

July
August
2019



SAJE

Senior Ministry

VOL 9 Issue 4

CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit



A long time SAJE participant, Jan Bilderback passed away on March 15, 2019. It was another member of the SAJE family that decided to organize a collection in her honor and make a donation to SAJE Health Ministry. Our SAJE family is ever so thoughtful and compassionate. THANK YOU!!!

Not good bye, but see later

On May 9, 2019 heaven gained another angel, St. Justin's Deacon Chris Winkelmann was called home to God. Chris has always been an advocate of seniors and all those less fortunate than he, and a strong supporter of SAJE when it was formed in 2010. St Justin's, Father Joe Weber and Chris were pivotal in championing the mission of SAJE. Even after Chris retired as Deacon, he was still very active with SAJE in advocating for folks in the area that could benefit from the services offered by SAJE. Deb and Jessica would have regular conversations with Chris about the care we could offer his parishioners. Chris and his wife Pat, were contributors to the Family Thanksgiving meal hosted at Episcopal Church of the Advent annually, as well as supporting SAJE Senior Ministry.



Pat, you, your children and grandchildren are in our thoughts and prayers as you move on with this earthly life. Please know that the SAJE Senior Ministry community is forever grateful for the legacy that Chris had a hand in raising up. God Bless you all.



August 1, 2019 will be the first day of retirement for the rector of Episcopal Church of the Advent, Reverend Dan Handschy. Dan has been the rector at Advent for the last 26 and a half years, and after much consideration he and his wife Shelley have decided to head back East to the Empire State, and be closer to her parents.

Dan served as President of the SAJE Board of Directors for the first 8 years of existence, and led the organization into independence that started in 2016. The countless hours of time that he has spent is evident in the thriving ministry that he assisted in creating.

The Board of Directors of SAJE Senior Ministry, along with all of SAJE participants will surely miss the tireless dedication of Dan, but we do wish him well on this next adventure in his life.

Dan & Shelley, Godspeed!

In honor of Dan's retirement SAJE will be collecting donations for a retirement gift for. The board batted around a few ideas from plaques to gift cards, and landed on Cisterns for Tanzania. As those of you who attended the Lunch & Learn presentation in March of 2018, Dan presented about his trip to Mpwapwa, a town in Tanzania. Dan and his family are passionate about food. But not in the way of preparations of a fancy meal, but in how the food that we eat is as important as the spiritual food that fills our souls. It is the shared food that creates atonement. Being able to be apart of assisting gardeners to have crops to share is what Dan would prefer. The world always looks better over a plate of food, one of Dan's quotes. It's with Dan's words in mind that the Board decided to contribute to Cisterns to gather water for the gardens in Mpwapwa. If you are inclined to donate please make your check payable to SAJE with Dan's Cisterns in the memo.



Did you know that you can request donations for birthday gifts through Facebook? WHO KNEW???!!! Well, our very own SAJE Faith Community Nurse knew, that's who! **THANK YOU**, Deb for requesting donations to **SAJE Senior Ministry** through Facebook for your birthday! SAJE will receive \$171.00 from your birthday well wishers!!!

The first SAJE Cookbook is on SALE now!!!!

It has finally arrived!!! The first SAJE Senior Ministry Cookbook is on sale!

Filled with 125 yummy recipes from 40 different recipe contributors, you can have your cookbook for \$15.00. It is complete with Deb's famous Lunch & Learn warm home made bread that everyone looks forward to every month! You have had most of the recipes that are included in the cookbook as a lot of the recipes have been made for Lunch & Learn meals! Jan's Broccoli Cauliflower Salad, Jessica's Heart Attack Corn, Pam's Stuffed Cabbage Soup, and Norm's Famous Brown Sugar Cashew Cookies that she made for a Murder Mystery Lunch, that caused our phone to ring off the hook requesting that recipe!!!!

To say THANK YOU to all of contributors, we are offering a \$5.00 discount on the cookbooks that you purchase. Just be sure to let your sales person know.

You can purchase cookbooks from all of our supporting churches. Episcopal Church of the Advent, St Elizabeth



\$ 15.00 for
125 Recipes!!!

Our cookbook was published by Gateway Rasmussen, we are very pleased with the end result and would recommend them for your cookbook creating needs.



REGULAR MONTHLY SAJE SENIOR MINISTRY ACTIVITIES

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

Thursday, July 11, 10:45 AM *Better Together*

The organization Better Together will be here to share with us their ideas on how St Louis City and St Louis County merging will benefit us all. Please join us for a home cooked lunch and yummy desserts.

Thursday, August 8, 10:45 AM *Israel and Palestine: An Interfaith Journey with Deb Goldfeder*

Deb Goldfeder, our Faith Community Nurse will be presenting on her trip to Israel and Palestine in June of 2019. She joined a group from the Interfaith Partnership made up of Jews, Muslims and Christians to visit sites holy to these faiths and to the Baha'i Faith. The Christians represented people from the Roman Catholic, Greek Orthodox, Episcopal, and Presbyterian churches, Quaker Congregationalists, as well as non-denominational folks. She hopes it will be a fun presentation as well as educational. After the presentation 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 July 24, 2019 Old Man and the Gun

Rated PG13 2018 Biography/Comedy/Drama Runtime 1 hr 33 Mins

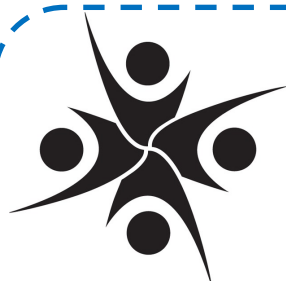
OLD MAN AND THE GUN is based on the true story of Forrest Tucker (Robert Redford), from his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Wrapped up in the pursuit are detective John Hunt (Casey Affleck), who becomes captivated with Forrest's commitment to his craft, and a woman (Sissy Spacek), who loves him in spite of his chosen profession. Also starring Danny Glover, Tika Sumpter and Tom Waits.

Wednesday August 28, 2019 The Big Sick Rated-R 2017 Drama/Comedy/Romance –2hrs

The Big Sick is based on the real-life courtship between Pakistan-born comedian Kumail Nanjiani (Nanjiani) and grad student Emily Gordon (Zoe Kazan) who fall in love but struggle while dealing with Emily's mysterious illness and their families' culture clash. Also starring Ray Romano, Holly Hunter.

Last Thursday SAJE B-I-N-G-O at Advent from 10:30 - 11:30AM
July 25 and August 29

Bring your favorite BINGO tchotchke... BINGO, snacks and PRIZES !!!!! Free will offerings accepted.



St. Louis
County
Library

St Louis County Library

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

July 11 & 25 and August 8 & 22

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

8th Annual SAJE Afternoon of Entertainment



SUNDAY, November 3, Doors Open 1:30 PM

Catered Lunch served at 2:00 PM

St. Justin Martyr Parish Center

11922 Eddie & Park, Sunset Hills

CABARET!

Music – Stories – Laughs
Provided by Entertainer, Jim Edwards

\$ 25.00 Per Person

Reservation form to follow in the September/October Newsletter

Out & About in the Community

For more things to do around the community, please be sure to check our website at www.sajeseniorministry.org, under the tab 'Out and About in the Community'. If you would like to have something posted please let us know.

July 3 • JB Blast – Enjoy music by The South Side Johnny Band under the stars from 7 to 9 p.m. in the Veterans Memorial Amphitheater at Jefferson Barracks, 345 North Road, plus a fireworks display after the music. Free. Concessions available for purchase. Blankets, picnic baskets and coolers welcome.



July 13 • South County Flea Market – Shop for treasures, crafts, antiques and specialty items from 8:30 a.m. to 1:30 p.m. at the Affton Community Center, 9801 Mackenzie Road.

July 20 • Bike Through History on Grant's Trail – Join a National Park Service ranger on a 4-mile bike tour beginning at 10 a.m. from the Ulysses S. Grant National Historic Site, 7400 Grant Road, to the Historic Sappington House. Free, open to all ages. Registration required, call 314-842-1867 ext. 230.



July 24 • Henry Shaw's Birthday Celebration – Festivities take place from 10 a.m. to 3 p.m. at the Missouri Botanical Garden, 4344 Shaw Blvd. The event will include a silhouette artist, stilt walker, balloon artist, three performances by Bob Kramer's Marionettes and more. Take a tour of Tower Grove House, Shaw's original country estate, which will be open from 10 a.m. to 4 p.m. A selection of items from the Garden's Herbarium and Peter H. Raven Library will be on display. Free admission for all visitors from 9 a.m. to 5 p.m. For more information, visit www.missouribotanicalgarden.org.

August 2 • Parks Food Truck Fest – A variety of food trucks will offer culinary fare 5 to 8 p.m. with live music offered 5:30 to 7:30 p.m. at Laumeier Sculpture Park, 12580 Rott Road, 63127. Admission is free. No coolers allowed. For more information, call 314-615-4386.



August 24-25 • Festival of Nations – The multi-cultural celebration featuring ethnic food booths, dance and music, arts and crafts, and an international bazaar runs Saturday, Aug. 24, 10 a.m. to 7 p.m., and Sunday, Aug. 25, 10 a.m. to 6 p.m., in Tower Grove Park, 4256 Magnolia Ave. Admission is free. Visit www.festivalofnationsstl.org.

August 31-September 2 • Annual Japanese Festival – The Missouri Botanical Garden hosts the three-day celebration Labor Day weekend. The event is filled with sights, sounds and experiences for the entire family. Visit www.missouribotanicalgarden.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 July 28 & Sunday August 25 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 bit of humor

After 10 years a wife started to think their child looks kinda strange so she did a DNA test and found out the child is not theirs.

The wife fainted...



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



contributions that help support SAJE Senior Ministries activities and services. **SAJE does not *ever* expect donations, but they are appreciated and accepted.**

Most Holy God,

In Your Holy Name we pray, Amen

*This prayer was shared with us by **Rev. Deb Goldfeder RN***

The Amazon Smile logo, featuring the word "amazon" in black and "smile" in orange, with the orange arrow under "amazon" pointing towards "smile".

\$ 8.74!!!!

THANK YOU

SAJE AMAZON SHOPPERS !!!



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July / August 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 September/October newsletter is Friday, August 9, 2019