

February

2022

Thank  
You



# SAJE

VOL 12 Issue 2

Senior Ministry  
CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit

[www.sajeseniorministry.org](http://www.sajeseniorministry.org)

## VOLUNTEERS KEEP US MOVING

A very special thank you to **Elizabeth Taylor (Liz)**, daughter of the late Bill and Shirley Fitzgerald, frequent SAJE participants, for jumping in so quickly to fill our need for chair exercise leaders for our third and fourth Tuesdays. She's a good leader!

Also a special thank you to our faithful leaders, **Margie Corrigan** (first Tuesday) and **Candy La Plante**, (second Tuesday) who have stuck with us from pre-pandemic days.

We are sorry to not be led any longer by **Bill Hund**, (he's the tall guy in the back) **THANK YOU FOR LEADING US FOR 11 years !!!**, and most recently **Sherry Lawson Martin**, both of whom had Tuesday conflicts.



### Indoor walking available through the

### St Louis County Parks Department & Local Malls

A great way to keep moving during the cooler months, besides our Zumba, Chair Exercise, or Chair Yoga classes; is the indoor walking tracks, or the malls.

South County Center is open at 7:00 AM to walkers, Monday through Saturday and 8:00 AM on Sunday. That's well before the mall retailers open their doors, and lends plenty of space for physical distancing!

Afton White Rodgers Community Center, 9801 Mackenzie Road, 63123 has free use of their walking in their gym Monday through Friday from 8:00 AM to 9:00AM.

The Pavilion at Lemay, 305 Gregg Rd (Inside Jefferson Barracks National Park), St Louis, MO 63125 allows the free use of their walking track Monday through Friday from 9:00 AM to 10:00AM.



*February is national heart  
month !*

*Christian Community*

**HOMECARE**

314-843-9673



*The Failing Heart*

**A MINISTRY OF ST. THOMAS/HOLY SPIRIT LUTHERAN CHURCH**

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

Website: [www.christiancommunityhomecare.org](http://www.christiancommunityhomecare.org) e-mail: [chris@christiancommunityhomecare.org](mailto:chris@christiancommunityhomecare.org)

Heart failure can have many symptoms, and some symptoms are more serious than others. It is important that you are able to recognize these symptoms and know when to call your doctor or nurse, or when to call 911 for urgent help. Noticing these early changes and taking the appropriate steps to manage them may help prevent a more urgent problem from developing or even prevent a hospital stay.

**Symptoms to report are –**

- A weight gain **or** loss of more than 3 pounds in a 1–2 day period, or 4–5 pounds in a 3–5 day period
- Swelling in the legs, feet, hands, or abdomen (Rings, shoes or pants may feel tight with mild swelling.)
- Cough or chest congestion
- Loss of appetite, nausea and vomiting
- Increasing fatigue or a sudden decrease in ability to do normal activities
- A feeling of fullness or bloating in the stomach
- Confusion
- Dizziness, lightheadedness
- Decreased urination or dark urine
- Chest pain or discomfort during activity that is relieved with rest
- A newly irregular heartbeat or a faster heart rate than normal
- Low blood pressure (especially after taking medications)
- Shortness of breath (that is new, becomes worse or occurs more often, or if it occurs at rest or while waking from sleep).

***Let your doctor know if you experience any of the above symptoms.***

***For non -medical homecare needs call Chris at:***

***CHRISTIAN COMMUNITY HOMECARE 314-843-9673***

# What's happening in February 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

### 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, February 16, 10:00 AM to 2:00 PM

Thursday, February 22, 11:00 AM to 2:00 PM

### 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**.

Kathy will have office hours at this month on **Thursday,**

**February 17 & 24, 8:00 to 10:00 AM**



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

**10:00 AM - 11:00 AM Thursday, February 24, 2022**

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

Free will offering accepted. BINGO will be held indoors, contact tracing information will be collected, and you have the option of stating if you are vaccinated.

St Louis County Library Senior Van at Advent **February 7 & 22**. 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 cold winter days !



### WEATHER WATCH

If SAJE cancels activities due to the weather it will be made public on KTVI, KSDK, KMOX and KMOV as well as our website, Facebook, and Twitter. . We are listed as SAJE Senior Ministry. If you ever have a question about an activity please feel free to call the office at 314-664-9700.



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SPECIAL February 2022 Newsletter

SAJE Senior Ministry

[www.sajeseniorministry.org](http://www.sajeseniorministry.org)

Member Supporting Organizations

**Church of the Advent,  
Episcopal Church**

9373 Garber Rd  
Crestwood, MO 63126  
(314) 843-0123

[advent-episcopal.org](http://advent-episcopal.org)

**St Justin Martyr**

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

[stjustinmartyr.org](http://stjustinmartyr.org)

**St Thomas/Holy Spirit  
Lutheran Church**

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

[sthschurchstl.com](http://sthschurchstl.com)

**Christian Community Homecare**

Contact Chris at  
(314) 843-9673

[chris@christiancommunityhomecare.org](mailto:chris@christiancommunityhomecare.org)

**Faith Community Nurse**

Contact Kathy at  
(314) 208-8884

[nurse@sajeseniorministry.org](mailto:nurse@sajeseniorministry.org)

**General Questions & Yard Work**

Contact the office at  
(314) 664-9700

[office@sajeseniorministry.org](mailto:office@sajeseniorministry.org)

**Submission deadline for the March newsletter is Sunday, February 20, 2022**