

June
2022



SAJE

VOL 12 6

Senior Ministry
CONNECTING SENIORS IN COMMUNITY
Body/Mind/Spirit
www.sajeseniorministry.org

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.

NO RSVP REQUIRED Carryout Available. No Charge.

This meal will be offered on the 1st Sunday of every month, with our next being on

Sunday June 5, 2022 4PM to 5:30PM



Do **YOU** want to **WIN** one of 5 Local Restaurant gift cards???? All you have to do is complete our SAJE 2022 Survey that you will find in the center of



this newsletter, return the completed survey to one of our churches, or at one of our events and you will be entered!!! Don't worry, the other 2 cards aren't Mickey D's, either !!!



Vacation Watch

Both the Crestwood and Sunset Hills Police Departments offer vacation watch to residents. Please call your local police at the numbers provided for assistance. If you live in another area, call the office at 314-664-9700 and we can assist you in finding out if your local offers a vacation watch program.

Crestwood Police Department 314-729-4800, The Police will stop by and check on your house to make sure that your property and home are secure.

Sunset Hills Vacation watch line at 314-849-7867. You will be asked a few questions; we will then place your home on our vacation watch list. We will be asking for an emergency contact just in case we need to inform you of any occurrences. Sunset Hills patrol officers will check your house daily.

**Alzheimer's -
Resistance to
Care**

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

In Alzheimer's disease (AD), when a person seems to be refusing to cooperate with the activities of daily living such as dressing or bathing, you may think he is resisting care. Sometimes, when a person with Alzheimer's says "no" he may be *labeled* uncooperative.

People with AD may get upset when somebody touches them. You may be trying to do something to help him, but he doesn't understand what's going on. He may be feeling uncomfortable, powerless, frightened, tired, in pain, or confused. He cannot explain how he wants to be treated.

What to do? Try to put yourself in the shoes of the person with Alzheimer's disease and you may be able to avoid causing resistance. You may be able to change your approach to reduce these responses and actually be able to help the person to cooperate with you.

Tip Think about what it would feel like to constantly be told to do something you may not feel like doing or cannot understand what is expected of you.

In order to provide good care you need to know how to respond to all the different ways in which the illness affects the person with dementia. This means that in many cases the person shows you with actions what can no longer be communicated in words. So behaviors are messages about ideas, feelings, and needs the person is telling you about in the best way he or she can.

Tip The best thing you can do is always ask yourself, "What is he trying to say by doing this?"

Gentle Reminders

In the early stage of Alzheimer's disease you may simply need to remind the person to attend to his personal care needs. Some people with AD lose their former high standard of personal hygiene. This can be upsetting to the people around them. Sometimes this is because of his memory problems. For example, he may go into the bathroom to take a shower, forget why he is there, come back out, and when asked, say that he has showered. Remember, he is not lying, but saying what he thinks he is supposed to say or believes to be true. He may have forgotten whether or not he has showered and even get annoyed that you are questioning him. As always, don't argue. You can suggest later that he shower. As with all personal care activities, try to follow the person's usual routine.

Remember I am here to help answer your questions regarding homecare needs.

Happy Spring! Chris 314-843-9673

SAJE SURVEY 2022



SAJE Senior Ministry is trying to understand how best to serve the seniors (65 years and older) in the SAJE community. We not only want to hear from the seniors themselves but their children, their neighbors, their friends and anyone who has contact with seniors.

We are so grateful if you decide to participate in the survey.

As a token of our appreciation, if you wish to submit your name and contact information, once you've completed the survey your name and contact information will be placed into a **drawing for restaurant gift cards.**

1. Seniors: What is your employment status? (Check all that apply)

- Working full-time Working part-time Retired
 Other (please specify) _____

2. Seniors: Who do you live with? (Check all that apply)

- I live alone A spouse/partner My children (age 18 or older)
 My children (under age 18) My grandchildren My parents
 Another relative Someone else (non-relative)

3. Seniors: Think about the 4 pillars of physical, mental, emotional, and spiritual health. Please rate each of these areas on a scale from 1-4 regarding your own life.

1 = Doing very well; 2 = Satisfactory; 3 = Somewhat challenging; 4 = Very challenging

Physical Health ____ Mental Health ____ Emotional Health ____ Spiritual Health ____

4. Children, neighbors and friends: Do you now or have you in the past 12 months provided care or assistance to a spouse, parent, grandchild, relative, or friend?

- Yes No

5. If yes on question 4: Please indicate who you provided care or assistance for (check all that apply):

- Spouse Parent(s) Grandchild(ren) Other Relative Friend

6. How challenging is/was it for you to care for this person(s) and meet your other responsibilities with family and/or work?

- Very Challenging Somewhat Challenging Neither Challenging nor Easy Somewhat Easy
 Very Easy

7. Everyone: Would you turn to the following resources if you, a family member or friend needed information about services for older adults, such as care giving services, home delivered meals, home repair, medical transport, or social activities?

	YES	NO
Faith-based organizations such as churches or synagogues		
Family or Friends		
Home Health Organization		
Internet		
Library		
Local Area Agency on Aging		
Local government offices such as the Department of Health		
SAJE		
Your doctor or other health care professional		

8. Seniors: If you were in need of assistance with activities of daily living, such as bathing, dressing, meal preparation, medication reminders, shopping, transportation, etc. how likely is it that you would consider the following options?

	Extremely Likely	Very Likely	Some-what Likely	Not Very Likely	Not At All Likely
Move in with a family member or friend who could fully meet your care needs					
Move in with a family member or friend and attend an adult day care center during the day					
Hire an in-home health aide					
Move to an assisted living or skilled nursing facility					

9. Seniors: how frequently do you use/attend programs or services offered at SAJE Senior Ministry?

- About once a month
 Every 2-3 months
 A few times a year
 Special events only
 Never (go to question 10)

10. If never: What is the reason that you do not currently use/attend programs or services offered at SAJE Senior Ministry? (Check all that apply)

- I am not interested
 I do not have time
 I participate in programs elsewhere.
 I am not old enough
 Hours of operation are inconvenient.
 Programs/services do not meet my needs
 I am unaware of programs/services offered.
 Other (please specify) _____

11. Thinking about the needs and interests of seniors, which of the following areas would you prioritize in expanding the programs available through SAJE?

- Health and wellness programs
 Caregiver programs (respite, support groups)
 Arts & Crafts
 Walking Club
 Evening or weekend social activities
 Book Club
 Intergenerational programs
 Service opportunities
 Other (please specify) _____

12. Seniors: The following items refer to programs and services that were offered at SAJE before the Pandemic. If you have attended events in the past, please rate the importance of each program/service to you. (Check one box per item.)

Programs/Services	Very Important		Moderate	Not at All		
	1	2	3	4	5	I Don't Know
Lunch and Learn						
Exercises						
Pickle Ball						
Transportation						
Minor Home Maintenance & Repair						
Volunteer Opportunities						
Cards & Games						
Bingo						
Movies						
Tech Time						
Library Book Pickup						
Educational Programs						
Day Trips/Outings						

13. Thinking about educational programming provided by SAJE, which of the following areas interest you?

- Nutrition programs
- Disease Management programs
- Caregiver Support
- Medicare Information
- Spiritual Days of Reflection
- Retirement planning
- Veterans Benefits
- Support for Grandparents raising grandchildren
- Technology classes
- Advance Directive/End of Life Wishes
- Other (please specify) _____

14. Everyone: Would you be interested in sharing your time and talents with SAJE or other seniors in your neighborhood?

- Yes (go to question 15)
- No

15. If yes, what talents would you be willing to share?

- Transportation (providing rides to seniors who no longer drive to the doctor once a month)
- Handyman Services (painting, gutter cleaning, carpentry, minor electrical repair, etc.)
- Yard Work
- Telephone Reassurance (checking on seniors who live alone)
- Respite Care (staying with a senior while the caregiver took a break)
- Writing articles for the monthly newsletter
- Volunteer Management (coordinating volunteers for transportation program, handyman services, or special events)
- Technology Assistance
- Coordinating Social Events
- Cooking or baking for Social Events
- Special Events Committees/Fundraising
- Presentations/Public Speaking (speaking at 'Lunch and Learn'). Tell us your area of interest:

Other:

If checking any of the above boxes please enter contact information below.

16. If you have any other thoughts or comments about SAJE Senior Ministry or specific needs that we should be aware of, please include them here:

17. Demographic Information:

Gender: Male Female Do not care to respond

Age range: Less than 65 65 to 75 76 Plus

Optional Contact Information

Name _____

Street _____ Zip _____

Phone _____ Email _____

I would like to be contacted by a member of SAJE

I would like to receive the SAJE newsletter

What's happening in **June** 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 w/ Sherri Lucas

Zumba Gold 11:30 AM Fridays 3.00 with Sherri Lucas

NO CLASSES ON FRIDAY - 6/2 or 6/10

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, June 8, 9:30AM to 1:30PM

Tuesday, June 28, 9:30AM to 2:30PM

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

10:00 AM - 11:00 AM Thursday, June 30, 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 **June 13th & 27th**. 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 or cool and dry during these C-R-A-Z-Y Spring, almost Summer Weather days !





9373 GARBER RD

CRESTWOOD MO 63126

Non-profit org
U.S. Postage Paid
St. Louis, MO
Permit No. 1943

SPECIAL June 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

General Questions & Yard Work

Contact the office at
(314) 664-9700

office@sajeseniorministry.org

Submission deadline for the July newsletter is, Monday June 20, 2022