

March  
2022



# SAJE

VOL 12 Issue 3

Senior Ministry  
CONNECTING SENIORS IN COMMUNITY  
Body/Mind/Spirit  
[www.sajeseniorministry.org](http://www.sajeseniorministry.org)

**TUESDAY, MARCH 1, 2022 11:30 AM TO 12:30 PM**

A vibrant poster for a Zumbapalooza event. The background is a collage of Mardi Gras beads in purple, green, and gold, along with several ornate masks. The text is overlaid on this background.

**ZUMBAPALOOZA**

**Guest Zumba Gold Instructors!!**

*Tuesday March 1, 2022  
11:30 am - 12:30 pm  
5275 S Lindbergh 63126  
Suggested Donation: \$5 or more*

**Wear Your Mardi Gras Beads!**

**A SAJE fundraiser to say "THANK YOU" to Concord Trinity UMC for rent-free use of the gym.**

## Lenten Activity

**WEDNESDAY, MARCH 23, 2022 1:00 TO 3:30 PM**

Let's gather in the SAJE Café at Advent, 9150 Garber Rd, Crestwood MO 63126, and create a lovely Easter gift to share while we visit and reflect on our lives, and blessings over the last 2 crazy years during this once in a lifetime pandemic. Our Faith Community Nurse Kathy Sherwood will guide us on a little journey of self reflection.



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

**Safety Tips - Foodborne Illness** Foodborne illness (food poisoning) is fairly common— every year about 48 million people (one in six) in the U.S. become ill from eating contaminated foods. Of those, about 3,000 die. Elderly people are at special risk because they can't efficiently fight off the bacteria, virus, and parasites that make people sick.

People often think their illness was caused by their *last* meal, but the time between eating bad food and the onset of illness can vary widely. Usually, you'll feel sick 1–3 days after eating. But you could become sick anytime from 30 minutes to 3 weeks after eating. Whether or not you get sick depends on a lot of factors, including the type of bacteria in the food.

Know the symptoms of foodborne illness: upset stomach, abdominal pain, vomiting, or diarrhea are common. Or, the person in your care may have flu-like symptoms with a fever, headache and body aches. It's easy to confuse foodborne illness with other types of illness.

At restaurants always order food well done. Don't hesitate to ask the server or chef to make sure foods are not served raw or undercooked. Doggie bags should be refrigerated within 2 hours; within 1 hour if air temperature is 90° F or above.

**Meals on Wheels** This program provides much-needed food, along with interaction and socialization. You may be eligible if you are age 60 or older with a spouse of any age, or a disabled person under age 60 or recuperating from serious illness or surgery. If you or someone that you know is interested in receiving meals from Meals on Wheels of Greater St. Louis, and you feel that eligibility requirements are met, call **314-374-9549** to request an eligibility interview. If your call is not answered in person, you will be asked to leave a voice message with your name, callback telephone number, and the *zipcode* of the intended meal recipient. You should then receive a callback within a day or so to arrange an eligibility interview for that specific area program. More information is available at [www.mowstl.org](http://www.mowstl.org).

**Don't Fall – Be Safe** **Good nutrition helps prevent falls.** Calcium is a mineral that is essential for the formation of strong bones. Dairy foods are the richest sources of calcium in our diets. Not only is calcium important in preventing fractures, it is also beneficial in helping fractures heal faster if they do occur.

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

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

# What's happening in **March** 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**

Tuesday, March 8, 11:00 AM to 2:00 PM

Thursday, March 24, 10:00 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**, to request an appointment time that is convenient for you or visit her during her office hours this month on **Thursday, March 10, 9:00AM to 11:00AM.**



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

**10:00 AM - 11:00 AM Thursday, March 31, 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 **March 7 & 21**. 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. As a rule, if Lindbergh School District is closed, so is SAJE. If you ever have a question about an activity please feel free to call the office at 314-664-9700.



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CRESTWOOD MO 63126

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SPECIAL March 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 April newsletter is, Sunday March 20, 2022**