

May
June
2019



SAJE

Senior Ministry

VOL 9 Issue 3

CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit



SAJE Health Ministry humbly appreciates the contribution made in memory of Colleen Robinson in honor of her children. Colleen will be missed by SAJE greatly! We are honored to be thought of at this special time.

Monday May 27, 10:00 AM

Soldiers Memorial Military Museum
1315 Chestnut St. 63103

FREE to the Public

Memorial Day Flag and
Remembrance Ceremony.



In honor of Memorial
Day, there will be no
SAJE activities on
Monday May 27, 2019.



FLAG DAY JUNE 14

As you spruce up your abode for the warm weather, and annual celebrations of Memorial Day, Flag Day and the 4th of July, please remember there is a receptacle at Advent to accept retired flags. Local scout troops collect the retired flags and conduct a dignified flag burning ceremony. If you have other questions or would like to receive the U.S. Department of Veteran Affairs Guidelines for Display of the Flag, adapted from Public Law 94-344, known as the Federal Flag Code; please give SAJE a call.

Vacation Watch

Both the Crestwood and Sunset Hills Police Departments offer vacation watch to residents. Please call your local police at the numbers provided for assistance. If you live in another area, call Jessica at 314-664-9700 and she can assist you in finding out if your local police offer a vacation watch program.

Crestwood Police Department 314-729-4800, The Police will stop by and check on your house to make sure that your property and home are secure.

Sunset Hills Vacation watch line at 314-849-7867. You will be asked a few questions; we will then place your home on our vacation watch list. We will be asking for an emergency contact just in case we need to inform you of any occurrences. Sunset Hills patrol officers will check your house daily.

What have the SAJE folks been up to? Well, here is a review! Our very own Mary Altshuller, Newsletter EIC, has been in attendance with her notebook and camera to share the SAJE happenings with all!!! If you would like to read Mary's full articles please visit our website at www.sajeseniorministry.org.

THANK YOU Mary for your time and talents!!!!



23 SAJE folks enjoyed a mini tour of Bissinger's Chocolatier where they learned a bit of history and enjoyed a delicious lunch. Their day trip was on Wednesday, March 20, 2019. Bissinger's is located on the north end of downtown St. Louis in a historic building that used to be a maintenance and repair shop for rail cars. But Bissinger's roots were first established in Paris, France in 1668 and became well-known for its superb chocolate confections (not to be confused with candy) and so impressed the members of the royal court that kings and queens enjoyed this yummy treat. This inspired King Louis XIV to issue a royal crest.

William Edwards led the SAJE Senior Ministry tour. He has been employed with Bissinger's for about five years. He said that they nearly always promote employees from within the company.

Edwards made a point early in the tour that Bissinger's Chocolatiers is a member of the Rainforest Alliance. "The Rainforest Alliance works with independent farmers to source their chocolate using the fair trade of chocolate," said Edwards. "We want to make sure that these farmers are not using child labor where some kids work 16 hours a day." The Rainforest Alliance makes sure that chocolate is properly sourced to help protect the environment. They also make sure that 2.47 million acres of farm land is not damaged. "Chocolate comes from South America, Africa and Asia," continued Edwards, "but we get our chocolate from Africa because it's more chocolatey."

It was in 1845 that the first member of the Bissinger family, Karl Bissinger, Sr., moved his operations to Cincinnati. In 1927 Bissinger's then moved to St. Louis and located its first facility in the Central West End at Gratiot and Vandeventer before finally moving to their current location in 2014.

Karl Frederick Bissinger, Sr. died leaving his wife Theresa in charge of the company. She then sold the company to the employees for \$1 because Bissingers were artisans and not interested in the daily running of the business. The employees then sold the company in 1982 to Bud Kolebrenner.

The tour was then followed by lunch in the Chocolate Shoppe provided by 23 Cross Streets Catering that consisted of thick turkey and cheese sandwiches, handmade chips, a cookie and beverage.

Julia Koziacki of Immaculate Heart of Mary Catholic Church offered her version of the tour. "I didn't know chocolate comes from outside the country," said Koziacki.

Sandy Schmidt of All Saints Catholic Church said she learned something new as well. "I learned not to put chocolate in the refrigerator."

The day was not complete without the purchase of goodies for the tourists to take home that offered them a 10% discount.

Straight & Tough Talk, about Opiates and Addiction March Lunch & Learn

At the March Lunch & Learn there were about 30 neighbors that joined together to listen and learn about the opioid and heroin addiction endemic that is in our back yards. This presentation was given by Erin Kelley of Step Up St Louis - Landon Roberts of NCADA, National Council on Alcoholism and Drug Abuse and a local parent and grandmother, Kathy Williams.

In all matters related to alcohol, tobacco, and other drug abuse, the National Council on Alcoholism and Drug Abuse – St. Louis Area (NCADA) has been the place to turn since 1965, they work directly with communities, schools and other groups as well as individuals to share information on prevention and detection. NCADA also serves as a guide for addicts and their loved ones to the proper resources that are available. They serve in seven nearby counties: the city of St. Louis, St. Louis County, the counties of Jefferson, Franklin, St. Charles, Warren and Lincoln.

Erin Kelley, Executive Director at Step Up of St. Louis (a federally funded organization) said their role is to figure out strategies to lead kids away from substance misuse, and show them that they are valued in our community, by getting community leaders involved.

Kathy, shared her story of being a mother and grandmother traveling, with God's help down this unplanned path. She stressed that education through the NCADA and the support of groups like, H.O.P.E. (Hope for Opiate Addicts Parents Exists) and her own spiritual life has made all the difference in the world to her family's story.

"I liked the informal talk," said Myrna Mohnlock-Smith of Salem Lutheran Church in Affton.

The most intriguing part of the talk is the variety of people addiction effects, according to Ann Mantler of St. Thomas/Holy Spirit Lutheran Church in Sunset Hills. "It can happen to adults, young people and teens. It's the different types of drugs," said Mantler.

Jim Rode of Advent Episcopal Church thought the talk was a very appropriate subject. "It's something my family went through," stated Rode. "Nice to know other people went through it too."



Missouri Aviation History with Dan O'Hara

April Lunch & Learn

Over 40 folks gathered to be flown
off into Missouri Aviation History!

Enthusiasm shows on the face of Dan O'Hara



Jane Saulze of St. Peter's Catholic Church, holding a picture from her
uncle's collage

Founder of Missouri Aviation Historical Society's Dan O'Hara loves all manner of aircraft and enjoys sharing his enthusiasm with others. His slide show with all types of aircraft and spoke about all the men (and one woman) who have been instrumental in the history of Missouri's aviation. He guided us through the mid-1800s balloon era all the way to today's Boeing F/A-18 Super Hornet, as well as WWII aviation and the early space race. Browsing an antique shop near Hannibal, O'Hara discovered there was no unifying group about aviation history. O'Hara founded the Missouri Aviation Historical Society in 2007. He discovered fascinating facts across the state that he shared. He wanted to honor all the people involved in the Missouri Aviation Hall of Fame and they'll be taking two nominations per year.

Balloon races started in downtown St. Louis because winds blew from the east. Another reason for holding the races downtown was because Laclede Gas had a great supply [of gases]. "If you tried a balloon race on the East Coast," said O'Hara, "the balloons would end up over the Atlantic Ocean."

Before O'Hara began his presentation, local resident Jane Saulze, a member of St. Peter's Catholic Church in Kirkwood shared pictures of aircraft that her uncle had of a collage at his home in Calif. He had worked on the Blue Goose when it was first introduced.

George Hettenhausen, a member of St. Lucas Lutheran Church on Morgan Ford shared why he liked the presentation. "I liked the whole thing," stated Hettenhausen. "St. Louis has a long history and Dan touched on everything. He showed us the transition of Lambert Field to what it is today."

"We're [St. Louis] still involved in aviation and the space program," said Meder. "I like how [aviation] is turning around in history and how it really reveals himself. Meder said he had an uncle who flew bombers in England during World War II and sometimes the weather effected their flights.

REGULAR MONTHLY SAJE SENIOR MINISTRY ACTIVITIES

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

Thursday, May 9, 10:45 AM

AARP Smart Driving Program

Paul Wengler will be here to discuss *Smart Driving*, the class offered by AARP Driver Safety. This program is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. (NO VEHICLE IS REQUIRED) After you've parked please join us for a home cooked lunch and yummy desserts.

Thursday, June 13, 10:45 AM

Lost Treasures of St Louis

Author and St. Louis historian, Cameron Collins, will be on hand to bring us back to the days of Coral Courts, The Floating Golden Arches, and trips to Stix, Baer & Fuller and Famous-Barr's Tea Room. After you've arrived back in this century, 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 May 22, 2019 Crazy Rich Asians Rated PG13 2018 Comedy Runtime 2 hours

Based on the acclaimed worldwide bestseller. Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse -- Nick's disapproving mother. Starring – Constance Wu, Henry Golding, Gemma Chan

Wednesday June 26, 2019 Manchester By The Sea Rated-R 2016 Drama –2hrs17mins

After the death of his older brother Joe, Lee Chandler (Casey Affleck) is shocked that Joe has made him sole guardian of his teenage nephew Patrick. Taking leave of his job as a janitor in Boston, Lee reluctantly returns to Manchester-by-the-Sea, the fishing village where his working-class family has lived for generations. There, he is forced to deal with a past that separated him from his wife, Randi (Michelle Williams), and the community where he was born and raised.

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

May 30 and June 27

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

May 2, 16 & 30 and June 13 & 27

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

SAJE JUNE MINI DAY TRIP



Leave Your Spikes and Clubs Behind...."GOLF THE GALLERIES" returns to the Sheldon in Grand Center. Unique, creative, fun! You've never golfed like this before, nor seen an art show like this, unless you came to this super fun event last year with SAJE! On Wednesday, June 19, 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. 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 12:00PM. Ice Cream at the Fountain Restaurant on Locust, after you put your club away. Cost: Your Ice Cream and \$10 for the Golf show. **RSVP required to Mary by Wednesday, June 12, 314-822-4736 or chubbmande@aol.com.**

What: Golf at the Galleries, Sheldon Hall 3648 Washington

When: Wednesday June 19, 2019

Where: 12:00 PM, St Elizabeth's upper parking lot to car pool

RSVP: Wednesday June 12, 2019 to Mary at 314-822-4736 or chubbmande@aol.com

COST: \$10.00 Golf Show & your Ice Cream



Out & About in the Community

Mercy Hospital South is hosting a FREE 7-Week in-depth wellness, nutrition and lifestyle program. Featuring tips from dietitians, physical therapists and social workers.

What: Newtritious YOU

When: 6:00 PM to 7:00 PM Wednesdays, May 8 to June 19

Where: Mercy Hospital South, - Auditorium 10010 Kennerly Rd 63128; 1st Floor Main Entrance

Cost: FREE

Pre-Register: at www.mercy.net/NewtritiousYOU or call Jessica at 314-664-9700 if you need further assistance



SATURDAY May 4, 2019 from 1:30 PM to 4:30 PM

*American Eagle CU 1334 Jeffco Blvd, Arnold

*American Eagle CU 3805 Union Rd, South County

SATURDAY May 11, 2019 from 9:00 AM to 12:00 PM

*Neighbors CU 6300 South Lindbergh, South County



*All Shred Days are rain or shine events. *All documentation will be destroyed onsite.

***Please limit your documents to 5 boxes per car. *Documents can have staples and paper clips attached. *Please remove all paper from 3-ring binders and/or large binder clips.**

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 May 26 & Sunday June 23 4:00 PM to 5:30 PM

LITTLE FREE PANTRY also supported by St Lucas

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

Prayer of Abandonment

*Father,
I abandon myself into your hands;
do with me what you will.
Whatever you may do, I thank you:
I am ready for all, I accept all.*

*Let only your will be done in me,
and in all your creatures –
I wish no more than this, O Lord.*

*Into your hands I commend my soul:
I offer it to you with all the love of my heart,
for I love you, Lord, and so need to give myself,
to surrender myself into your hands without reserve,
and with boundless confidence,
for you are my Father.*

Brother Charles de Foucauld

*This prayer was shared with us by **Rev. Bill Kempf of St. Justin Martyr***

a bit of humor

So the Pope is super early for his flight. He asks his driver on his way to the airport if he could drive around for a while because they have time to kill and he hasn't driven a car since becoming the pope. Naturally, he's a bit rusty, so he's driving poorly, when suddenly he sees police lights behind him. He pulls over and when the officer comes up to the window his eyes go wide. He says to the pope "Hold on for a minute," and goes back to his car to radio the chief.

Cop: "Chief we have a situation. I've pulled over an important figure."

Chief: "How important? A governor or something?"

Cop: "No sir. He's bigger."

Chief: "So, what? a celebrity or something?"

Cop: "More important, sir."

Chief: "A major politician?"

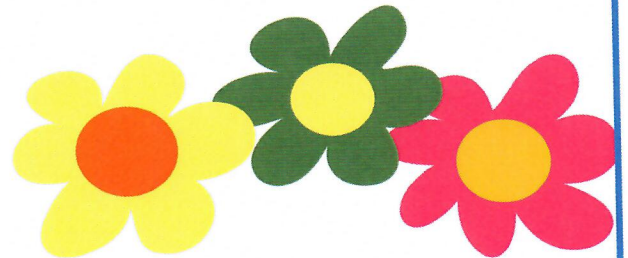
Cop: "No sir, he's much more important."

Chief: "WELL WHO IS IT!?"

Cop: "Well actually I'm not sure. But the Pope is his driver."

THANK YOU TO Jane B. Arlene R., Bill & Virginia F., Margrit E., Jean H., Vic P., Chris & Pat W., Cindy M., Joan T., Judy D., and Peggy W., for your monetary contributions that help support SAJE Senior Ministries activities and services. SAJE does not *ever* expect donations, but they are appreciated and accepted.

Thank You



for your Kindness

amazon smile

Please remember when you log into your Amazon.com account, instead log into Smile.Amazon.com, using your same username and password, and choose SAJE Senior Ministry to make a donation with select purchases made through Amazon! If you have any questions please feel free to ask Jessica . For 2018 SAJE received \$ **30.74** from AMAZON SMILE!!!!

THANK YOU SAJE AMAZON SHOPPERS !!!

The Plan of Care

A *Plan of Care* is a record of the care and treatment a person needs. The Plan helps you and anyone who assists you with caregiving tasks, especially when a patient leaves the hospital.

The discharge planner provides the caregiver with a copy of the doctor's orders and a brief set of instructions for *medical* care to include in the Plan.

The Plan shows:

- diagnosis
- medications
- functional limitations
- a list of equipment needed
- specific diet
- detailed care instructions

This information is presented in a specific order so that the process of care becomes repetitive and routine. When the Plan is kept up to date, it provides a clear record of events that is helpful both in solving and in avoiding problems. The Plan also keeps you from having to rely on your memory and allows another person to take over respite care or take your place with a minimum of disruption.

Making and Recording the Plan of Care

To record a Plan of Care, use a loose-leaf notebook. Put a copy of the doctor's instructions on the inside front cover. After using your Plan of Care for one week, make necessary adjustments and continue to do so as the person's needs change. Always adjust to what works for you and the person being cared for. Use notes, pictures, or whatever it takes to describe your responsibilities. Also, use black ink, not pencil, to maintain a permanent record.

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

E-mail: home-care@swbell.net



Every **VOLUNTEER**
is as **UNIQUE** as
the pieces at
HIDDEN GEMS.

While eclectic and
unique pieces come
in daily, it's our
VOLUNTEERS who
make the shopping
experience memorable.

**HIDDEN GEMS RESALE NEEDS VOLUNTEERS
OF ALL SKILLS AND ABILITIES.**

**Call Diane Sinclair, Volunteer Engagement Specialist,
at 314.373.4071 or Diane.Sinclair@LSSLiving.org**

For more information, visit LSSLiving.org/volunteer

**Great Bargains. Unique Finds.
Hidden Gems.**

All efforts benefit LSS Benevolent Care
– which helps support older adults
who have outlived their ability to
support themselves.

[Facebook.com/LSSHIDDENGEMS](https://www.facebook.com/LSSHIDDENGEMS)



**HIDDEN GEMS
RESALE**
LUTHERAN SENIOR SERVICES

9051 Watson Rd.
St. Louis, MO 63126
Tuesday - Saturday 10 am - 6 pm



9373 GARBER RD

CRESTWOOD MO 63126

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May / June 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

www.sajeseniorministry.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

Christian Community Homecare

Contact Chris at
(314) 843-9673

chris@christiancommunityhomecare.org

Faith Community Nurse

Contact Deb at
(314) 484-9940

deb@sajenurse.org

General Questions, Rides, Yard Work

Contact Jessica at
(314) 664-9700

jessica.gerth@sajeseniorministry.org

Submission deadline for the July / August newsletter is Friday, June 7, 2019