

September  
October  
2018



# SAJE

## Senior Ministry

CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit

VOL 8 Issue 5



## CHRISTMAS IN JULY....



The above picture really epitomizes SAJE Zumba !!!!!!! A little birdie mentioned to Sherri Lucas and Bob Putnam, our wife & husband Zumba Gold Instructor team, that the St. Elizabeth Food Pantry was a little low, and they went to action. On July 24, 2018, Zumba celebrated Christmas in July. A Christmas filled Zumba class, followed by fellowship and gathering of donations, of toiletries, food and money to the food pantry.

You can see the joy in the faces of all who were there, and this is a regular sight with any of our Zumba classes. The magical ingredient is Bob & Sherri. On October 4, or March the 27th you will still see the smiling faces and feel the embrace of love that is emitted at any of their Zumba classes. Sherri and Bob have been SAJE Zumba instructors since 2011. Together they are the 'Greatest Zumba instructor team', as Sherri leads the regular moves, and Bob leads the modified routine.

Please turn to page 2 to continue this story



They shared with me a story of a gal, that started Zumba with a sitting in a chair, and after a few months, was able to stand and dance her way through the whole routine. Sherri, reiterates that the one of the greatest things about being a Zumba leader, is the ability to watch the dancers, grow! To come in, be a bit apprehensive, and then the music starts, the songs are familiar, they relax, dance and sing, with smiles on their faces. Bob reminds everyone that there is no right or no wrong way, just keep moving and your doing Zumba great!!!!

When asked about why they like leading Zumba and Chair Yoga with SAJE. Sherri explained that the Bettys' Bee Quilters Quote, sums it all up for her, 'No Stitch will be removed', and Bob feels truly that SAJE welcomes everyone and builds community and friendships.

Sherri's message to all is, Our bodies need movement, our souls need companionship, and you can get those at SAJE with Zumba, Chair Yoga, and the other SAJE activities.

Another story that was shared by Deb G, We recently had a birthday celebration for a long time SAJE participant, and Bob and Sherri went out of their way to come and wish her well and bring her a card!!!! How sweet is that??

SAJE founder, Deb G, said Sherri and Bob are the kind of people that go out of their way to go the extra mile for all of our SAJE participants, and the SAJE Senior Ministry as a whole. We are blessed that they are able to share their love and zest for life with our SAJE folks.

**THANK YOU TO SHERRI LUCAS AND BOB PUTNAM !!!!!**

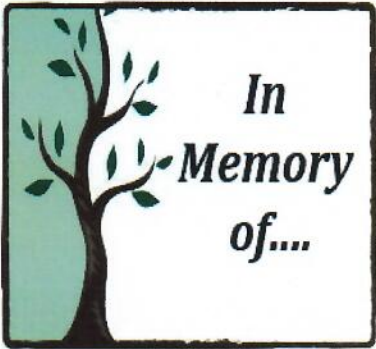
**Thank you for being our Zumba leaders, Chair Yoga Leaders , your energy,  
your dedication and sharing your gifts with SAJE!!!!**

#### **NOTHING STOPS SHERRI & BOB**

In 2017, St Elizabeth had their roof re-placed over the gymnasium, where ZUMBA meets. We couldn't have class under the workers on half of roof, so of course Sherri & Bob devised plan B. Move on out, under the portico. There was electric for the music, and shade for the dancers, and fresh air all around!







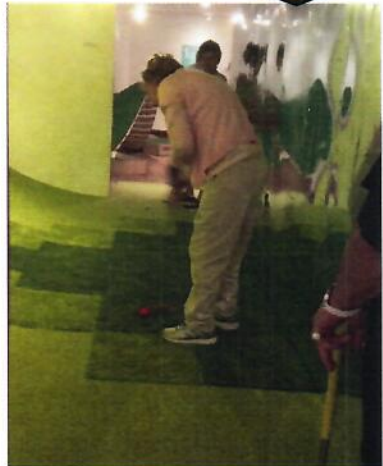
A very special thank you to an Mary M. for the contribution made in memorium of the life of Ray Weis. Ray was a long time SAJE Pickleball Player. We are honored and humbled by this gift.

↑ Elliott & Mary C. on Hole #1

↗ Betty taking a rest at Hole #6, Serengeti

OH MY GOODNESS !!!!!!!!!!!  
 This outing was so much more than ANY-ONE thought it would be!!! To the Sheldon for Golf the Galleries, went the SAJE Mini Day Trip crew in July. THANK YOU to Norma for capturing all of the FUN that was had. The Sheldon has not announced the winner of the competition, we will let you know when we find out! Be on the look out for Golf the Galleries Summer 2019!!!

↓ Pam H. on hole #2



→ The Taylor's golfing or playing Chess....



**What is CLAIM ? How CLAIM can help you? Where do I find CLAIM?**

CLAIM is the Missouri State Health Insurance Assistance Program. Trained counselors provide free, unbiased advocacy, education and assistance to people with Medicare and those who help them to make informed decisions about Medicare and related health insurance needs.

- Missourians let us know they need help in one of three ways:
  - Calling 1-800-390-3330:** Our friendly call-center staff will take your name & basic information. Then we relay that information to one of our local community partners. Within days, a volunteer counselor calls back to set up an appointment or to discuss your Medicare issue by phone. The phone line is open from 9 a.m. to 4 p.m., Monday through Friday, excluding federal holidays.
  - Filling out our online contact form:** Leave your information using the online contact form, 24-hours-a-day, 7-days-a-week. This will send an e-mail directly to CLAIM, which will work just like a phone call, only there's no chance you will have to wait on hold.
  - Visit a CLAIM event:** CLAIM frequently takes part in events all across Missouri. To see if we will be in your area soon, visit [www.missouricclaim.org](http://www.missouricclaim.org)



# REGULAR MONTHLY SAJE SENIOR MINISTRY ACTIVITIES

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

**Thursday, September 13, 10:45 AM League of Women Voters**

The League of Women Voters will join us for a thorough discussion about what will be on the St Louis County ballot that will face us in November. Lunch and desserts will be served immediately following, at noon. Then it's off to the SAJE café for cards and Mexican Train Dominoes.

**Thursday, October 11, 10:45 AM Medicare Update & Flu Shots with Walgreens**

Nancy Grafton, a CLAIM counselor will be here to explain the new Medicare changes that will take place in 2019. Remember all Medicare and supplement changes have to take place between October 15 and December 7, 2018. This is a VERY helpful presentation. Nancy will be able to answer questions and explain how the changes effect you. Walgreen's will be here to give Flu and Pneumonia shots, just bring your insurance cards. Lunch and desserts will be served immediately following, at noon. Then it's off to the SAJE café for cards and Mexican Train Dominoes.

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

**Wednesday September 26, 2018 I, Tonya** Rated-R, 2017 Biography/Drama/Comedy – 2 hrs

From the proverbial wrong side of the tracks in Portland, Oregon, former competitive figure skater [Tonya Harding](#) was never fully accepted in the figure skating community for not inherently being the image of grace, breeding and privilege that the community wanted to portray, despite she being naturally gifted in the sport athletically. Despite ultimately garnering some success in figure skating being national champion, a world championship medalist, an Olympian, and being the first American woman to complete a Triple Axel in competition, she is arguably best known for her association to "the incident": the leg bashing on January 6, 1994 of her competitor, [Nancy Kerrigan](#), who, unlike Tonya, was everything that the figure skating community wanted in their representatives. Her association to that incident led to Tonya being banned from competitive figure skating for life. Tonya's story from the beginning of her figure skating life at age four to the aftermath of the incident is presented...

**Wednesday October 24, 2018 Three Billboards Outside Ebbing Missouri**

Rated-R 2017 Crime /Drama-1 hr 55 mins

A darkly comic drama from Academy Award nominee Martin McDonagh (In Bruges). After months have passed without a culprit in her daughter's murder case, Mildred Hayes (Academy Award winner Frances McDormand) makes a bold move, painting three signs leading into her town with a controversial message directed at William Willoughby (Academy Award nominee Woody Harrelson), the town's revered chief of police. When his second-in-command Officer Dixon (Academy Award winner Sam Rockwell), an immature mother's boy with a penchant for violence, gets involved, the battle between Mildred and Ebbing's law enforcement is only exacerbated.

### St Louis County Library

#### Book Mobile # 4 at Advent

**WOOT WOOT !!! Back to every other week!!!!!! 10:15-11:00 AM**

**August 9 & 23; September 6 & 20**

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.

### Last Thursday

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

**September 27 & October 25**

**from 10:30 to 11:30AM**

Bring your favorite BINGO tchotchke...

**BINGO, snacks and PRIZES !!!!!**

Free will offering accepted.



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

## Wednesday, September 19 , 10:00 AM – 2:00 PM

Join us on Wednesday, September 19, for a guided tour of the **Frank Lloyd Wright** designed home in Ebsworth Park, 120 North Ballas (Kirkwood), followed by lunch at **Mike Duffy's**, 124 West Jefferson (Kirkwood). Designed by one of the most revered architects in the world, this home reflects Wright's unique vision of compatibility with nature. On the National Register of Historic Places, this is a gem to see. Carpool at **10:00** from the upper parking lot of St. Elizabeth of Hungary, 1420 So. Sappington, returning around 2:00. Cost is \$10 for tour plus any gift shop purchases and lunch. **RSVP required by Wednesday, September 5.**

## Wednesday, October 17 , 10:00 AM – 2:00 PM

On Wednesday, October 17, plan to visit another home on the National Register of Historic Places, the Field House Museum, 634 So. Broadway. What once focused on the home of poet Eugene Field is now an expanded presentation of Eugene's life and that of his lawyer father, Roswell. It is because of Roswell that the house is on the National Register as he lived there while representing Dred Scott in Scott's historical trial. Beside the home which has been restored to historical accuracy, a new adjacent museum allows for additional display of the collections belonging to the Field House. Steps required for guided house tour. No steps for museum building. Lunch at the Broadway Oyster Bar (BOB), 736 So. Broadway. Carpool from St. Elizabeth of Hungary at **10:00**. Cost is \$9 for Field House plus any gift shop purchases and lunch. **RSVP required by Wednesday, October 10.**

RSVP to Mary by either calling 314-822-4736 or emailing her at [chubbmande@aol.com](mailto:chubbmande@aol.com)

## 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<br>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

### Aging My Way RESOURCE FAIR

"Aging My Way Senior Resource Fair's" goal is to connect South County older adults to community resources. Over 60 booths of vendors with information for seniors and caregivers!! Vendors include elder law information, Medicare and insurance information, home health services, home repair companies, counseling services, legal services, Housing information (retirement communities, assisted living & long-term care facilities), health & wellness information, veterans benefits, and caregiver support organizations. Flu shots available by Shop n Save Pharmacy. **Gift cards will be raffled! FREE donuts and coffee !!!!** Cost— FREE

*When*— Tuesday, September 18th 2018 9AM to 12PM

*Where*— St. Margaret Mary Alacoque Parish 4900 Ringer Rd St Louis MO 63129

#### MINI DAY TRIPS

Mini Trips will take a break for the holidays in November and December 2018. Instead, attend the Mystery Theatre, "A Christmas Sleigh-ing" Sunday, November 4,

See the enclosed reservation form.



A Celebration of Community  
for two Cities.

Sunset Hills & Crestwood  
proudly bring a celebration to you.

For our first year we will FEATURE Carnival rides \* Car Show \* Parade \* Live Music \* Vendors \* Games \* DJ \* Face Painting \* Cold Drinks \* Hot Food \* Local Businesses

September 22nd, Kitun Park,  
12343 Eddie & Park Road  
Parade starts 10:30 am  
Festivities till 8:00 pm

## 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 September 23 & Sunday October 28, 4PM to 5:30PM**

### 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!**





## A TIME TO PRAY

### An Evening Prayer

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. *Amen.*

### America Book of Common Prayer

*This prayer was furnished by Reverend Dan Handschy of Episcopal Church of the Advent.*



## THANK YOU !

Sister Joan B., Janet D., RoseMary G., Gloria H., Laura H., Cindy M., Bob P. & Sherri L., Chris & Pat W., and Mary Lou & Don W.

Your contributions help support SAJE Senior Ministries activities and services.

Remember your *Amazon Smile* purchases can support SAJE too!

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

**A bit of humor.....** Father William, the old priest, made it a practice to visit the parish school one day a week. He walked into the 4th grade class, where the children were studying the states, and asked them how many states they could name. They came up with about 40 names. Father William jokingly told them that in his day students knew the names of all the states.

One lad raised his hand and said, 'Yes sir, but in those days there were only 13.'

A woman noticed her husband standing on the bathroom scale, sucking in his stomach. "Ha--! That's not going to help," she said.

"Sure, it does," he said. "It's the only way I can see the numbers."

Q: What's the difference between love and marriage?

A: Love is blind and marriage is an eye-opener!

*Thanks to Don H., for the contributions of a chuckle or twenty!!!!!!*

## LABOR DAY !!!!

SAJE will observe Labor Day on Monday September 3, 2018. There will be NO SAJE ACTIVITIES. All activities will resume on Tuesday September 4, 2018. Please be sure to be safe, stay cool, hydrated and enjoy the holiday!!!!



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CRESTWOOD MO 63126

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## September/October 2018 Newsletter

### SAJE Senior Ministry

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

### Member Supporting Organizations

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)

### Faith Community Nurse

Contact Deb at  
(314) 484-9940

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

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 November/December newsletter is October 5, 2018**

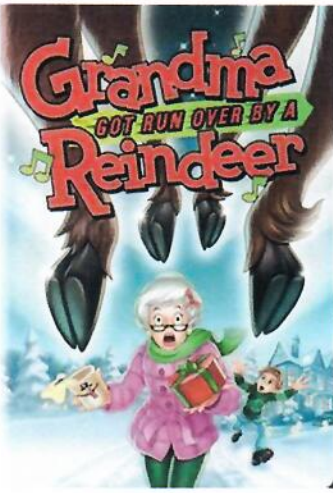


*7<sup>th</sup> Annual SAJE Murder Mystery Theatre*

**SUNDAY, November 4, Doors Open 1:30 PM  
Lunch, Catered by Genesis served at 2:00 PM**

**St. Justin Martyr Parish Center  
11922 Eddie & Park, Sunset Hills**

*A Christmas Sleigh-ing*



**Grandmas, Reindeer and Sleighing.....  
What could they *possibly* have in common?**

**It would be a crime to miss out on this much  
FUN and FOOD !**

**\$ 25.00 Per Person**

Please complete the reservation form below and mail with check payable to SAJE Senior Ministry to Claudette Karcher, 1057 Etherton Drive , St. Louis, MO 63126. For more info call 314-962-4681.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Phone

\_\_\_\_\_  
Address

\_\_\_\_\_  
City, State, Zip

Please seat me with (tables of 8)

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Dietary Restrictions: \_\_\_\_\_

***Please RSVP by Monday October 22, 2018***

***Thank you for supporting SAJE Senior Ministry***





# *Christian Community* **HOMECARE**

IS YOUR LOVED ONE ABLE TO?  
YES or NO

1. Dress and undress without help each day?
2. Drive or use public transportation without assistance?
3. Shop for groceries and clothing without help?
4. Prepare healthy, regular meals?
5. Take a bath, shower or sponge bath without help?
6. Get in and out of bed without help?
7. Be left alone during the day?
8. Pay bills and manage finances without help?
9. Clean his or her home or apartment?
10. Live alone comfortably and confidently?
11. Remain active and interested in life and hobbies?
12. Walk, climb stairs and get around the house easily?
13. Remember to take medications?
14. Keep up minimum weight (no diminished appetite?)
15. Maintain a positive attitude?
16. Generally take care of him or herself?

If you answer "no" to even one of the above questions, you may need to monitor your loved one more closely. They may require additional care.

Contact Chris Lewis at 314-843-9673 for further information.



## **Elder Abuse/Neglect**

### **Tricking a Senior Out of Money**

Elder abuse can take many forms, but one of the most common is "scamming" or tricking an elderly person out of money or property. Seniors are more likely to become victims of such crimes and, if cognitively impaired, they are far more vulnerable. Scammers make a special effort to lure trusting seniors with false lottery winnings, fake inheritances, illegitimate sweepstakes, or "special" opportunities to donate to charity.

Why do elders fall for such tricks? Very often, they dream of being able to help their family, leave something behind, or provide more security for themselves and their loved ones as they age.

**Source: Financial Fraud Research Center**

### **Top 10 Scams**

- **Health Care/Medicare/Health Insurance Fraud** that ask for personal information and Social Security numbers.
- **Counterfeit Prescription Drugs** that may even be harmful.
- **Funeral & Cemetery Scams** that don't disclose the full cost of funeral services.
- **Fraudulent Anti-Aging Products** that don't work as advertised.
- **Telemarketing** scams that take money but don't send the product purchased.
- **Internet Fraud** that gets the person to give out personal information, passwords, credit card numbers, and even banking information.
- **Investment Schemes** that don't pay out as promised.
- **Homeowner/Reverse Mortgage Scams** that offer money or a free house somewhere else in exchange for title to the person's property.
- **Sweepstakes & Lottery Scams** that ask for a "fee" before sending winnings.
- **The Grandparent Scam**, where criminals pose as grandchildren in trouble to get the person to send money.

**Source: National Council on Aging; [www.NCOA.org](http://www.NCOA.org)**

### **Be Aware, Alert**

It is important to make sure your privacy is always protected. All a determined scam artist needs is the name from a piece of mail addressed to figure out many details about your life.

### ***Inspiration***

*Remember you have options, such as asking for politeness or leaving the room – even for a few minutes to catch your breath and evaluate the situation.*





# Healing Touch

THURSDAY  
SEPTEMBER 13  
2:30PM

**Crestview**  
SENIOR LIVING

314-842-3939  
8660 Grant Road  
Crestwood, MO 63123  
CrestviewSeniorLiving.com  
A SPECTRUM RETIREMENT COMMUNITY

Learn the Benefits of Healing Touch with Kathy Sherwood, RN and Healing Touch Certified Instructor.

Healing Touch restores harmony and balance in the human energy system, placing the client in a position to gently self heal, aligning the mind, body and spirit.

Healing Touch:

- Reduces pain and anxiety
- Relieves stress and depression
- Provides support during chemotherapy
- Strengthens the immune system
- And much more

