

July  
August  
2018

# SAJE

## Senior Ministry

VOL 8 Issue 4

CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit

### SAJE 's 100th Lunch & Learn

Can you believe that we will be hosting our 100th Lunch & Learn in August. We are so pleased and amazed at how far we've come and how much we've grown since that wonderful Thursday in April of 2010.

We owe our continued growth and success to the tireless efforts of our founders, clergy, supporters, patrons and most of all our volunteers!!! SAJE is not SAJE without YOU!!!

Did you know that we average around 50 hours of prep and clean up at every lunch and learn, not to mention the approximate 50 hours of meal prep, cooking and baking that goes into the wonderful meal that we share. In those food prep hours a beautiful marriage has even come about while chopping veggies for salad.

So, if we take 100 hours per event, multiplied by 100 events that is **10, 000 HOURS of time that our Lunch & Learn Bakers, Cooks, Choppers, Servers & Cleaner Uppers have put in to our meal sharing.** That is 417 days... or 1,250 - 8 hour work days.

**THANK YOU TO ..... Sandy B, Bonnie B, Mary C, MaryLou D, Deb G, R. Dan H, Lian I, Helen I, Claudette K, Jan K, Norma L, Lynne M, Pam P, Michael P, Phyllis P, Jim & Jan R, Barbara R, Bruce S, Myra S, and Kim W.**



A very special thank you to an anonymous donor for the contribution made to the SAJE Health Ministry in memorium of the life of Leonard Mayo. We are honored and humbled by this gift.



During the high heat of summer, especially when there are heat advisories in the 100's. PLEASE

don't attempt to move around your trash cans. Call your trash hauler and they will be glad to move them for you. You can also request the USPS to deliver the mail to your door if going to your mail box is too strenuous.

**HAPPY BIRTHDAY AMERICA !!!!**

The 4th of July falls on a Wednesday this year that has no scheduled SAJE activities, so no disruptions. Please be safe, stay cool, hydrated and enjoy the holiday!!!!





## The 1st SAJE MINI TRIP TO BOWOOD NURSERY

More than a dozen of us traveled on Wednesday May 16 to marvel at the vast array of flowers, shrubs, and trees available at Bowood Nursery. All the botanicals were lush, healthy, and tempting. Some of us purchased plants while others were charmed by items in the gift shop. It was a HOT day and so some enjoyed cool drinks inside while others browsed the expansive grounds. One down side was our group was too large to be accommodated by Café Osage and so we made arrangements to lunch at the Sappington Barn Restaurant which was delicious as usual, especially the desserts. Owen and Jessica joined us for those!



~ submitted by  
Mary Chubb.

## SAJE Senior Ministry Lunch and Learn Cookbook

### Recipes from 100 Lunch & Learns

We have found the volunteers to enter the recipes, we have decided on the publisher...NOW all that we need are YOUR RECIPES!!!!!!

Please share with us your favorite things to cook, bake or blend and share. If there is a specific dish that you had at a Lunch & Learn, and do not have the recipe, please feel free to contact Jessica, and she will do her best to find the chef and add into the cookbook. Please submit all of your recipes by Friday August 17, by either email

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

SAJE Senior Ministry 9373 Garber Rd St Louis MO 63126.

Cookbooks will be sold at our Murder Mystery Lunch Theatre on November 4, just in time for Christmas gifts.

*For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me ~ Matthew 25:36*



**A bit of humor.....** A cowboy, who just moved to Wyoming from Texas, walks into a bar and orders three mugs of beer. He sits in the back of the room, drinking a sip out of each one in turn. When he finishes them, and orders three more. The bartender approaches and tells the cowboy, "You know, a mug goes flat after I draw it. It would taste better if you bought one at a time.." The cowboy replies, "Well, you see, I have two brothers. One is an Airborne Ranger, the other is a Navy Seal, both serving overseas somewhere. When we all left home, we promised that we'd drink this way to remember the days when we drank together. So I'm drinking one beer for each of my brothers and one for myself." The bartender admits that this is a nice custom, and leaves it there. The cowboy becomes a regular in the bar, and always drinks the same way. One day, he comes in and only orders two mugs. All the regulars take notice and fall silent. When he comes back to the bar for the second round, the bartender says, "I don't want to intrude on your grief, but I wanted to offer my condolences on your loss." The cowboy looks quite puzzled for a moment, then a light dawns in his eyes and he laughs. "Oh, no, everybody's just fine," he explains, "It's just that my wife and I joined the Church and I had to quit drinking, but it hasn't affected my brothers though..."

# REGULAR MONTHLY SAJE SENIOR MINISTRY ACTIVITIES

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

**Thursday, July 12, 10:45 AM** *Language Challenges in our Community* Could you imagine moving to a new country, learning a new language, and trying to adjust to a new culture all while attempting to meet the graduation requirements in your new high school? Come to the July Lunch and Learn to hear from a high school ESOL- English for Speakers of Other Languages teacher who will share some of her experiences with students facing these challenges. Come and learn about some of the diversity within our community. Complimentary cold sandwich lunch and home made desserts served at noon.

**Thursday, August 9, 10:45 AM** *CHAMPS Assistance Dogs* Canine Helpers Allow More Possibilities will be on hand to share their 20 years of amazing community service by placing skilled service dogs with people who have disabilities to help them lead lives of greater independence, and places facility dogs with professionals who utilize their dogs' special skills in healthcare facilities, courthouses, and children's advocacy centers. CHAMP also provides our community with an education program, therapy dog teams, a puppy-raising program in St Louis, MO, a puppy-raising program in Columbia, MO, and an assistance dog training program at a Missouri Department of Corrections women's prison. As always lunch and homemade desserts served at noon.

\*\* THERE WILL BE LIVE DOGS AT THIS PRESENTATION, ALL DOGS ARE TRAINED AND ARE ON LEADS THE ENTIRE PRESENTATION\*\*

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

**Wednesday July 25 2018** *The Post* Rated PG-13 2017 Biography/Drama/History – 1 hr 55 mins

A 2017 American historical political thriller film directed and produced by Steven Spielberg and written by Liz Hannah and Josh Singer. A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government. It stars Meryl Streep as Katharine Graham, the first female publisher of a major American newspaper, and Tom Hanks as Ben Bradlee, the executive editor of *The Washington Post*, with Sarah Paulson, Bob Odenkirk, Tracy Letts, Bradley Whitford, Bruce Greenwood, Carrie Coon, and Matthew Rhys in supporting roles. Set in the early 1970s, *The Post* depicts the true story of attempts by journalists at *The Washington Post* to publish the *Pentagon Papers*, classified documents regarding the 30-year involvement of the United States government in the Vietnam War.

**Wednesday August 22, 2018** *Darkest Hour* Rated PG-13 2017 Biography/Drama/History-2 hr 4 mins

Directed by Joe Wright and written by Anthony McCarten. In May 1940, the fate of Western Europe hangs on British Prime Minister Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on knowing that it could mean a humiliating defeat for Britain and its empire.

## Last Thursday

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

July 26 & August 30

from 10:30 to 11:30AM

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

## St Louis County Library

Book Mobile # 4 at Advent

Every three Thursdays 10:15-11:00 AM  
July 19 & August 9 Reserve a book, a play away, magazine or DVD and pick it up from the book mobile. Log on, choose your item and select to pick it up at Book Mobile #4.

# Upcoming Mini Day Trip Destinations are .....

**Wednesday, July 18 , 10:00 AM – 2:00 PM**

**Leave Your Spike and Clubs Behind.....** Unique, creative, fun! You've never golfed like this before, nor seen an art show like this! Surprises at every turn. On Wednesday, July 18, we will venture to the Sheldon Art Galleries, 3648 Washington, in Grand Center, to enjoy the transformation of the galleries into a miniature golf course and art experience. Designed by local architects and artists, each of the 9 holes is an adventure and curiosity. You may opt to play the course or stroll the galleries and encourage the golfers. We will carpool from St. Elizabeth's upper parking lot at 10:00 AM. Lunch at Stage Left Deli (Grand & Washington) and then head over to the Sheldon at Noon. Cost: Your lunch and \$10 to play the course if you wish. **RSVP required by Wednesday July 11 .**

**Friday, August 17 , 10:00 AM – 2:00 PM**

**SUNKEN CITIES Egypt's Lost Worlds** at the St. Louis Art Museum, **FRIDAY AUGUST 17 .** Carpool from St. Elizabeth's upper lot at **10:00 AM. Enter exhibit during 11:00 hour.** Please be sure to RSVP, as tickets are required for this exhibit, we need to be able to attain them in time. As events happen beyond our control, if you happen to RSVP after the deadline, you can be put on the 'Cancel / Open Spot' List, in case we have someone that cancels and then we have an open spot. Lunch spot to be decided, depends on size of group. Cost: Parking Garage \$5 for museum members; \$15 for nonmembers; any purchases in museum shop; your lunch. Exhibit is FREE. **RSVP required by Wednesday August 8th.**

## 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
You can also call or text Deb at 314-484-9940, or email her at <a href="mailto:deb@sajenurse.org">deb@sajenurse.org</a>			
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

## What's Happening Around Town

2018 • NINTH ANNUAL

# PRIME TIMES

# Senior Expo

The Prime Times Senior Expo returns this year! The resource fair is for older adults and features speakers and exhibits designed with senior adults in mind.

Come out and check out the FREE samples!

**SAJE Senior Ministry will be on hand for the first time at the Expo. Cost— FREE**

**When—** Thursday July 19 from 9 AM to 12 PM

**Where—** Holiday Inn/SW Route 66, 10709 Watson

### **St Anthony's Senior Services Transportation Changes**

We have all been watching the merger of St Anthony's with Mercy, we've all seen the news about the new 70,000 square foot cancer center and the 9 clinics that will be built in the coming years. But, have you heard about the changes to the St. Anthony's Medical Center Senior Services transportation program? A few months ago St Anthony's made some changes to their program, definitely for the better of the public. For complete details and to see if you qualify for this service, please call the St. Anthony's Senior Service Transportation Line at 314-525-1889, Monday through Friday from 7:30 AM to 4:00 PM. You must call at LEAST 48 hours prior to your appointment day. **Please note:** Not all doctor visits are included in this service. Please call ahead of time to see if your appointment will qualify.

### **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 home cooked meal? First Responder?**

**St. Lucas UCC** invites you to share a delicious Sunday dinner in our Community Room, 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. If you have questions please feel free to call 314-843-2100. **NO RSVP REQUIRED** Carryout Available. No Charge.

**Sunday July 22, 2018 and Sunday August 26 4PM to 5:30PM**



## Time for Prayer

### Martin Luther's Prayer for the Morning

God the Father, Son, and Holy Spirit watch over me.

I give thanks to you, heavenly Father, through Jesus Christ your dear Son, that you have protected me through the night from all harm and danger. I ask that you would also protect me today from sin and all evil, so that my life and actions may please you. Into your hands I commend myself: my body, my soul, and all that is mine. Let your holy angels be with me, so that the wicked foe may have no power over me. Amen.

This prayer was furnished by Reverend Jill Seagle of St. Thomas/Holy Spirit Lutheran Church.

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

**THANK YOU!**

Jim & Jan R., Amy G., Jane B.,

Gloria H., Laura H., Jane J., and Don B.



Your contributions help support SAJE Senior Ministries activities and services. Remember your Amazon Smile purchases can support SAJE too! Just choose SAJE Senior Ministry as your charity of choice! Thus far we have received \$ 5.00!



**SAVE THIS DATE! SUNDAY NOVEMBER 4, 2018**

**SAJE MURDER MYSTERY THEATRE**

**Presented by the Bissell Mansion Actors**

**"A Christmas Sleigh-ing"**

Find out the truth behind the song, "Grandma Got Run Over by a Reindeer." The fun begins at 2:00 PM at St. Justin. Of course, there'll be food. More details and Reservation Form in September/October Newsletter.

# Christian Community Homecare

*A ministry of St. Thomas Holy Spirit Lutheran Church*

In response to the growing need for in-home assistance, our church family developed a ministry 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. The goal of our ministry is to connect people with people to enrich the lives of others. We offer companionship, perform light housekeeping tasks, prepare meals, provide transportation and a variety of other tasks that help our clients stay in their own environment. Our fee is \$20 per hour (4 hour minimum) and \$.56 per mile for errands or transportation of client.

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

*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)



### **Elder Abuse and Self-Neglect**

Elder abuse, like other types of domestic violence, is complex. Generally a combination of psychological, social, and economic factors, along with the mental and physical conditions of the victim *and* the perpetrator, contribute to the occurrence of elder maltreatment.

Seniors with dementia are at greater risk of abuse and neglect than those of the general elderly population.

### **Domestic Violence Grown Old**

Spouses make up a large percentage of elder abusers, and a substantial proportion of these cases are domestic violence grown old: partnerships in which one member of a couple has traditionally tried to exert power and control over the other through emotional abuse, physical violence and threats, isolation, and other tactics.

### **Personal Problems of Abusers**

Abusers who are adult children often are dependent on their victims for financial assistance, housing, and other forms of support because of personal problems, such as mental illness and alcohol or drug abuse. The risk of elder abuse seems to be particularly high when these adult children live with the elder.

### **Social Isolation While Living With Others**

Both living with someone *and* being socially isolated have been associated with higher elder abuse rates. Abusers who live with the elder have more *opportunity* to abuse and may be isolated from the community. They may also seek to isolate the elders from others so that the abuse is not discovered.

Many victims of elder abuse believe that they are at fault for the abuse. Victims feel ashamed and embarrassed. Often they have been warned by the abuser not to reveal the abuse to others, so they are fearful. The majority of elder abuse is perpetrated by family members or trusted others, so victims feel *conflicted* about seeking help because they don't want to get family members in trouble with the law, even though they want the abuse to stop. It is important that victims understand that they are not to blame. The goal of protective services is to increase the senior's ability to live independently in the home as long as possible, to reduce their dependence on one caregiver, and to reduce the likelihood of abuse, neglect, or exploitation reoccurring.

For help in finding services in the community, the local **Adult Protective Services** agency may be able to provide some community referrals, and if the person lives in a nursing home, **Long-Term Care Ombudsman**. Also check the **Eldercare Locator** website for community services or call **1-800-677-1116**.

The **National Domestic Violence Hotline** tip sheet entitled *How Can You Help a Friend or Family Member?*, as well as a telephone hotline operated 24 hours a day/7 days a week: **1-800-799-SAFE (7233)**, or **1-800-727-3224 (TTY)**.

**CHRISTIAN COMMUNITY HOMECARE 314-843-9673**

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

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



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CRESTWOOD MO 63126

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## July / August 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 September / October newsletter is August 10, 2018**