February

2022



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.

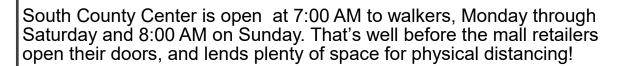
We are sorry to not be led any longer by **Bill Hund**, (he's the tall guy in the back) **THANK YOU FOR LEADING US FOR 11 years !!!,** and most recently **Sherry Lawson Martin**, both of whom had Tuesday conflicts.



VOL 12 Issue 2

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.



Affton 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.

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

Website: www.christiancommunityhomecare.org e-mail: 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 RESRVE 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

Member Supporting Organizations

Church of the Advent, **Episcopal Church**

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

advent-episcopal.org

Christian Community Homecare

Contact Chris at

(314) 843-9673

St Justin Martyr

11910 Eddie & Park Rd Sappington, MO 63126 3980 South Lindbergh Blvd

(314) 843-8482

stjustinmartyr.org

Faith Community Nurse

Contact Kathy at

(314) 208-8884

chris@christiancommunityhomecare.org nurse@sajeseniorministry.org St Thomas/Holy Spirit **Lutheran Church**

Sappington, MO 63127

(314) 843-6577

sthschurchstl.com

General Questions & Yard Work

Contact the office at

(314) 664-9700

office@sajeseniorministry.org