

November
December
2018



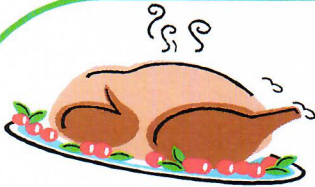
SAJE

Senior Ministry

VOL 8 Issue 6

CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit



Thanksgiving Feast

Please join us for our 14th Annual Thanksgiving celebration of family and friends at Church of the Advent. Dinner blessing will be at **12:30 PM on Thursday November 22, 2018.** Feel free to bring as many guests, family, friends, neighbors... all members of the community are welcome to join in our Thanksgiving celebration, as it is a blending of all faiths. Please RSVP to Jessica, as turkey, dressing, gravy and mashed potatoes and carrots will be provided..... You can bring a covered dish to share, and good company.



RSVP to Jessica Gerth 314-664-9700 or jessica.gerth@sajeseniorministry.org

TIME TO RAKE THE LEAVES



It's that time of year again.... We are in the process of scheduling our fall leaf raking . Please contact Jessica either via phone at 314-664-9700 or via email at Jessica.gerth@sajeseniorministry.org. This year we will also be working with the Long/ Crestwood Elementary School Family Service Club, along with the St Justin's Youth Group. We are very pleased to be able to offer more rake's to our seniors!!!

Medicare Open Enrollment DEADLINE DECEMBER 7, 2018

www.medicare.gov or call

1-800-MEDICARE or call

Missouri Claim

1-800-390-3330

South County Government Center

314-615-4014

SAJE and Social Media



Instagram

SAJE Senior Ministry has broadened our reach, we are now on Social Media.....

This is a slow process, so please be patient with us. We have accounts on Facebook, Instagram and Twitter. If you have accounts on any of those platforms, please 'follow' and be sure to 'like' us!!! If you don't have any of these communication avenues available to you right now, call or email Jessica and she can assist you with adding to your 'electronic footprint' if you so desire.

One of the reasons that we are branching out is, this way you will be able to share SAJE with you other friends and family that may not live down the road. You can share it with your brother that lives in Phoenix or you daughter that lives in New York. A very regular question that we all hear is 'so, what is that SAJE thing anyway'. You can always find more information about what's happening at SAJE by visiting our website at www.sajeseniorministry.org, or there is the real old fashioned way you can give us a jingle at 314-664-9700, or really archaic, and stop in to one of our activities and say hello!

2018 SAJE SURVEY

You will be receiving a 2018 SAJE Senior Ministry Survey. The last survey was completed in 2015, so it's about time for a fresh look at how we are received and what we do great, and what can use some tweaking and improvement.

Please be honest and complete the survey. SAJE is here for you, and we need your input to make SAJE continue to grow and flourish. If you would like the survey emailed please call or email Jessica and she will email it to you, to be completed on line.

Wouldn't this spot right here be perfect for you to write a little article about a SAJE event or what you did last Monday with your church group. We would love to have more contributors to the SAJE newsletter. Share with us, and your SAJE friends your favorite hobby. We would be fascinated to hear about the under-water basket weaving class that you took. On the last page is the deadline for the next newsletter, talk to Jessica before then and we look forward to learning about our friends.

**THANK YOU !!! WE'RE GOING TO MISS YOU !!!
MANY BLESINGS TO YOU !!!!**

As many of you already know, one of our original SAJE Senior Ministry Board Member, Chair Exercise Leader, counter, Bar Tender, Mexican Train Domino player is moving out of state and will no longer be able to be an in person active participant of SAJE. Kim, Thank you for all that you have assisted with in creating SAJE Senior Ministry as it is today. We will truly miss the light that shines through you and the regular smile on your face. Many many blessings to you on this new chapter in your book of life. Please remember that you have roots here in St Louis, that encourages you to fly!

Aloha.....Ohana..... Mahalo.....

During the colder months, especially when there is ice and snow in your driveway, PLEASE don't attempt to move around your trash cans. Call your trash hauler and they will be glad to take your cans down and put them back up for you. You can also request the USPS to deliver the mail to your door if going to your mail box is too dangerous.

Indoor walking tracks are available through the St Louis County Parks Department

A great way to keep moving during the cooler months, besides our Zumba, PickleBall, and Chair classes, are the indoor walking tracks, or the West County or the South County Mall.



REGULAR MONTHLY SAJE SENIOR MINISTRY ACTIVITIES

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

Thursday, November 8, 10:45 AM Lutheran Senior Services

Diane Sinclair, Volunteer Engagement Coordinator with LSS will be with us to talk about Time & Treasure how volunteering reaps great benefits, not only to those served but also for those serving. Learn how to satisfy your six dimensions of wellness through service.

Thursday, December 13, 10:45 AM The 8th Notes Ladies Choir Christmas Concert

Back again this year the 8th Notes Ladies Choir will perform a festive holiday concert, to help us ring in the Christmas Season. This is a fabulous treat followed by a Holiday style lunch and yummy home made desserts at noon.

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

November 28, 2018 LION

Rated PG-13 2016 Biography/Drama - 1 hour 58 minutes.

A 5 year old boy gets lost on the streets of Calcutta, thousands of kilometers from home. Surviving many challenges before being adopted by a couple in Australia, he sets out to find his family. Starring: Dev Patel, Rooney Mara, Nicole Kidman

Wednesday December 26, 2018 Christmas Lodge

Rated-G 2011 Comedy /Drama/Family – 1 hour 26 minutes

Mary Tobin has wonderful memories of family gatherings at the Christmas Lodge. When she arrives for a weekend vacation, she quickly realizes that the lodge that she loves has fallen into serious disrepair. With a lack of funds and a looming deadline, she not only restores the Christmas lodge's charm but finds love along the way. Starring: Erin Karpluk, Victoria Banks, Michael Shanks

Last Thursday SAJE **B-I-N-G-O** at Advent from 10:30 - 11:30AM

November 29 & December 27

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

Free will offering accepted.

St Louis County Library

Book Mobile # 4 at Advent 10:15-11:00 AM

November 1 & 15 and December 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.**



Changes in Schedule

Thanksgiving : We will not have any SAJE activities on Wednesday November 21, Thursday November 22, or Friday November 23. We will resume our regular schedule on Monday November 26.

Christmas : We will not have any SAJE activities on Monday December 24, or Tuesday December 25, our regular schedule resuming on Wednesday December 26, with our Movie Matinee Christmas Lodge at 1 PM at St Thomas/Holy Spirit.

New Years : We will not have any SAJE activities on Monday December 31, or Tuesday January 1, our regular schedule resuming on Wednesday January 2.

If for some reason we have to cancel due to weather, it will be announced on KTVI, KSDK, KMOV and KMOX, as well as our website, Facebook, and Twitter. If you ever have a question about an activity please feel free to call the office at 314-664-9700.

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 deb@sajenurse.org			
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

SAJE MINI DAY TRIPS

SAJE Mini Trips will take a break for November and December 2018,
due to the holiday rush around town.

Please let Jessica know if you have any ideas for day trips or dining experiences that you would like to have, you can reach her at 314-664-9700 or email jessica.gerth@sajeseniorministry.org.

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 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 November 25 & Sunday December 23, 4PM to 5:30PM



St. Elizabeth of Hungary Catholic Church located at 1420 S. Sappington Road invites the greater Crestwood Community to a **"Free Spaghetti Luncheon"** sponsored by the St. Elizabeth Parish and its Men's Club.

Please join us **12 noon on Sunday, December 9** in our cafeteria for an opportunity to meet and mingle with new friends in a warm welcoming atmosphere!

Sunset Hills partners with the cities of Kirkwood, Webster Groves, Crestwood, and Shrewsbury to offer day trips to local attractions for adults. We schedule trips October through March. We are always open to suggestions for destinations and activities for trips. If you have any questions about the trips details contact Ben Logel at blogel@sunset-hills.com.



THE NATIONAL
SHRINE
OF OUR LADY OF THE SNOWS

On December 11, 2018 for \$45.00 you can be picked up at Kirkwood Community Center at 3:45 PM and then delivered back there at 8:00PM and the time in between you can Get your holidays off to a delightful start with a trip to Our Lady of the Snows. Enjoy a delicious buffet dinner at the Shrine Restaurant. After dinner enjoy a ride through one of the most beautiful and uniquely designed light displays in the area with over 1.5 million lights. Spaces fill quickly so register early. Registration includes admission, motor coach, meal, and driver gratuity. Pre-registration is required by December 1, 2018.



Let's take a pop culture walk with emcee and St. Louis celebrity Johnny Rabbitt down memory lane, past the signs of the times! Doors open 6 pm; fun trivia starts 7 at Crestwood Community Center, 9245 Whitecliff Park 63126. All proceeds support urgently needed repairs at 210-year-old Historic Sappington House. First Prize \$250 and second place \$100, Silent Auction, 50/50, Mulligans and more! Bring your own beverages and snacks; some nibbles provided at tables. Cash bar and desserts available from The Barn restaurant. Before Trivia Night, take a few minutes to learn about Historic Sappington House at <http://historicsappingtonhouse.org/> Some of those Saga of Historic Sappington House facts might come in handy! Registration highly recommended; \$20 per person, \$140 for table of 8. Tickets on sale at the Loft Gift Shop above The Barn and by phoning 314-822-8171.

A TIME TO PRAY

Prayer for God's Thanksgiving - God of all blessings, source of all life, giver of all grace in all things, I want to thank you for the gift of life, for the breath that sustains life, for the food of this earth that nurtures life, and for the love of family and friends without which there would be little happiness in life. I thank you for the beauty of creation of this great Earth, for the joy that the ear may hear, for the unknown that we cannot behold filling the universe with wonder, and for the expanse of space that draws us beyond the definitions of our selves. Everything in my life, and the life that surrounds me was drawn and created by Your own hand. For this, I am grateful. Amen.

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus." Thessalonians 5:18

This prayer was furnished by Jessica Gerth, SAJE Senior Ministry Coordinator

THANK YOU !

LaVerne & Louis G. , Jane B., Arlene S., Lynn & Harry D., Jane E., Laura H., Gloria H., and the Advent Church Women for your monetary contributions that help support SAJE Senior Ministries activities and services.

Your Amazon Smile contribution this quarter was

\$5.71 !!!! For the last quarter!! THANK YOU !! HURAAAYY !!

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

a bit of humor

If you've ever worked for a boss who reacts before getting all the facts and thinking things through, you will love this!!!

Arcelor-Mittal Steel, feeling it was time for a shakeup, hired a new CEO. The new boss was determined to rid the company of all slackers. On a tour of the facilities, the CEO noticed a guy leaning against a wall. The room was full of workers and he wanted to let them know that he meant business. He asked the guy, "How much money do you make a week?" A little surprised, the young man looked at him and said, "I make \$400 a week. Why?" The CEO said, "Wait right here." He walked back to his office, came back in two minutes, and handed the guy \$1,600 in cash and said, "Here's fourweeks' pay. Now GET OUT and don't come back." Feeling pretty good about himself the CEO looked around the room and asked, "Does anyone want to tell me what that goof-ball did here?"

From across the room a voice said, "Pizza delivery guy from Domino's.."

Thanks to Don H., for your time and energy to make us laugh!!!!!!



Celebrate America's Veterans

Friday, November 9th

3:00 p.m. - 4:00 p.m.

Crestview Senior Living

8660 Grant Road

Crestwood, MO 63123

Enjoy a patriotic musical performance by Pegi Johns

Snacks and drinks will be served.

R.S.V.P. by Nov. 6th by calling 314-842-3939

There is no charge for this event.

**Please, out of respect for our community, do not
arrive before 2:45 p.m.**

Diabetes – Avoiding Complications

More than 1/4 of Americans 65 and older have type 2 diabetes and roughly another 50% have a condition known as “prediabetes.” In people with type 2 diabetes, either the *body doesn't produce enough* of the hormone insulin or cells *can't use it properly*. Insulin allows the body to use glucose—blood sugar—for energy. The complications of diabetes occur when glucose builds up in the blood and clogs small arteries instead of going into cells.

- ✓ **Know the ABCs**—A1C levels, (test that gives you a picture of your average blood glucose control for the past 2 to 3 months) **Blood pressure**, and **Cholesterol**. Like diabetes, high blood pressure and cholesterol can damage blood vessels, leading to heart attack or stroke.
- ✓ **Smoking** increases the risk of diabetes complications; smokers with diabetes are three times more likely to die of heart disease than nonsmokers with diabetes.
- ✓ **Yearly physicals and regular eye exams** to look for signs of kidney problems, nerve damage and heart disease—as well as other medical problems. An eye care specialist will check for signs of retinal damage, cataracts and glaucoma.
- ✓ Keep **vaccines** up to date. High blood sugar can weaken the immune system, which makes routine vaccines important. Ask about getting vaccines against flu, pneumonia and hepatitis B.
- ✓ Diabetes increases the chance of gum infections. **Brush, floss, and schedule dental exams** at least twice a year. Consult a dentist if gums bleed or look red or swollen.
- ✓ **Aspirin** reduces the blood's ability to clot, so taking one every day can reduce the risk of heart attack and stroke. The doctor will say whether daily aspirin therapy is appropriate for the person in your care.
- ✓ **Alcohol** can cause low blood sugar, so it should be used only in moderation and always with a meal.
- ✓ Work with a dietician to create an **eating plan** that includes lots of low-glycemic foods, which are less likely to raise blood sugar. A Mediterranean diet rich in fruits, vegetables, lean meats, whole grains, and healthy fats can help.
- ✓ Join a **diabetes support group** to meet other people who are facing the same challenges and discover new ways to stay healthy. *Source: NCOA, Mayo Clinic*

CHRISTIAN COMMUNITY HOMECARE

843-9673

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

The History of Homecare

Christian Community Homecare began in 1996 in response to the growing need for in-home assistance. From the beginning the program has been dedicated to providing quality, low cost care for individuals.

The Services of Homecare

One of the main goals of the Homecare program is to set up harmonious companionship. Often individuals are faced with changes in their lives over which they have no control. Whether this is a short or long term situation, having consistent, compassionate caregivers is a top priority. Services performed include companionship, light housekeeping, laundry, meal preparation, errands, transportation, bathing assistance, and more.

The Caregivers of Homecare

Our caregivers are reliable individuals who are interested in providing companionship and care to individuals who find it difficult to attend to their everyday living needs. They come from all walks of life and faith. The Homecare program thoroughly checks references and conducts a police check before employing each caregiver. In addition, all caregivers are bonded and insured.

The Clients of Homecare

- * A person who has returned home from the hospital and requires non-medical assistance while healing.
- * An elderly couple that are healthy but needs someone to remind them to do their daily tasks.
- * A person wanting help for a family member with Alzheimer's.
- * A family member looking for a break from the constant care of a loved one who is ill or disabled.
- * Respite care for new moms

Call Director Chris Lewis at 314-843-9673 for rates and further information.



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CRESTWOOD MO 63126

November / December 2018 Newsletter

SAJE Senior Ministry

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

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

www.stjustinmartyr.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

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

Submission deadline for the January / February newsletter is Friday November 30, 2018