

September  
2022



# SAJE

VOL 12 9

Senior Ministry  
CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit

[www.sajeseniorministry.org](http://www.sajeseniorministry.org)

**ACTIVITIES ARE COMING BACK IN SEPTEMBER !!**

**2nd Thursday Lunch & Learn @ St Thomas Holy/Spirit**

**4th Thursday Movie Matinee @ St Thomas Holy/Spirit**

**LAST Thursday BINGO @ Advent**

**SAJE Participant SPOT LIGHT !**



Born in the midst of the Roaring 20's, a child of the Depression, a bride in the '40s and a parent in the '50s, Dottie Hutchings Brummel was shaped by these events to become the dynamic person she is today.

Dottie's first memory is of the Tornado of 1927 and her mother standing by their front door seeing bricks falling from their house and worrying about her sisters who had to walk home from school among fallen electrical wires. As a little girl her family was fortunate during the Depression as her father had steady work as a watchman. Dottie's teen years were eventful. She was in the first class to attend Southwest HS all four years. She and her husband Lee were high school sweethearts. He was a football player and she was a cheerleader. In their senior year, she was chosen "Most Popular" and Lee was chosen "Most Handsome". Sounds like a movie plot.

Dottie married Lee during WW II. He enlisted wanting to be a pilot and flew B-24s over Europe. In the meantime Dottie worked at Jefferson Barracks providing office support to the Signal Corps decoders.

Dottie has three daughters and one son, nine grandchildren and fifteen great grandchildren. Sadly Lee passed away in 1997 at a relatively young age.

Dottie has kept young through recreational sports, volunteer activities and participation at her church. Asked if she had anything to say about SAJE, she replied, "Love it!" "One of the highlights of my day." "Fun" "Keep in shape with it." "Nice people." She worries about when she won't be able to drive. Dottie recently celebrated her 98th birthday. You can see her at chair exercise on Tuesday mornings ~ Mary Chubb

Fainting, Falls &  
High Blood



**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)

High blood pressure (140/90 mmHg or higher) is one of the three leading causes of **heart failure**. It is referred to as "the silent killer" because it usually has no specific symptoms and no early warning signs. You should have your blood pressure checked regularly. High blood pressure affects many older people, whose bones tend to be weaker, and for whom a fall injury—such as a broken bone—can have serious health consequences.

In addition, having high blood pressure (hypertension) increases chances of having a **heart attack** or **stroke**. Medicines, called *anti-hypertensives*, that lower blood pressure can help prevent these happening. But these drugs can cause balance problems and dizziness, leading to falls and injuries.

Researchers studied whether there was any link between the number of people taking blood pressure drugs and the number of people who had serious falls. Compared with people *not* taking blood pressure drugs, those taking the drugs were more likely to have a serious fall. Many experienced dizziness before falling.

Monitor blood pressure readings if taking medications to lower blood pressure. A simple-to-use blood pressure cuff reading at home gives a much better picture than the readings taken at trips to the doctor's office. Remember to keep a record of the readings to take to the doctor for review.

Severe chest pain is not always present with a heart attack, especially for older adults, people with diabetes, and women. They may experience sudden shortness of breath, coughing, dizziness, fatigue or weakness.

Fainting can be caused by— a heart attack, medications, low blood sugar, straining to have a bowel movement, dehydration, or a change in blood pressure. If a fainting spell occurs:

- **DO NOT** try to place the person in a sitting position. Instead, immediately lay him down flat.
- Check the person's airway (mouth and nose), breathing, and pulse.
- Turn the person on their side.
- Elevate the legs.
- Cover him/her with a blanket if the room or floor is cold.
- **DO NOT** give fluids.
- Call 911 if there is difficulty breathing, no breathing or not responding to your voice or touch.

*Source: The Comfort of Home for Chronic Heart Failure: A Guide for Caregivers*

**ST LUCAS UCC COMMUNITY MEAL**

**Pantry low? Need a home cooked meal? Mail carrier? Amazon Driver? First Responder? 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 September 4, 2022 4PM to 5:30PM**

*2022 Annual SAJE FUNdraiser*  
*John & Doe will be entertaining us!*

SUNDAY, November 6, Doors Open 1:30 PM  
Lunch, Catered by Genesis served at 2:00 PM  
St. Justin Martyr Parish Center  
11922 Eddie & Park, Sunset Hills

Your choice of Beef Marsala, or Chicken Parmesan or  
Veggie Option

\$ 25.00 Per Person

Please complete the reservation form below, circle your meal choice and mail with check payable to SAJE to  
SAJE Senior Ministry 9373 Garber Rd, St. Louis, MO 63126. For more info call 314-664-9700.

---

_____	B C V	_____
Name		Phone
_____		_____
Address		City, State, Zip
Please seat me with (tables of 8)		
_____	B C V	_____
_____	B C V	_____
_____	B C V	_____
_____	B C V	_____

Dietary Restrictions: \_\_\_\_\_

*Please RSVP by Friday October 28, 2022*

*Thank you for supporting SAJE Senior Ministry*

What's happening in **September** 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

**September LUNCH & LEARN at St Thomas Holy/Spirit**

**Thursday, September 8, 11:00AM Get YOUR Groove Back !**

*Let's chat about getting back to life, after this long delay. Tips and tricks in getting back to life outside of our homes! Soup, Salad & Desert ~ suggested donation of \$5.00 per person*

**September Movie Matinee at St Thomas Holy/Spirit**

**Thursday, September 22,** Popcorn & Beverages Served

**WATCH OUR WEBSITE AND SOCIAL MEDIA FOR OUR MOVIE CHOICE!!!**

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

**10:00 AM - 11:00 AM Thursday, September 29, 2022**

Bring your favorite BINGO tchotchke... PRIZES !!!!!

Free will offering accepted. BINGO will be held indoors.



**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, September 14, 8:30 to 1:30**

**Thursday, September 29, 8:30 to 1:30**



St Louis County Library Senior Van at Advent **September 6 & 20**. 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 !



9373 GARBER RD

CRESTWOOD MO 63126

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

---

SPECIAL September 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)

**General Questions & Yard Work**

Contact the office at  
(314) 664-9700

[office@sajeseniorministry.org](mailto:office@sajeseniorministry.org)

**Submission deadline for the October newsletter is, Friday September 22, 2022**