

November /
December
2022



SAJE

VOL 12 10

Senior Ministry
CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit

www.sajeseniorministry.org

This is a bittersweet time for us with SAJE. Our long time Administrative Coordinator, Jessica, will be retiring as of October 31, 2022, in order to enjoy a new role of grandmother and to have an opportunity to regain health.

Jessica's creativity, curiosity, positivity, and research have carried us smoothly through several transitions in SAJE's growth. The most intense work was done as we moved to become a 501c3 not for profit organization. Let's just say she knows her way around the

internet! And in other ways, many have benefited from Jessica's knowledge and devotion to finding a solution to whatever need was posed to her. SAJE has been truly blessed.

At the same time, it has been a real pleasure to see her sons, Ian and Owen, mature over these eight years. Her daughter Kory has helped behind the scenes many times. Now her daughter Taylor will have the first grandbaby in November. For sure, Jessica's husband Brian deserves a special round of applause. Goodness knows how many and for what tasks he has been "recruited" over these last eight years.

Thank you. Go in peace, Jessica, to enjoy your beautiful life!



**Infection Control
– Better Safe**



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

Germs are all around us. Even our own bodies normally harbor trillions of microorganisms. However, our immune system *and* a good balance of “good” and “bad” germs keep us from being ill, in spite of all the viruses, bacteria, fungi and other harmful substances around us.

Beat superbugs by keeping them from invading our homes and institutions. Keep clean and safe by—

- *Proper hand washing
- *Cleaning our homes and surroundings
- *Controlling the spread of infection

Hand Washing

Frequent hand washing with soap and water is the best way to fight infection. Proper hand washing requires *rubbing* both hands with soap and water to break down the grease and dirt that carry germs. Fifteen to 30 seconds of thorough hand washing is all it takes to reduce germ count from your hands by 99%.

If clean water and soap are not available, use a **hand disinfectant** containing alcohol to clean your hands. Rub your hands together for about 15 seconds to ensure that the disinfectant covers them, including under the nails. You can air-dry your hands or use a disposable towel to dry them off, avoiding the use of reusable towels, which may be harboring germs.

Inspiration *Time heals all wounds, unless you pick at them. ~ Shawn Alexander, American athlete*

“Followers of Christ, sharing God’s love and blessings” is the vision statement of St. Thomas/Holy Spirit Lutheran Church. One of the pathways in achieving our vision is to share by administering to the needs of the greater community. The church is a place of love, acceptance and refuge.

“Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.” Matthew 25:40

CHRISTIAN COMMUNITY HOMECARE:

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

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. www.stlucasucc.org

NO RSVP REQUIRED Carryout Available. No Charge.

Sunday November 6 & December 4, 2022 4PM to 5:30PM



5275 S. Lindbergh Blvd,
Saint Louis, MO 63126
www.concordtrinity.org



11 th Annual Concert Series

Sunday, November 13, 2022 at 4:00 PM Celebration Barbershop Quartet

Sunday, December 4, 2022 4:00 PM Concord Christmas



2022 Annual SAJE FUNdraiser

John & Doe will be entertaining us!

SUNDAY, November 6, Doors Open 1:30 PM

Lunch Buffet \$25.00 Per Person, Catered by Genesis served at 2:00

St. Justin Martyr Parish Center 11922 Eddie & Park,

If you can't make the event, you can always send in a donation, as we are a 501c3 charitable non profit organization, and donations are tax deductible.

A TIME TO PRAY

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name; thy kingdom come; thy will be done; on earth as it is in heaven. Give us this day our daily bread. And forgive us our trespasses, as we forgive those who trespass against us. And lead us not into temptation; but deliver us from evil. For thine is the kingdom, and the power, and the glory, for ever and ever.

A TIME TO LAUGH

Q. Why don't mummies take time off?

A. They're afraid to unwind.

Q. What makes trick or treating with twin witches so challenging? A. You never know which witch is which!

Q. How can you tell a vampire likes baseball? A. Every night he turns into a bat!



**ST. THOMAS
HOLY SPIRIT**
Lutheran Church

St. Thomas/Holy Spirit Lutheran Church,

3980 S. Lindbergh Blvd.

Sunset Hills, MO

www.sthschurchstl.com

*Thanksgiving Eve
Ecumenical Worship
November 23, 2022, 7 PM*



Join us for a worship service lead with traditional folk

instruments. There will be an ingathering of non-perishable food items for Feed My People.

Great
EXPECTATIONS

Ladies Advent Tea:

Sunday, November 27

2 PM

**Enjoy light refreshments &
special music**

**Shop The Bridge,
Fair Trade Market**

Learn about LuMin

RSVP: 314-843-6577

Blue Christmas Service

December 21, 2022

7 PM,

The holidays are not always joyous for everyone. Feelings of grief, loss, and loneliness can be overwhelming. You are invited to a quiet service of healing and hope this Christmas season, for Emmanuel, God with us, is also with us in our sorrow and pain.

What's happening 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

LUNCH & LEARN at St Thomas Holy/Spirit

Thursday, November 10, 11:00AM **Medicare 101 & Updates**

Thursday, December 8, 11:00AM **8th Notes – Christmas Concert**

Presentation, followed by a YUMMY homemade lunch of soup and salads!
\$5.00 suggested donation.

Movie Matinee at St Thomas Holy/Spirit Popcorn & Beverages Served

Thursday, November 17, 1:00PM

Downton Abbey: A New Era 2022 Drama/Romance PG

Thursday, December 15, 1:00PM

TO BE DETERMINED—WATCH FACEBOOK AND OUR WEBSITE

SAJE B-I-N-G-O at Advent NO BINGO IN NOVEMBER

10:00 AM - 11:00 AM Thursday, December 1 & 29, 2022

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



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 RESERVE A TIME! PLEASE call or text Jessica to reserve a time slot, 314-346-6620.

Friday, December 2, 9:00 to 1:00

Thursday, December 29, 9:00 to 3:00

SAJE Newsletter Folding at St Thomas Holy/Spirit

10:00 AM Wednesday December 21, 2022

We're back to sending newsletters every other month.



3980 South Lindbergh Blvd
Sappington, MO 63127

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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 January/February newsletter is, Friday December 15, 2022