

May
June
2018



SAJE

Senior Ministry

CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit

VOL 8 Issue 3

amazonsmile

When you shop at smile.amazon.com, and select SAJE Senior Ministry, as your charity of choice, Amazon will donate 0.5% of your eligible purchases directly to SAJE. These proceeds will go straight into our general fund, to help support some of our 316 FREE Social, Spiritual, and Health related programs and activities. That number doesn't even include yard work, transportation, home visits, or individual visits with our Faith Community Nurse, Rev. Deb Goldfeder.

*It may not sound like a lot, but, without a penny,
you don't have a dollar!*

<https://smile.amazon.com/ch/81-5331756>

Or www.smile.amazon.com and choose 'SAJE Senior Ministry'



A very special thank you to Janice E. for the contribution made to the SAJE Health Ministry in memorium of the life of Rael Quimby. We are honored and humbled to be thought at this special time.

SAJE Senior Ministry receives a **GuideStar Bronze Seal of Transparency**

SAJE Senior Ministry was recently recognized for transparency with the 2018 Bronze Seal on our GuideStar Nonprofit Profile!

GuideStar is the world's largest source of information on nonprofit organizations. In order to get the Bronze Seal, SAJE Senior Ministry shared important information with the public using our profile on www.guidestar.org. Now community members, and future participants can find out more about our mission and programs. We'll let you know when we receive Silver level! Check out our GuideStar Nonprofit Profile at www.guidestar.org, search SAJE Senior Ministry, and tell us what you think. We appreciate your feedback!!!





BIG NEWS

INTRODUCING

SAJE MINI DAY TRIPS



First Day Trip – Wednesday, May 16, 10:00 AM – 2:00 PM.

Brunch, Browsing & Shopping at Bowood Nursery and Café Osage. Located at 4605 Olive in the Central West End, this unique place offers the beauty of Spring flowers along with delightful dining. We will **carpool** from St. Elizabeth upper parking lot at 10:00 AM. Ample parking is available at Bowood. No stairs. Cost is dependent on your menu selection and whether purchases are made in the garden shop. Menu selections range from \$5-14 with plenty of good stuff at in-between prices.

RSVP required by Wednesday, May 9 to Mary Chubb, 314-822-4736 or chubbmande@aol.com



MISSOURI HISTORY MUSEUM
MISSOURI HISTORICAL SOCIETY

Second Day Trip – Wednesday, June 20, 10 AM – 2:00 PM. **Panoramas of the City** at the Missouri History Museum in Forest Park. More than 50 photographs – several of which are blown up so large that you feel like you can walk right through them – will help us experience St. Louis' past in a totally new way. Free admission, no stairs, parking near museum. Again, we will **carpool** from St. Elizabeth upper parking lot at 10:00 AM. Following tour of **Panoramas**, we'll lunch at the Sunset Hills Bread Company (Panera's) at Lindbergh & Watson. Cost is your lunch and any purchases in the museum shop.

RSVP required by Wednesday, June 13 to Mary Chubb, 314-822-4736 or chubbmande@aol.com

Watch for future trips – Third Degree Glass Factory in University City,
Sunken Treasures of Egypt at the St Louis Art Museum,
Muny Opera 100th Anniversary exhibit at the St Louis History Museum, and more.

SAJE Senior Ministry

INTERACTIVE ONLINE CALENDAR

www.sajeseniorministry.org

We are super excited to announce the ability to use our activity and events calendar on our website. All of our activities are listed with all of the details that we could think of that you would need. Please check out the calendar and let us know how you like it. What you like, and how we could improve it.

Go to www.sajeseniorministry.org

2—Click on the 'SAJE Senior Ministry Calendar' tab

3— Use the arrow that is in front or behind the current month to go back or move forward to future months.

4— hover over the event to see brief information or click on 'read more' that will be at the bottom of the description to see complete information.

Move around and spend some time in the calendar and let us hear your feedback!

SAJE is here for you, and we want to make communication with you about our events and activities as user friendly as possible.



SAJE Senior Ministry Lunch and Learn Cookbook

We are searching for a volunteer or two to co-chair this project. It will be a bit of work, but the final product will be worth it. We are looking for folks with computer skills to either work at home, via the internet, or be willing to come to one of our churches to spend some time entering recipes, editing, and assist in the lay out of the final product.



Call Jessica
314-664-9700

REGULAR MONTHLY SAJE SENIOR MINISTRY ACTIVITIES

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

Thursday, May 10, 10:45 AM Faith Community Nurse Rev. Deb Goldfeder shares her adventures in Uganda . The Rev. Deb Goldfeder, RN, Ph.D. , Deacon of the Episcopal Church of the Advent , and SAJE Senior Ministry Deaconess Faith Community Nurse will share about her latest adventure to Uganda that took place in March of 2018. Deb will share her journey with us, how things have changed, and stayed the same since the last time she was there. She will also well as talk about the Shoe Shipment and have OODLES of photos to share!!!! As always lunch and dessert served at noon.

Thursday, June 14, 10:45 AM It's FLAG DAY !!!! Stars and Stripes , Red White and Blue.... That is our theme for our Flag Day Lunch and Learn. Come and learn Flag facts that you didn't know. Another entertaining and educational event! If you have any American Flags that are in need of retirement, please bring those with you, we have an Eagle Scout Flag Retirement Collection Box, the flags placed in this receptacle will be properly retired by a local Boy Scout Troop. 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 May 23, 2018 Sully Rated PG-13 2016 Biography/Drama – 1 hr 36 mins

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation.

Wednesday June 27, 2018 Now You See Me Rated PG-13 2013 Crime/Mystery/Thriller-1 hr 55mins

Charismatic magician Atlas (Jesse Eisenberg) leads a team of talented illusionists called the Four Horsemen. Atlas and his comrades mesmerize audiences with a pair of amazing magic shows that drain the bank accounts of the corrupt and funnel the money to audience members. A federal agent (Mark Ruffalo) and an Interpol detective (Mélanie Laurent) intend to rein in the Horsemen before their next caper, and they turn to Thaddeus (Morgan Freeman), a famous debunker, for help.

Last Thursday SAJE B-I-N-G-O at Advent

May 31 & June 28 10:30 to 11:30AM

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

St Louis County Library Book Mobile # 4

Church of the Advent

Every three Thursdays 10:15-11:00 AM May 17 & June 7 and 28

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

SAJE had a slight schedule change to our Lunch & Learn presentations for the month of May, if you attended the April, you heard Jessica STRESS that we would have dogs from CHAMP be present at the May Lunch & Learn. It is with heavy heart, that we inform you that Calgary has been diagnosed with Cancer, and is unable to visit us in May. We are asking form prayers for Dianne and Calgary, and the rest of the team at CHAMPS. Our August Lunch & Learn will have a therapy dog presentation by CHAMPS.

If SAJE cancels activities due to the weather or any other reason you can check our website at 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

Cooperative Credit Union FREE Document Shredding

SATURDAY May 5, 2018 from 9AM to 12PM

*Neighbors CU 6300 South Lindbergh, South County

*Arsenal CU 3780 Vogel Rd, Arnold

SATURDAY May 12, 2018 from 9AM to 12PM

*Arsenal CU 8651 Watson Rd, Webster Groves

*All Shred Days are rain or shine events. *All documentation will be destroyed onsite. ***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.**

Shred Days are free events and open to the community, sponsored by the St Louis Chapter of Credit Unions .



Vacation Watch

Both the Crestwood and Sunset Hills Police Departments offer vacation watch to residents. Please call your local police at the numbers provided for assistance. If you live in another area, call Jessica at 314-664-9700 and she can assist you in finding out if your local offers a vacation watch program.

Crestwood Police Department 314-729-4800, The Police will stop by and check on your house to make sure that your property and home are secure.

Sunset Hills Vacation watch line at 314-849-7867. You will be asked a few questions; we will then place your home on our vacation watch list. We will be asking for an emergency contact just in case we need to inform you of any occurrences. Sunset Hills patrol officers will check your house daily.

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. **NO RSVP REQUIRED**

Sunday May 27, 2018 and Sunday June 24 4PM to 5:30PM

Carryout Available. No Charge.

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!



2 cows are grazing in a field. 1 cow says to the other, "You ever worry about that mad cow disease?" The other cow says, "Why would I care? I'm a helicopter!"

Thank You



for your Kindness

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

THANK YOU !

Jean H. , Norma L., Jane B., and Gloria H.

Your contributions help support

SAJE Senior Ministries activities and services.

VOLUNTEERS

MAKE SAJE HAPPEN !

**SAJE isn't SAJE
without YOU !!!**

Thank you, Thank you, Thank
you

Thank you to **Don H.** our new 'Bit of
Humor' regular contributor!!!!

Thank you to the clergy and dea-
cons at our supporting congrega-
tions for now supplying our ' Time
for Prayers' prayers. This prayer
was furnished by **Father Bill Kempf**,
St Justin Martyr Catholic Church

Time for Prayer

Prayer of Cardinal Newman

O' Lord, support us all the day long,
Until the shades lengthen

and the evening comes,
and the busy world is hushed,

and the fever of life is over,
and our work is done.

Then, Lord, in thy mercy,

Grant us a safe lodging,
and holy rest,

and peace at the last.

Cardinal John Henry Newman





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May /June | 2018 Newsletter

SAJE Senior Ministry

Church of the Advent,
Episcopal Church
9373 Garber Rd
Crestwood MO 63126
(314) 843-0123
www.advent-episcopal.org
St Justin Martyr
11910 Eddie & Park Rd
Sappington MO 63126
(314) 843-8482
www.stjustinmartyr.org

www.sajeseniorministry.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
St Elizabeth of Hungary
1420 South Sappington Rd
Crestwood MO 63126
(314) 968-0760
www.stelizabethhungary.org

Christian Community Homecare

Contact Chris at
(314) 843-9673
home-care@swbell.net

Faith Community Nurse

Contact Deb at
(314) 484-9940
deb@sajenurse.org

Rides, Home Repair, Yard Work

Contact Jessica at
(314) 664-9700
jessica.gerth@sajeseniorministry.org

Submission deadline for the May/June newsletter is June 8, 2018

Jamaica Me Smile Cruise

Experience the
Gem of the Tropics
here at Crestview Senior Living.



Saturday, June 2nd

11:30 - 1:30

**Enjoy Jamaican style food and drink.
Featuring Nigel Thomas on steel drums.**

R.S.V.P. by May 25th

314-842-3939

Christian Community **HOMECARE**

314-843-9673

A MINISTRY OF ST. THOMAS/HOLY SPIRIT LUTHERAN CHURCH

50 Reasons to use Christian Community Homecare

**HELPING PEOPLE REMAIN INDEPENDENT IN THE SAFE,
FAMILIAR SURROUNDING OF THEIR OWN HOME.**

- | | |
|---|---------------------------------|
| Answering the door/telephone | Going out to lunch |
| Apparel selection | Good old TLC |
| Appointment reminders | Grocery shopping |
| Assist in visiting relatives or friends | Ironing |
| Assistance with paying bills | Laundry |
| Assistance with grooming | Letter writing/correspondence |
| Assistance with walking | Mailing bills and letters |
| Bathing assistance | Making beds |
| Bathroom assistance | Meal planning |
| Changing linens | Meal preparation |
| Christian based program | Meal clean up |
| Cleaning floors | Meaningful relationships |
| Companionship with a smile | Medication reminders |
| Conversation | Monitoring to prevent wandering |
| Cooking | Mopping up messes |
| Discuss current events | Organizing household rooms |
| Dry-cleaning drop off and pick up | Plant care |
| Dusting furniture | Reading |
| Emergency assistance in dialing 911 | Sewing |
| Entertainment | Shopping (grocery & personal) |
| Errand running | Sorting mail |
| Escort to beauty shop or barber | Spiritual encouragement |
| Flexible scheduling | Taking out trash |
| Friendly staff | Transportation |
| Game playing | Vacuuming |

CALL DIRECTOR CHRIS LEWIS FOR MORE INFORMATION 314-843-9673

Christian Community HOMECARE

A ministry of St. Thomas/Holy Spirit Lutheran Church

3980 S. Lindbergh Blvd. St. Louis, MO 63127

(314) 843-9673 (office) (314) 843-6577 (church)

website: www.christiancommunityhomecare.org e-mail: home-care@swbell.net

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

Infection Control – Better Safe Than Sorry

Germs are all around us. Even our own bodies normally harbor trillions of microorganisms. However, our immune system *and* a good balance of "good" and "bad" germs keep us from being ill, in spite of all the viruses, bacteria, fungi and other harmful substances around us.

Lately, however, a number of *superbugs* (microorganisms that have developed resistance to antibiotics) have emerged, which makes treatment difficult, especially for people who have a weakened immune systems. These include the *H1N1 virus*, a strain of influenza virus known to cause Swine flu, *Clostridium difficile (C. diff)*, a bacterium that causes severe diarrhea, and *methicillin-resistant Staphylococcus aureus (MRSA)*, which can lead to life-threatening infections. Although healthy people may be infected with these superbugs, some people are more likely to have serious complications, such as the elderly, surgery patients, people with HIV or other chronic diseases, and people living in nursing homes.

Beat superbugs by keeping them from invading our homes and institutions. Keep clean and safe by—

- ✓ Proper hand washing
- ✓ Cleaning our homes and surroundings
- ✓ Controlling the spread of infection Source: www.cdc.gov

Hand Washing: The Single Best Way to Fight Infection

Frequent hand washing with soap and water is the best way to fight infection. Proper hand washing requires *rubbing* both hands with soap and water to break down the grease and dirt that carry germs. Fifteen to 30 seconds of thorough hand washing is all it takes to reduce germ count from your hands by 99%.

If clean water and soap are not available, use a hand disinfectant containing alcohol to clean your hands. Rub your hands together for about 15 seconds to ensure that the disinfectant covers them, including under the nails. You can air-dry your hands or use a disposable towel to dry them off, avoiding the use of reusable towels, which may be harboring germs.

Inspiration

Time heals all wounds, unless you pick at them.

~ Shawn Alexander, American athlete