

January
February
2019

SAJE

Senior Ministry

VOL 9 Issue 1

CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit

BINGO



THANK YOU JAN, FOR YOUR TIME AND TALENTS !!!!!

When Jan retired in 2013, she didn't know where the road would take her. As a long time member of St Elizabeth's, Jan has been aware of SAJE from the inception. Upon retiring she took advantage of Pickle ball and chair exercise, and then she became a SAJE driver. In 2015 Jan attended a meeting after going to a SAJE movie to see what else she could bring to our SAJE seniors.

She figured it out, and the SAJE seniors LOVE her for it!!!!

On May 26, 2016 Jan called her first SAJE Bingo hour. We started out with about 7 folks that would come early to play cards, and jump in on BINGO to pass the time, and now we average 20 people, every month to hear those numbered balls be called !

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Jan has been truly surprised by the fun new routine BINGO has brought into her life, and SAJE is grateful to her friend circle that assists in donating prizes for BINGO; as well as the friends she has made. Jan has also taken another volunteer role with The Sappington House Museum & Gift Shop. Jan feels that being retired doesn't mean staying home on the couch, that you have to create a new routine for yourself and get out in the community. THANK YOU for the 2 1/2 years of BINGO and we look forward to MANY more !!!!!



THANK YOU Missouri Cameo Club!!!!

Mary K. Spencer attended our August Lunch & Learn , and was so impressed by all of the programs and services that SAJE offers to the community that she nominated us for a donation from the Missouri Pageant Alumnae Club. We received a check for \$400.00 !!!!! We are not sure what we're going to do with this unexpected donation. We'll let you know as soon as we do! We are honored to have received this!

For those if you who are not aware, the Missouri Pageant Alumnae Club was established in 1989. Their mission as a non-profit organization, is sponsoring an annual Pageant for senior women which fosters their talent development, charitable giving, community service and personal growth.

Each year the club produces the Missouri Senior America Pageant for women who have reached 'The Age of Elegance' ... at least 60. This is an opportunity for women to feel empowered, encouraged, and appreciated for their wisdom and inner beauty!

The group is very active performing at various venues highlighting the many talents of our members. The money earned is used to supplement production of the pageant and to provide charitable donations.



← Our very own past-board member Phyllis D. Polishing her acting skills.

THANK YOU ALL !!!!

Whether you came and enjoyed the show and food, and/or you made cookies for our dessert . SAJE says **THANK YOU !!!!**

This was an even larger turn out then last year!!!!

We had 140 people RSVP and we made another profit of \$ 610.61 !!!!

All of the proceeds from the Murder Mystery Lunch Theatre go to support our Faith Community Nurse Program. SAJE's Faith Community Registered Nurse is present at most activities and is also available by appointment. She is ready and excited to educate and consult on health assessments, weight, diet, vitals, etc.. She can advocate for patients at a doctor's appointment; make home safety assessments, and coordinate referrals to other health related organizations. SAJE's Administrative Coordinator can coordinate transportation, assist in agency referrals, and assist in finding better ways to live at home more comfortably. Please feel free to contact Deb if you have any questions for her.

We raked the leaves... once... and we will do it again...

It was in the 30's with flurries and freezing rain, but the SAJE rakers were still out, (until it got too cold) !!!! With 10 hands, 4 of which belonged to our young elementary helpers, we were able to fill 36 bags.

Thank you to the Brovey family of the Long/Crestwood Elementary Family Service Club. YOU GUYS ROCK!!!

We are scheduling for January 12, currently. Please contact Jessica either via phone at 314-664-9700 or via email at Jessica.gerth@sajeseniorministry.org.



REGULAR MONTHLY SAJE SENIOR MINISTRY ACTIVITIES

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

Thursday, January 10, 10:45 AM *Put YOUR story on Paper*

We all have a story, and the only way to keep our history alive is to share it! Learn how you too, can create your very own autobiography. What better way to fill the rest of the cold winter days and nights than sharing your story for future generations. Then enjoy a hearty lunch with tasty home made desserts.

Thursday, February 14, 10:45 AM *LOVE is in the Air*

Roses, chocolates, and valentines; Come and enjoy an afternoon of LOVE.... A Love song sing along, and some famous couples trivia for a chance to win a prize!!!! Complete your lovely afternoon with a fabulous home cooked lunch and yummy home made desserts.

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

Wednesday January 23, 2019 *Lady Bird*

Rated R 2017 Comedy/Drama - 1 hour 33 minutes.

A warm, affecting comedy about a high school senior (Saoirse Ronan) who must navigate a loving but turbulent relationship with her strong-willed mother over the course of her eventful and poignant senior year of high school. Starring: Saoirse Ronan, Laurie Metcalf, Timothee Chalamet

Wednesday February 27, 2019 *Learning to Drive*

Rated-R 2015 Comedy /Drama/Romance – 1 hour 29 minutes

As her marriage dissolves, a Manhattan writer takes driving lessons from a Sikh instructor with marriage troubles of his own. In each other's company they find the courage to get back on the road and the strength to take the wheel. Starring: Patricia Clarkson, Sir Ben Kingsley, Jake Weber

Last Thursday SAJE B-I-N-G-O at Advent from 10:30 - 11:30AM January 31 & February 28

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

January 3, 17 & 31 and February 14 & 28

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.



SAJE JANUARY MINI DAY TRIP

LET'S DO LUNCH

Shake off the winter chill and join us for lunch on **Wednesday, January 16, 2019**

Meet at St. Elizabeth of Hungary upper parking lot at 11:00 AM and carpool to Sisters Tea House and Gift Shop, 505 West Main Street, in Fenton. A variety of reasonably priced meals, beverages and desserts are offered. G-Free and vegetarian guests can be accommodated upon request. Cost: Meal plus any purchases in the shop RSVP by Wednesday, January 9, to Mary, 314-822-4736 or chubbmande@aol.com.

Keep your eye on the website as well as at other activities to see if we plan a February Mini Trip.

REGULAR SAJE SENIOR MINISTRY ACTIVITIES

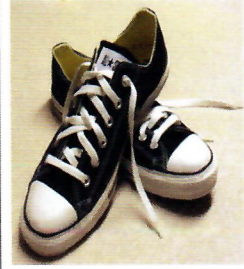
Chair Exercises	Monday	St Elizabeth	9:30—10:15
Pickleball \$3.00	Monday	St Elizabeth	9:00—12:00
Betty's Bee Quilting Bee	Monday	Advent	11:00, Bring lunch
Chair Yoga \$3.00 or Silver Sneakers	Tuesday	St Elizabeth	10:30—11:15
Zumba Gold \$3.00	Tuesday	St Elizabeth	11:30—12:15
Faith Community RN	Tuesday	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	1:00—4:00
Zumba Gold \$3.00	Friday	St Elizabeth	10:30—11:15

HAPPY NEW YEAR !!!!

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.

Out & About in the Community



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.

Prayer Service for Christian Unity

What: Join Christians from around the region & from many traditions in praying for Christian Unity; a reception will follow the prayer service.

When: Sunday January 13, 2019 7:00 PM

Where: St. Monica Catholic Church

12140 Olive Boulevard

Creve Coeur Missouri 63141

Justice, Only Justice, You Shall Pursue



Remember to check our website at www.sajeseniorministry.org for any additional additions to the SAJE schedule, and take a look at the ' Out & About in the Community ' tab, to see what's going on!

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 January 27 & Sunday February 24 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.

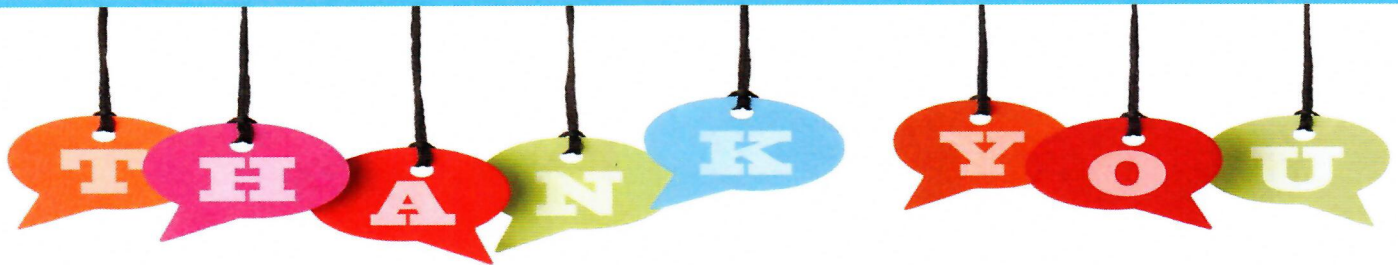
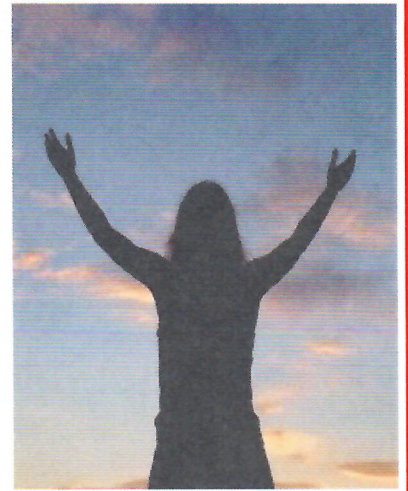
PLEASE COME, GIVE AND TAKE AS YOU WISH!



A TIME TO PRAY

Loving Father,
We thank You for all You do for us, those things we can see and those unseen. You are so good to us!
We ask You for the grace to try our best to be servants to others, to give of ourselves so they may come to know You, too.
We ask these things in Jesus' name. Amen!

This prayer was furnished by Rev. Brian Fallon, Pastor, St. Elizabeth of Hungary



Margrit E., Gloria H., Marcia K., Elaine P., Jim & Jan R., Ann S., Pamela S., Joan T., Grace W., for your monetary contributions that help support SAJE Senior Ministries activities and services.

Thank you to those who have pledged to support the SAJE Senior Ministry Faith Community Nurse Ministry in the upcoming year !!!!

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

a bit of humor, and a common sense reminder

Noah's Ark

Everything I need to know I learned from Noah's Ark

1. Don't miss the boat
2. Remember that we are all in the same boat
3. Plan ahead. It wasn't raining when Noah built the Ark.
4. Stay fit. When you're 60 years old someone may ask you to do something REALLY big.

amazonsmile

WOOT WOOT !!!!!

Another donation from
YOUR Amazon Smile
purchases!

THANK YOU

This Quarter **\$ 9.89!!!!!!**

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 843-9673

Why Am I So Cold? Hypothermia

One of the common changes people notice while they are aging is that they are more sensitive to cold temperatures.

The normal workings that keep our body warm may be affected by poor health and a weak immune system. Sometimes, hormonal changes, especially in women, can lead to feeling cold all the time. *Low estrogen* levels associated with menopause or *low thyroid hormone* levels are some examples of changes that commonly occur in women.

Your doctor may try to find out if you are feeling cold all the time may be a symptom of a medical problem such as high blood pressure or diabetes. *Low thyroid* activity and *high cholesterol* can also affect your body's ability to regulate your temperature. Some drugs may also contribute to these symptoms. Medications used to treat *high blood pressure* and *heart disease*, such as beta blockers and calcium channel blockers, can affect blood vessels and blood circulation, which can lead to heat loss and hypothermia. *Hypothermia* is a condition characterized by a dangerously low body temperature.

However, even healthy people who are growing older may also experience feeling cold. This is because the blood vessels, which help conserve body heat, are not as elastic as they used to be, and their responses to changes in temperature become slower. Furthermore, different people may react to cold temperature in various ways, depending on their individual sensitivities. Feeling cold does not necessarily mean that you are sick or that you need treatment. Sometimes, the best thing to do is to just put on a warm sweater or a cozy pair of socks. If you have been feeling cold for some time, and bundling up does not seem to help, ask yourself if the unusual feeling is related to other symptoms. For example, have you noticed any changes in weight or any weakness? Do you feel cold all over or is it just your hands and feet? Help your doctor evaluate your symptoms by discussing them with him or her.

Avoiding Hypothermia

During winter, anyone who wanders outdoors is at risk of hypothermia, a condition when the body temperature falls to below 95° F.

To prevent hypothermia:

- Keep the temperature at home at least 65° F or 70° F if the senior is ill. A frail, older adult in a 60-degree house can develop mild hypothermia overnight.
- Wear warm clothes, including wool leg warmers for the arms and legs for added warmth.
- Use warm blankets in bed.
- Wear a knit hat indoors and a warm hat outside to avoid losing heat.
- Eat a balanced diet.
- Keep warm by moving and walking around the house and lifting and stretching the arms and legs.

STAY WARM AND HAPPY NEW YEAR!



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January / February 2019 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

Christian Community Homecare

Contact Chris at
(314) 843-9673

home-care@swbell.net

www.sajeseniorministry.org

Faith Community Nurse

Contact Deb at
(314) 484-9940

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

St Elizabeth of Hungary
1420 South Sappington Rd
Crestwood MO 63126
(314) 968-0760

www.stelizabethhungary.org

General Questions, Rides, Yard Work

Contact Jessica at
(314) 664-9700

jessica.gerth@sajeseniorministry.org

Submission deadline for the March / April newsletter is Friday February 8, 2019