

March  
April  
2019



# SAJE

## Senior Ministry

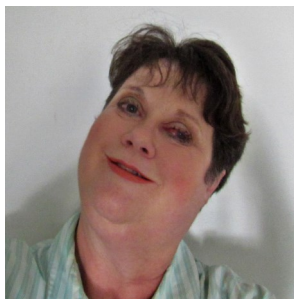
CONNECTING SENIORS IN COMMUNITY  
Body/Mind/Spirit

VOL 9 Issue 2

### VOLUNTEER SPOT LIGHT !!!!!!!!!!!!!!! And WELCOME!!!!!!!!!!!!!!

**Hello!**

As a way of introducing myself, I am the new editor-in-chief of the bi-monthly SAJE newsletter. My background is as an online Journalism major at Moorpark College in Moorpark, Calif. and I have served on the school's newspaper Student Voice for four semesters. This semester I am an independent study student and prepared a guide for students on how to apply for scholarships. I can also copy-edit advances and articles at the request of other editors.




Last semester I was section editor for Arts & Entertainment. Since I'm long-distance and have served the paper locally, I was able to provide advice to students who wrote articles in this section and directed them on who to interview and get pictures taken to accompany their articles.

Every other month of this publication we'll feature items such as having your taxes prepared for you, ways to keep your home safe, and upcoming events, to name a few. I look forward to this exciting new venture in my life, and with presenting you with all the latest news and information that helps or impacts you in your daily life.

Comments, questions or suggestions you can reach me at [altshullermmary@gmail.com](mailto:altshullermmary@gmail.com).

Respectfully yours in Christ,  
Mary Altshuller, Editor-in-Chief



Saturday February 2, there were 6 Parents, 3 Teenagers, and 4 Littles that assisted in raking and bagging 76 bags of leaves, then on Sunday 2 more volunteers completed an additional 20 bags.... to total 96 bags from 9 yards!!!! This took place on the only Saturday that did not have snow falling as of this printing. THANK YOU St. Justin's FIA Team and

The Crew for your hard work and dedication!



We gain an hour  
of day light !!!!!  
Spring Ahead.....  
Sunday  
March 10, 2019

### APRIL 15.....TAX DAY IS APPROACHING..... ARE YOU PREPARED..... CORP

The St. Louis County Older Resident Program (CORP) provides free assistance in preparation of income tax forms and property tax credit claims for St. Louis County residents, age 60+ and income of less than \$54,000. Appointments required. **Call 314-615-4037 to schedule an appointment.**

### AARP Tax Aide

AARP Tax-Aide volunteers prepare free tax returns for individuals with low to moderate income, with an emphasis on seniors. Appointments are required. **Call Customer Connect at 314-994-3300**

## St. Patrick's Day Activities

### Downtown St. Louis Parade

The streets of downtown St. Louis will become a sea of green as thousands of visitors attend the annual St. Patrick's Day Parade. This family-friendly event features more than 120 marching bands, floats and giant balloons. The parade begins at 1 p.m., at 20th and Market Streets and makes its way east, ending at Broadway and Clark. Before or after the parade, stop by the Irish Village at Ballpark Village for food, shopping and live music.

### The Hibernian Parade

Every year on St. Patrick's Day, crowds flock to the Dogtown neighborhood for the Ancient Order of Hibernians Parade. You won't see giant balloons or floats in this parade, but there are plenty of local Irish families who proudly march to honor their homeland. After the parade, the crowds stick around for a big street party, although it may be less rowdy than in years past. The parade begins at 10am and starts at Tamm & Oakland and ends at Tamm & Manchester.

Easter Sunday April 21, 2019

Since 1961 the Concours d'Elegance car show has taken place in Forest Park, in the upper Muni lot, the cars start to arrive at sunrise. Wear your walking shoes or your flapper dress or poodle skirt, and meander around the classics of yesterday. Averaging around 500 cars to see, there will surely be your favorites in the lot.



## FOLLOW UP

..... In follow up to a discussion that was had at the January Lunch &

Learn presentation of 'Your Story on Paper'; we wanted to share with you the gift that one of our SAJE Board members received from her daughter. Our Board member receives an email every week, with two questions in it, for her to answer in as long or as short of a narrative as she sees fit. These questions can either be from the database or created individually, by the gifter. This is a subscription from a company called Story Worth. Story Worth is a company based out of San Francisco, California, and offers this service to either create a life story, or memoir of a loved one. You can find more information from their website at [www.storyworth.com](http://www.storyworth.com) or email at [hello@storyworth.com](mailto:hello@storyworth.com) or calling 415-967-1531. SAJE Senior Ministry does not endorse or promote this business, we are only sharing information with our participants. If you were not able to attend, or would like notes from the presentation, please feel free to call 314-664-9700 or email Jessica Gerth at [jessica.gerth@sajeseniorministry.org](mailto:jessica.gerth@sajeseniorministry.org).



# SAJE March MINI DAY TRIP to



It's the First Day of Spring! Sounds like the perfect time to get out and tour a chocolate factory – Willy Wonka and the Oompah Loompahs may not be there, but Bissinger's has a pretty good reputation too.

A guide will take us on a private, one-hour tour. We will also have the opportunity to visit the Chocolate Shoppe just in time to get chocolate Easter Bunnies, or just the Bissinger's Ears ! A box lunch will be served among the chocolates.

Due to being right amongst the action, participants must sign Visitor's Policy Guidelines and Nondisclosure Agreement Forms prior to the tour. Spots are reserved for 24 people. Please take note of the guidelines below.

No children under the age of 5 are allowed on the Factory Floor.

Hairnets **MUST** be worn in all production & warehouse areas. No hats.

Beard nets must be worn by anyone with any amount of facial hair.

Jewelry is **PROHIBITED** in the production & warehouse areas.

Visitors are required to wear a Bissinger's provided smock.

For safety, visitors can only wear flat, closed-toe shoes.

No cell phones or cameras are allowed in production/warehouse.

Photos can be taken in the Chocolate Shoppe and Viewing Room.

No food, drink, or open container of any kind in production/warehouse.

No glass is allowed in the production or warehouse areas.

No smoking or chewing tobacco is allowed in the building.

Visitors will hold **CONFIDENTIAL** methods, designs, data, etc.



Meet at St. Elizabeth upper parking lot for **9:45 AM departure**.

Private Tour is \$10.00 each, lunch \$15.00 each.

Other expenses would be gift and candy purchases.

For reservations and more information, call Mary 314-822-4736 or [chubbmande@aol.com](mailto:chubbmande@aol.com) by Wednesday, March 13.



## REGULAR MONTHLY SAJE SENIOR MINISTRY ACTIVITIES

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

**Thursday, March 14, 10:45 AM** **TBD**

**Please check the SAJE website at [www.sajeseniorministry.org](http://www.sajeseniorministry.org) for updates.**

**Thursday, April 11, 10:45 AM** ***The History of Missouri Aviation***

Dan O'Hara & Gary Liming from the Missouri Aviation Historical Society will be on hand to share the history of Missouri Aviation with us, as well as WWII aviation and the early space race. After you've landed please join us for a home cooked lunch and yummy desserts.

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

**Wednesday March 27, 2019 Hacksaw Ridge Rated R 2016 Bio/Drama/history-2hr 19min**

Directed by Mel Gibson, this true story of World War II American Army Medic Desmond T. Doss, who served during the Battle of Okinawa, refused to kill people, and saved 75 men and became the first man in American history to receive the Medal of Honor without firing a shot. Starring: Andrew Garfield, Richard Pryor, Milo Gibson, Darcy Bryce.

**Wednesday April 24, 2019 The Babe Rated-PG 1992 Bio/Drama/History/Sports-1hr55min**

Starring St. Louis's own John Goodman, this classic traces the career of Babe Ruth from his days as a youngster in an orphanage to his last days as a manager. Includes such moments as the famous predicted home-run and the promise to little Johnny. Also starring Kelly McGillis, Trini Alvarado.

**Last Thursday SAJE B-I-N-G-O at Advent from 10:30 - 11:30AM**  
**March 28 & April 25**

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

Free will offerings accepted.

**St Louis County Library**

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

**March 7 & 21 and April 4 & 18**

**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.**



## 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

## Lenten Services & Events

### Pancake Supper & Burning of Palms

Tuesday March 5, 2019

**Advent Episcopal Church** Pancakes, Bacon, Sausage, and Red Beans & Rice \$7.00 Adult, \$5.00 Child(12 and under) All you can eat. 5:00PM to 7:00 PM

**St Thomas/Holy Spirit** Pancake Supper Free, 6:00 PM

Ash & every Wednesday during Lent  
Free Soup Supper & Prayer Service

St Thomas/Holy Spirit

6:00 PM Soup 7:00 PM Service

### ASH Wednesday

**Advent** Services 6:30 AM, 12:00 Noon, 7:00 PM

**St Elizabeth** Services 8:00 AM, 12:00 Noon, 5:30 PM

**St Justin** Services 6:30 AM, 8:00 AM, 7:00 PM

**St Thomas/Holy Spirit** Ashes to go 7AM to 6PM in the parking lot

### Fish Fry

Friday March 8 St Elizabeth 4:30 PM to 7:00 PM

Every Friday during Lent OLP 4:00PM to 7:00PM

Friday March 22 St Elizabeth 4:30 PM to 7:00 PM

Friday March 29 St Justin 4:00PM to 7:00PM

Friday April 5 St Elizabeth 4:30 PM to 7:00 PM

Friday April 12 St Justin 4:00PM to 7:00PM

### Stations of the Cross 7 PM

March 8 St. Elizabeth March 15 St. Justin March 22 Advent March 29 Advent April 5 St Elizabeth April 12 St Justin





## Out & About in the Community

WWII B-17 Bombardier 452 BG Ralph Goldsticker Jr. will be presenting on his time in the sky. At the MOAHS meeting on Sunday March 17, 2019 at 2:00 PM held at the Creve Coeur Airport 14301 Creve Coeur Airport Rd 63146.

### Sunset Hills Earth Day Celebration & Recycling Event

Saturday April 13, 2019 9:30 AM to 1:00 PM  
Sunset Hills Community Center 3915 S Lindbergh Blvd.

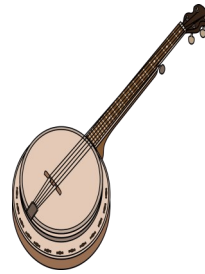
- **Items accepted for recycling**  
Aluminum Cans—Batteries—Bikes —Clothing—Electronics (up to a \$50 fee for TV's & monitors) —Paper Shredding
- **Kids Zone**  
Face painting, Balloon Artist and Bounce House
- **Vendors**  
Free Hot Dogs (while supplies last)



Sunday March 3 at 6PM  
St Louis Big Band Concert



Saturday March 30, 1PM  
St Louis Youth Band Jo's Concert



Both are being held at  
Zion United Methodist Church 1603 Union Rd  
St Louis 63125

### Ukrainian Easter Eggs with Jessica



Leave your electronics at home and come to Advent on Saturday, March 23rd and/or April 6 from 9 AM to 5 PM and learn the art of creating Ukrainian Easter Eggs, or Pysanky. Bring lunch, a beverage and a dozen eggs. You will trade your whole eggs for blown eggs to create your own masterpieces. Jessica is first generation born American, as her mother's family came to the U.S. in 1950 from the Ukraine, she was taught the art by her Great-Grandmother. Please RSVP so she can have an idea of how many eggs to bring.

Jessica Gerth, [314-664-9700](tel:314-664-9700) or email: [jessica.gerth@sajeseniorministry.org](mailto:jessica.gerth@sajeseniorministry.org)

## 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 March 24 & Sunday April 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

God of endings and new beginnings, as we journey through this Lenten season, cleanse our hearts by your gracious love. Guide our feet through the wilderness, leading us by cloud and fire to the promised land. Open our eyes to the life that stirs around us even as we are surrounded by desolation. Help us to see that barren places spring forth with green shoots and wildflowers; help us to seek the springs of the water of life in the midst of the deserts. As we reach the end of this wilderness journey, may our hearts know the joy of the resurrection even as the stone seals tightly against the tomb. May we rejoice at Easter's dawn, knowing that your love and grace have brought us new life.

This we pray through Christ Jesus our Lord. Amen

*This original prayer was written and shared with us by **Rev. Jill Seagle of St Thomas/Holy Spirit***

To Jane B., Bill & Virginia F., Gloria H., Laura H., Arlene R., Bill & Renee S., Joan T.. 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.**



# amazon smile

Please remember when you log into your amazon account, instead log in to Amazon Smile, and choose SAJE Senior Ministry to make a donation with select purchases made through Amazon! So far we have received \$20.60, and we haven't even been signed up for 1 year yet!!!!

### a bit of humor

Sarah and John were at a coffee shop when, out of the window, they saw a penguin walking by. The penguin looked a little lost, so John grabbed it and asked Sarah, "What should I do with this penguin?"

Sarah said, "Why don't you take it to the zoo?"

The next day Sarah saw John walking the penguin on a leash in front of the coffee shop. "I thought I told you to take it to the zoo," said Sarah

"I did", said John, "and we had such a good time that tonight I am taking him to the soccer game!"

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



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## March / April 2019 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)

General Questions, Rides, Yard Work

Contact Jessica at

(314) 664-9700

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

**Submission deadline for the May/June newsletter is Friday, April 12, 2019**