

July
2022



SAJE

VOL 12 7

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

Indoor walking tracks are available through the St Louis County Parks Department



A great way to keep moving in a cool space during these HOT summer days, besides our Zumba, and Chair classes, is WALKING! South County Mall opens early, Monday—Saturday at 7AM and Sunday 8AM, One full lap around the top level = 1/4 mile. One full lap around the middle level = 1/2 mile. And the Affton Community Center, 9801 Mackenzie Road has FREE walking Monday—Friday from 8AM –9AM.

GOLF THE GALLERIES AT THE



Leave Your Spikes and Clubs Behind....."GOLF THE GALLERIES" returns to the Sheldon in Grand Center. Unique, creative, fun! You've never golfed like this before, nor seen an art show like this. This is the 5th season, of this fantastic 9 Hole course, create by local artists, available until August 28, 2022.



Monday, Tuesday & Wednesday 12PM-5PM, Thursday & Friday 12PM-8PM, Saturday 10AM-3PM, and Sunday 11AM-4PM. Last tee time is one hour before closing. Purchase advanced tickets or check walk-in availability. (Walk-ins credit card only) Price ranges from \$10.00—\$8.00 for adults.

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.

Sunday July 3, 2022 4PM to 5:30PM

**Heat Waves &
Storms—Stay
Cool, Stay Safe**

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

High humidity and elevated nighttime temperatures are key ingredients in causing heat-related illness and mortality. Heat stress occurs when the body is unable to cool itself effectively. Normally, the body can cool itself through sweating, but when humidity is high, sweat will not evaporate as quickly, potentially leading to heat stroke. When there’s no break from the heat at night, it can lead to health problems, and pose special health risks to the poor, older adults and people with chronic medical conditions. It is important that seniors know how to safeguard against the risks. Air conditioning is one of the best protections against heat-related illness and death. Visit senior centers, movie theaters, libraries or malls to cool off—even for just a few hours.

Heat stroke is the most serious heat-related illness. When the body is unable to control its temperature, it rises rapidly and sweating mechanisms fail. Body temperature may rise to 106°F or higher within 10–15 minutes. Heat stroke can cause death or permanent disability if emergency treatment is not provided.

Signs of Heat Stroke

- ~ High body temperature (above 103°F)
- ~ Red, hot, dry skin (no sweating)
- ~ Rapid, strong pulse
- ~ Throbbing headache
- ~ Dizziness, nausea, confusion
- ~ Unconsciousness

These are signs of a life-threatening emergency. Have someone call 911 while you begin cooling the person:

- ~ Get to a shady area.
- ~ Cool rapidly however you can: Immerse in a cool tub of water or shower; spray with cool water from a garden hose; sponge with cool water; wrap in a cool, wet sheet and fan vigorously.
- ~ Monitor body temperature; continue cooling efforts until body temperature drops to 101–102°F.
- ~ If conscious and able to swallow, give cool water or nonalcoholic, decaffeinated beverages.

Heat exhaustion is less severe, more common, and occurs when the body becomes severely dehydrated. If left untreated, it leads to heat stroke. If you suspect a person is having a problem with the heat, err on the side of caution and insist they get into shade and cool down.

Signs of Heat Exhaustion

- ~ Heavy sweating, cold, clammy skin
- ~ Dizziness or fainting
- ~ A weak and rapid pulse
- ~ Nausea, vomiting or both
- ~ Fast, shallow breathing
- ~ Muscle cramps *Source: Department of Health and Human Services*

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

Stay cool and have a safe and happy 4th of July!

Chris 314-843-9673

What's happening in **July** 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 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, July 13, 9:30AM to 1:30PM Thursday, July 21, 9:30AM to 2:30PM

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


10:00 AM - 11:00 AM Thursday, July 28, 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 **July 11th & 25th**. 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 !

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 Jessica at 314-664-9700 and she can assist you in finding out if your local police offer 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.



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SPECIAL July 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 August newsletter is, Wednesday July 20, 2022