

October
2022



SAJE

VOL 12 10

Senior Ministry
CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit

www.sajeseniorministry.org

My husband, and our 4 children.



Jess's last month with SAJE

SAJE has been apart of our lives for 9 years. Kory, Ian and Owen, and even my husband Brian has spent HOURS stuffing, folding tabbing and addressing newsletters, Kory has shared her Apple expertise with numerous clients during tech time. Brian drove clients as a part of our transportation program, Ian and Owen have raked leaves and gone on countless rides with clients. My parent's and in-laws have even pitched in with giving rides, and cooking. To say that SAJE has been a family affair is definitely an understatement. I will not be bored with this life transition, as we will be welcoming a new family member in November, I'm going to become a GRANDMOTHER. I have also been diagnosed with Erosive Arthritis of the Hands, so my stamina has taken a hit. It has been my honor and true blessing to have been apart of such an amazing offering and have formed relationships that have truly guided my life. Peace & Blessings to each of you! ~ Jess Gerth

(I will still be offering Tech Time twice a month, except for November)

CHANGES IN SAJE SUPPORTERS

The SAJE Board of Directors would like to thank Episcopal Church of the Advent for their 12 years of support and dedication to the mission of SAJE Senior Ministry. At this time Church of the Advent will be suspending their contributions to SAJE. The SAJE Board would also like to reiterate to ALL, that we are an ecumenical ministry and open to ALL, regardless of religious affiliation. For our Advent folks, if you would like to continue to receive the SAJE newsletter, please contact the SAJE office, either by phone 314-664-9700 or email office@sajeseniorministry.org. You can either receive it via the USPS or via email.

50 Reasons to
use us!

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

HELPING PEOPLE REMAIN INDEPENDENT IN THE SAFE,
FAMILIAR SURROUNDING OF THEIR OWN HOME.

- | | |
|---|---------------------------------|
| Answering the door/telephone | Going out to lunch |
| Apparel selection | Good old TLC |
| Appointment reminders | Grocery shopping |
| Assist in visiting relatives or friends | Ironing |
| Assistance with paying bills | Laundry |
| Assistance with grooming | Letter writing/correspondence |
| Assistance with walking | Light Housekeeping |
| Baking | Mailing bill/letters |
| Bathing assistance | Making beds |
| Bathroom assistance | Meal planning |
| Changing linens | Meal preparation |
| Christian based program | Meal clean up |
| Companionship with a smile | Medication reminders |
| Conversation | Monitoring to prevent wandering |
| Cooking | Mopping up messes |
| Discuss current events | Organizing household rooms |
| Dry-cleaning drop off and pick up | Plant care |
| Dusting furniture | Reading |
| Emergency assistance in dialing 911 | Sewing |
| Entertainment | Shopping (grocery & personal) |
| Errand running | Sorting mail |
| Escort to beauty shop or barber | Spiritual encouragement |
| Flexible scheduling | Taking out trash |
| Friendly staff | Transportation |
| Game playing | Vacuuming |

CALL CHRIS FOR MORE INFORMATION: 314-843-9673

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 October 2, 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
_____	B C V	_____ B C V
_____	B C V	_____ B C V

Dietary Restrictions: _____

I am unable to attend but would like to make a donation \$_____. Donations are tax deductible as SAJE is a 501c3 charitable non profit organization.

Please RSVP by Friday October 28, 2022

What's happening in **October** 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, October 13, 11:00AM Jess's Senior Resources

Jess is going to share ALL of her senior resourcec that she has gathered after 9 years working with SAJE. Handouts for reference will be available. This will be live streamed via Facebook.

Soup, Salad & Desert ~ suggested donation of \$5.00 per person

October Movie Matinee at St Thomas Holy/Spirit

Thursday, October 27, 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, October 27, 2022

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

Free will offering accepted. BINGO will be held indoors.



TECH TIME at Advent

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 RESRVE A TIME! PLEASE call, text or email Jessica to reserve a time slot. **314-664-9700** or **office@sajeseniorministry.org**

Wednesday, October 5, 8:30 to 1:30

Wednesday, October 19, 8:30 to 1:30

SAJE Newsletter Folding at St Thomas Holy/Spirit

10:00 AM Wednesday October 26, 2022

We're back to sending newsletters every other month. They will go out for November/December, January/February, March/April, May/June, July/August, September./October, November/December.



9373 GARBER RD

CRESTWOOD MO 63126

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

October 2022 Newsletter

SAJE Senior Ministry

www.sajeseniorministry.org

Member Supporting Organizations

**St Thomas/Holy Spirit
Lutheran Church**

3980 South Lindbergh Blvd

Sappington, MO 63127

(314) 843-6577

sthschurchstl.com

**St Justin Martyr
Catholic Church**

11910 Eddie & Park Rd

Sappington, MO 63126

(314) 843-8482

stjustinmartyr.org

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 November / December newsletter is, Friday October 21, 2022