

April
2022



SAJE

VOL 12 Issue 4

Senior Ministry
CONNECTING SENIORS IN COMMUNITY
Body/Mind/Spirit
www.sajeseniorministry.org



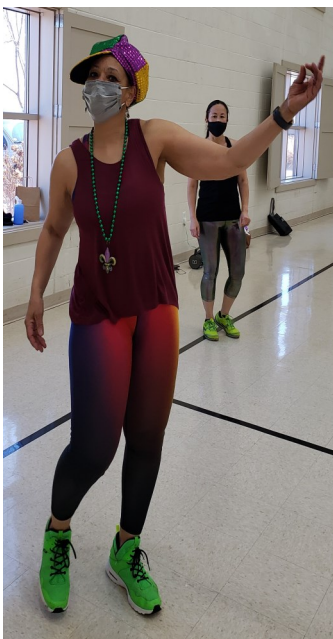
The WHOLE gang!!!! Taking a breather to pose !

One of the SAJE founders and current board president Mary Chubb!

Part of the troop in ACTION! Getting their best ZUMBA on!!!



We hosted ZumbaPaloosa on March 1, at Concord Trinity United Methodist Church. The amazing organizational skills of Sherri Lucas allowed us to raise over \$570.00 to donate to CTUM Church for the use of their gym since before, during and after the pandemic! THANK YOU TO ALL WHO PARTICIPATED !!!



← Sherri Lucas, who organized this awesome event, and has shared her gift of teaching, compassion and dance with our SAJE Seniors for the past 11 years !
THANK YOU !!!!

Below is a heartfelt note from Pastor Weaver, that we feel needs to be shared.

3-10-22
Dear SAJE Exercise Classes,
Thank you so much for your wonderful donation to Concord Chinty. You raised \$562!! This is so generous of you and so very much appreciated. We are so glad you are able to use our gym & grateful to be able to serve our community in this way. Thanks again & God Bless!
Pastor Mary Weaver

Christian Community
HOMECARE 
314-843-9673

A MINISTRY OF ST. THOMAS/HOLY SPIRIT LUTHERAN CHURCH

"Dedicated to services that maintain independence wrapped in God's love"

Website: www.christiancommunityhomecare.org e-mail: chris@christiancommunityhomecare.org

Elder Abuse—Financial, Physical & Emotional

People with dementia are especially vulnerable to mistreatment. Exploitation of people living with dementia is a fast growing white-collar crime.

Signs of Abuse

Neglect— Refusing to provide food, medicine and personal care, such as bathing or helping a person with toileting; or withholding eyeglasses, dentures or walking aids. (When medically and legally sanctioned, the withholding of nutrition and hydration at the end of life or when a person is in hospice care is *not* defined as neglect.)

Physical abuse— is defined as using force or violence (pushing or slapping) to get a person to do something, or using confinement or restraints (over-medicating, tying hands) to prevent a person from doing something; sexual abuse.

Emotional abuse—Intentionally keeping the person from friends and family; verbally attacking or demeaning him. Continued shaming, harsh criticism, or controlling behaviors can damage the self-esteem of either person. Feelings of helplessness, a hesitation to talk openly, fear, withdrawal, depression, feelings of denial or agitation. Changes in the person's behavior or emotional state, such as withdrawal, fear or anxiety, or apathy.

Financial abuse—Stealing money, credit cards or property; tricking a senior into signing documents, such as wills; be alert to the senior's comments about being taken advantage of.

Resource for You

The Adult Protective Services Agency is responsible for investigating reports of domestic elder abuse and providing families with help and guidance. Call 1-800-392-0210 for Missouri residents.

Other professionals who may be able to help include doctors or nurses, police officers, lawyers and social workers.

Remember I am here to help answer your questions regarding homecare needs.

Happy spring!

Chris 314-843-9673

Prayer for World Peace 1978 Lord, we pray for the power to be gentle; the strength to be forgiving; the patience to be understanding; and the endurance to accept the consequences of holding to what we believe to be right. May we put our trust in the power of good to overcome evil and the power of love to overcome hatred. We pray for the vision to see and the faith to believe in a world emancipated from violence, a new world where fear shall no longer lead men to commit injustice, nor selfishness make them bring suffering to others. Help us to devote our whole life and thought and energy to the task of making peace, praying always for the inspiration and the power to fulfill the destiny for which we and all men were created.

What's happening in **April** at **SAJE Senior Ministry** ??

Exercise at

Concord Trinity United Methodist, 5275 South Lindbergh 63126

Chair Exercise 1030 AM Tuesdays FREE

Zumba Gold 11:30 AM Tuesdays \$3.00 with Sherri Lucas

Chair Yoga 10:30 AM Fridays \$3.00 or Silver Sneakers accepted with Sherri Lucas

Zumba Gold 11:30 AM Fridays \$3.00 with Sherri Lucas

The Nurse is in....

Kathy Sherwood, SAJE Faith Community Nurse, is available at nurse@sajeseniorministry.org or you can call or text her at **314-208-8884**, to request an appointment time that is convenient for you or visit her during her office hours this month on

Wednesday, April 20, 10:00AM to 12:00PM.

TECH TIME

Jessica will be available to assist folks with their electronic devices. Bring your tablet, smart phone, iPhone, iPad, or laptop, and we will be able to get you connected to ZOOM. YOU MUST WEAR A MASK, AND RESERVE A TIME! PLEASE call, text or email Jessica to reserve a time slot. **314-664-9700** or office@sajeseniorministry.org

Wednesday, April 20, 9:30AM to 1:30PM.

SAJE B-I-N-G-O at Advent


10:00 AM - 11:00 AM Thursday, April 28, 2022

Bring your favorite BINGO tchotchke... PRIZES !!!!!

Free will offering accepted. BINGO will be held indoors.

Contact tracing information will be collected.



 St Louis County Library Senior Van at Advent **April 4 & 18**. Reserve a book, play away, magazine or DVD and pick it up at Advent. Log on, choose your item and select to pick it up at Senior Van #4, or call 314-994-3300 extension 2333, and chat with a live human, and they will assist you! This is a fantastic way to stay home, warm and dry during these C-R-A-Z-Y Spring Weather days !



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SPECIAL April 2022 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

advent-episcopal.org

St Justin Martyr

11910 Eddie & Park Rd
Sappington, MO 63126
(314) 843-8482

stjustinmartyr.org

**St Thomas/Holy Spirit
Lutheran Church**

3980 South Lindbergh Blvd
Sappington, MO 63127
(314) 843-6577

sthschurchstl.com

Christian Community Homecare

Contact Chris at
(314) 843-9673

chris@christiancommunityhomecare.org

Faith Community Nurse

Contact Kathy at
(314) 208-8884

nurse@sajeseniorministry.org

General Questions & Yard Work

Contact the office at
(314) 664-9700

office@sajeseniorministry.org

Submission deadline for the May newsletter is, Wednesday April 20, 2022