

January

2022



SAJE

Senior Ministry

CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit

www.sajeseniorministry.org

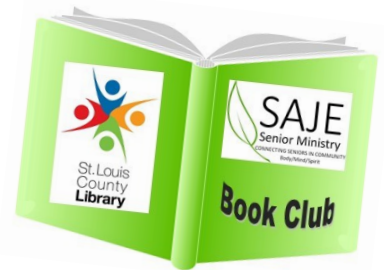
VOL 12 Issue 1

HAPPY NEW YEAR !!!!

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.

SAJE BOOK CLUB

We're gearing up for our winter book club session to start. We've chosen *The 13th Gift : A True Story of a Christmas Miracle* by Joanne Huist Smith to be our first book. Please contact the office either via 314-664-9700 a phone call, text message, or email at office@sajeseniorministry.org. Please respond by Friday **January 14, 2022** you would like to join our book club in order to receive your book in time for our February Book Club discussion. We ALL really had a BLAST reading and discussing our books intergenerationally. Our readers have varied in age from 40's to 90's. We will decide at a later date if we will meet in person or over a Zoom meeting on the internet.



During the winter months, especially when there is ice and snow in your driveway, PLEASE don't attempt to move around your trash cans. Call your trash hauler and they will be glad to take your cans down and put them back up for you.

You can also request the USPS to deliver the mail to your door if going to your mail box is too dangerous.



WINTER SAFETY TIPS

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

Winter Safety

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is *hypothermia*, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and will not be able to do anything about it.

To prevent hypothermia—

- Keep the **house temperature** no lower than 65° F (at 70° F if the person is ill).
- Wear **warm clothes**, and place leg warmers on arms and legs for extra warmth. Use **warm blankets** when in bed
- Wear a **warm hat** outside or a knit hat indoors to keep the body from losing heat.
- Eat a balanced **diet**.
- **Keep moving** by walking around the house or down an apartment hallway, lifting and stretching legs and arms.
- Be aware that people with dementia may not dress appropriately for the weather or understand the risk of cold weather.

Signs of Hypothermia

Signs include impaired judgment, shivering, cold pale skin, slow breathing and pulse, slurred or mumbled speech, weakness, drowsiness, loss of coordination, fumbling hands, stumbling steps, confusion and memory loss. Fifty percent of hypothermia deaths occur in persons over the age of 75. Even mild cold can cause hypothermia in the elderly because of compromised circulation or respiratory conditions.

If these signs are present:

- Wrap the person in blankets, notify the doctor, give warm fluids, and increase room temperature.
- **Avoid rubbing the person's skin.**
- **Do not re-warm the person rapidly.** Use a heater on low or warm hot water bottles (wrapped in a towel) on the chest and abdomen.
- Do not give the person alcohol or caffeine. Be alert to signs of heart attack. (Chest pain, shortness of breath, discomfort in the jaw, bluish pale skin, sweating and nausea. Call 911 immediately if hypothermia or heart attack symptoms are present.)

CHRISTINE LEWIS-DIRECTOR 314-843-9673

If you have any questions Chris is available !!!! Please call!!!

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

Exercise & Socializing 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! PLEASE call, text or email Jessica to reserve a time slot. **314-664-9700** or jessica.gerth@sajeseniorministry.org

Tuesday, January 11, 11:00 AM to 2:00 PM

Thursday, January 27, 9:00 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, January 13, 8:00 to 10:00 AM
Thursday, January 27, 8:00 to 10:00 AM

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

10:00 AM - 11:00 AM Thursday, January 27, 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.

SAJE CARDS & GAMES at Advent

11:00 AM - 1:30 PM Thursday, January 27, 2022

Grab the gang, and come out to play cards or games. Space is available.

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 **January 10 & 24**. 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 !



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SPECIAL JANUARY 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) 843-848

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 Jessica at
(314) 664-9700

jessica.gerth@sajeseniorministry.org

Submission deadline for the February newsletter is Friday January 20, 2022