

May

2022



SAJE

VOL 12 5

Senior Ministry

CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit

www.sajeseniorministry.org

SAJE Committees– Do you have ideas for Lunch & Learn presentations, Newsletter Articles, Fund Raisers? Are you willing to invest some time and energy into seeing those thoughts through? The Board of Directors is looking for a few committee persons, to assist in the guidance of SAJE activities. SAJE is really a volunteer organization. As participants come to board members and say hey, how about if we start this program, and viola.... We have a Movie Matinee, or BINGO, or Chair Yoga. SAJE grows and expands because of our participants. Would you like to be apart of the action? Your time investment will truly only be a couple hours or so a month. Please contact Jessica if you have any questions.

WEDNESDAY, MAY 18 , 2022 1:30 TO 3:30 PM

Let's gather in the SAJE Café at Advent , 9150 Garber Rd, Crestwood MO 63126, and create a card and paint some rocks while we chat about life, things and what-nots. We can talk about how we each have dealt with the changes in our lives since the pandemic, or this crazy weather that we have had in St Louis. Can you believe that we only had 7 days in St Louis with out rain as of 4/26 . Our Faith Community Nurse Kathy Sherwood will guide us on a this little journey. RSVP via phone voice or text to 314-664-9700 or email office@sajeseniorministry.org or the online SAJE calendar.



Ecumenical Prayer for

Health and Air Quality

Join our St. Louis Christian communities that have hosted air quality monitors in an ecumenical prayer for the health of our region and the quality of our air. Together we will reflect on the breath of God in the giving of life and the Holy Spirit. Join us afterwards for refreshment and community.

Sunday, May 1, 2022 3 - 4PM
The Garden at Our Lady of the Holy Cross,
8115 Church Road St. Louis, 63147

The Plan of Care



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

A Plan of Care is a record of the care and treatment a person needs. The Plan helps you and anyone who assists you with caregiving tasks, especially when a patient leaves the hospital. The discharge planner provides the caregiver with a copy of the doctor's orders and a brief set of instructions for medical care to include in the Plan.

The Plan shows:

- ***Diagnosis***
- ***Equipment Needed or Used***
- ***Medications***
- ***Diet specifications***
- ***Functional Limitations***
- ***Detailed Care Instructions***

This information is presented in a specific order so that the process of care becomes repetitive and routine. When the Plan is kept up to date, it provides a clear record of events that is helpful both in solving and in avoiding problems. The Plan also keeps you from having to rely on your memory and allows another person to take over respite care or take your place with a minimum of disruption.

Making and Recording the Plan of Care

To record a Plan of Care, use a loose-leaf notebook. Put a copy of the doctor's instructions on the inside front cover. After using your Plan of Care for one week, make necessary adjustments and continue to do so as the person's needs change. Always adjust to what works for you and the person being cared for. Use notes, pictures, or whatever it takes to describe your responsibilities. Also, use black or blue ink, not pencil, to maintain a permanent record. ***Remember I am here to help answer your questions regarding homecare needs.***

Happy Spring! Chris 314-843-9673

ST LUCAS UCC COMMUNITY MEALS ARE BACK!!!!!!

**Pantry low? Need a home cooked meal? Mail carrier? Amazon Driver?
First Responder? Don't wanna cook!**

St. Lucas UCC invites you to share a delicious Sunday dinner in our Community Room, 11735 Denny Road, Sunset Hills. Meet new people, enjoy a change of scenery, bring the kiddos and don't cook dinner, and visit with those who serve our community, all at the same time. If you have questions please feel free to call 314-843-2100.

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 May 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 **NO CLASSES ON TUESDAY 5/31**

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

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

Thursday, May 12, 9:30AM to 1:30PM

Tuesday, May 24, 9:30AM to 1:30PM

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

10:00 AM - 11:00 AM Thursday, May 26, 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 **May 2, 16 & 31**. 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 May 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 June newsletter is, Friday May 20, 2022