officer. We just got off Route 119."

## Reduce the Risk of Common Infections

According to the Centers for Disease Control and Prevention (CDC), there is an increase in infectious diseases and a growing resistance to antibiotics. Every year, about 2 million people get sick from a *superbug*. About 23,000 die. A *superbug* is a term to describe bacteria that cannot be killed using multiple antibiotics. Misusing antibiotics (such as taking them when you don't need them or not finishing all of your medicine) is the "single leading factor" contributing to this problem according to the CDC.

Therefore, effective cleaning techniques and basic health practices such as frequent hand washing are *especially* important. Hand washing is the single most effective way to prevent spreading germs.

### Clean Hands Are Healthy Hands

Our bodies naturally carry germs on them. Most of these germs are harmless, and some are even essential to our health! However, germs from other sources, such as raw meat, can also survive on hands, and these can be easily transferred to other surfaces, increasing the risk of cross-contamination. Because our hands are in frequent contact with our eyes, nose, and mouth, it's easy to see how dirty hands spread germs and illnesses, everything from the common cold, to the flu, to food poisoning.

To minimize the chance of infection always wash your hands:

- ✓ *before* and *after* contact with the person in your care and with other people
- ✓ when returning from a trip outside the house
- ✓ after using the toilet
- ✓ after sneezing or blowing your nose
- ✓ *before* preparing medications, doing a procedure or preparing food

When cleaning, work from the cleanest to the dirtiest area and always wear latex gloves when giving personal care.

### Hand Washing—Do It Right!

It's the single *most important way to prevent the spread of infectious diseases*.

1. Rub your hands for *at least* 30 seconds (about the time it takes to sing Happy Birthday slowly) to produce lots of lather. Lather-up away from running water so the lather is not washed away.
2. Use a nailbrush on your nails; keep your nails trimmed and free of chips.
3. Wash front and back of hands, between fingers and at least two inches up your wrists.
4. Rinse well under warm running water. Repeat the process.
5. Dry your hands on a clean cloth or paper towel.

Hand sanitizer gels can be used to kill germs, but they should *not replace* hand washing. Hand sanitizers can build up on skin, so wash your hands the regular way—with soap and warm water—after every fourth use.

Source: WebMD; Centers for Disease Control



# Christian Community HOMECARE

*An outreach program of St. Thomas Holy Spirit Lutheran Church*

In response to the growing need for in-home assistance, our church family developed an outreach program called Christian Community Homecare. We are dedicated to providing services that help individuals maintain independence, wrapped in God's love.

We provide non-medical care with love and compassion. Our Caregivers are selected not only from our congregation but from our community as well. Each caregiver is carefully screened, insured, and bonded through the church. We offer companionship, light housekeeping, meal preparation, bathing assistance, respite care for new moms, medicine reminders, transportation and a variety of other tasks that help our clients stay in their own environment. Our fee is \$19.50 per hour (4 hour minimum).

The church is a place of love, acceptance and ministry. We strive to serve the Lord by putting into action the words of Christ, *"Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."* Matthew 25:40.

## **314-843-9673**

*Christine Lewis, Director*

*Dedicated to services that maintain independence wrapped in God's love*

3980 S. Lindbergh Blvd.

St. Louis, MO 63127

Website: [www.christiancommunityhomecare.org](http://www.christiancommunityhomecare.org)

E-mail: [home-care@swbell.net](mailto:home-care@swbell.net)



Non-profit org  
U.S. Postage Paid  
St. Louis, MO  
Permit No. 1943

9373 GARBER RD

CRESTWOOD MO 63126

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March / April 2018 Newsletter

**SAJE Senior Ministry**

Church of the Advent,  
Episcopal Church  
9373 Garber Rd  
Crestwood MO 63126  
(314) 843-0123

[www.advent-episcopal.org](http://www.advent-episcopal.org)

St Justin Martyr  
11910 Eddie & Park Rd  
Sappington MO 63126  
(314) 843-8482

[www.stjustinmartyr.org](http://www.stjustinmartyr.org)

Christian Community Homecare

Contact Chris at

(314) 843-9673

[home-care@swbell.net](mailto:home-care@swbell.net)

[www.sajeseniorministry.org](http://www.sajeseniorministry.org)

Faith Community Nurse

Contact Deb at

(314) 484-9940

[deb@sajenurse.org](mailto:deb@sajenurse.org)

Member Supporting Organizations

St Thomas/Holy Spirit

Lutheran Church

3980 South Lindbergh Blvd

Sappington MO 63127

(314) 843-6577

[www.st-thomas-holy-spirit-lutheran-church.org](http://www.st-thomas-holy-spirit-lutheran-church.org)

St Elizabeth of Hungary

1420 South Sappington Rd

Crestwood MO 63126

(314) 968-0760

[www.stelizabethhungary.org](http://www.stelizabethhungary.org)

Rides, Home Repair, Yard Work

Contact Jessica at

(314) 664-9700

[jessica.gerth@sajeseniorministry.org](mailto:jessica.gerth@sajeseniorministry.org)

**Submission deadline for the May/June newsletter is April 6, 2018**



Join Crestview Senior Living for a  
**St. Paddy's Happy Hour.**

**Friday, March 16<sup>th</sup>**

**3pm-4pm**

Beer, cocktails, soda.

Irish-themed snacks.

Lively music & dance.

**R.S.V.P. by calling 314-842-3939.**

**Sláinte!**

Crestview Senior Living

8660 Grant Road, Crestwood, MO 63123