

August

2022



SAJE

VOL 12 8

Senior Ministry
CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit

www.sajeseniorministry.org

Annual SAJE FUNdraiser is SCHEDULED !!!

The truly entertaining duo of John & Doe will perform! ****The reservation form will be in the October newsletter. ****We will be hosted

graciously by St. Justin Martyr Parish at

11922 Eddie & Park, Sunset Hills

Sunday, November 6, Doors Open 1:30 PM

Catered lunch served at 2:00 PM

SAJE Part-Time Office Opportunity

SAJE, your ecumenical ministry to older adults, seeks a part-time Administrative Coordinator to work with its Board of Directors in planning and executing its services and activities.

General Requirements:

- Tech Savvy in the areas of Microsoft Office, especially Publisher and Excel, Google Workspace, CRM Database, and Social Media.
- Telephone skills to communicate frequently and patiently with older adults.
- Twenty hours per week.
- Salaried position.

If this is for you, please contact Mary Chubb (314) 822-4736 or chubbmande@aol.com. If this is not you PLEASE pass this posting along! We would love to start conducting interviews soon.

**Mental Health &
Depression**

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

Depression Triggers Because many older adults often deal with heart disease, stroke, diabetes, cancer and Parkinson's disease, and because depression can occur with these illnesses, some health care professionals may mistakenly think that depression is a normal for the elderly. Depression can and should be treated when it occurs with other illnesses, since untreated depression can delay recovery or worsen outcomes. And because symptoms of depression displayed by older people may look different from those in younger people, seniors are often under-treated for depression and other mental health problems.

Many older adults may be ashamed to admit when they feel "blue," thinking that it is a sign of weakness or failure. Clinical depression is not a failing; it is an illness. And mental illnesses are simply disorders that require treatment. We need to reassure the ones we care for that it is OK to feel down. Older adults need opportunities to express feelings such as anxiety, depression, frustration or grief, and receive recognition that these feelings are normal and valid.

Insomnia: Sleep On It One of the newest discoveries about treating depression is that treating sleep disorders, like insomnia, helps people feel less depressed. Nearly half of all people with depression report trouble sleeping, and people with insomnia are nearly twice as likely to be depressed. It makes sense: Lying awake, unable to sleep makes problems seem worse, which makes depression worse. Curing insomnia in people with depression could double their chance of a full recovery.

The best insomnia cures don't involve taking drugs; recent research shows that a form of treatment called "cognitive behavioral therapy for insomnia" works best by teaching the person to establish a regular wake-up time and stick to it; get out of bed during waking periods; avoid eating, reading, watching TV or similar activities in bed; and eliminate daytime napping.

About the worst thing a sleepless person can do is drink alcohol. Although it makes you feel sleepy, alcohol leaves you feeling groggy and un-rested when you wake up in the morning. A person with severe insomnia needs a doctor's help; for the occasional sleepless night, try a warm bath before bed, a massage, warm milk or a soothing non-caffeinated beverage (other than alcohol!). Bedrooms should be slightly cooler than the rest of the house, dark, and quiet. *Source: New York Times*

988—Suicide & Crisis Lifeline 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the (988 Suicide & Crisis Lifeline), and is NOW active across the United States.

When you call, text, or chat 988, you will be connected to trained counselors that are part of the existing Lifeline network. These trained counselors will listen, understand how your problems are affecting you, provide support, and connect you to resources if necessary.

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

Stay cool and have a safe! Chris 314-843-9673

What's happening in **August** 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

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. 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, August 10, 9:30 to 2:30

Wednesday, August 24, 9:30 to 1:30

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

10:00 AM - 11:00 AM Thursday, August 25, 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 **August 8th & 22nd**. 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 Hot summer days !



ST LUCAS UCC COMMUNITY MEAL

**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.

Sunday August 7, 2022 4PM to 5:30PM



9373 GARBER RD

CRESTWOOD MO 63126

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

SPECIAL August 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 September newsletter is, Monday August 22, 2022