

January /
February
2023



SAJE

VOL 13 01

Senior Ministry
CONNECTING SENIORS IN COMMUNITY

Body/Mind/Spirit

www.sajeseniorministry.org

Welcome Liz Taylor!

Liz Taylor, our new administrative coordinator, is a woman of many interests and talents with a strong commitment to SAJE. She considers herself a second generation SAJE member as she is the daughter of the late Bill (Dollar Bill) and Shirley (Temple) Fitzgerald, whose company and humor we enjoyed at activities for many years.

Born and raised in Dellwood, Liz is a graduate of Rosati-Kain High School. She received a Bachelor of Fine Arts degree in Design from Central Missouri State and later her Industrial Engineering degree from the University of Dayton.

Liz returned to St. Louis two years ago as she winds down her engineering career. Liz became active in SAJE activities upon volunteering to lead chair exercises on the third and fourth Tuesdays of the month. She also knew how much SAJE meant to her parents. She will continue to lead the third Tuesday and a new volunteer will take over the fourth week. Her new role fits her very well.

Among her interests and loves, Liz is a mother, grandmother to hefty granddog Jackson, sister, instructor of indoor cycling to older adults, certified Master Gardener (Ohio), landscape designer, hiker, kayaker and large parade balloon handler - not fun on a cold day when balloons deflate.

We wish her much success in this new endeavor and look forward to working with her.



Liz Taylor (right) and her daughter, Whitney

Lunch and Learn

Better Balance—January

If you've noticed you aren't as steady on your feet as you used to be, it's tempting to think that it's just a normal part of aging - but it's not! Join us at this workshop, with Beth Templin, geriatric physical therapist and learn how you can improve your balance and prevent falls, no matter your age!

The Gift of Play—February

How do you play?

How do you relax and restore your energy?

Bring a sampling of what you do to the next SAJE Lunch and Learn for an informal show and share.

See the *What's Happening page* inside for more information.



As the cost of paper, copying and postage is increasing, we are considering sending the SAJE newsletter out to you electronically via your email account. If you are interested in receiving the newsletter electronically, please send the office an email with your name, home address, and email address to:

Office@SAJESeniorMinistry.org

Thanks for helping save money and the environment.

Why Am I So Cold? Hypothermia

One of the common changes people notice while they are aging is that they are more sensitive to cold temperatures.

The normal workings that keep our body warm may be affected by poor health and a weak immune system. Sometimes, hormonal changes, especially in women, can lead to feeling cold all the time. Low estrogen levels associated with menopause or low thyroid hormone levels are some examples of changes that commonly occur in women.

Your doctor may try to find out if you are feeling cold all the time may be a symptom of a medical problem such as high blood pressure or diabetes. Low thyroid activity and high cholesterol can also affect your body's ability to regulate your temperature. Some drugs may also contribute to these symptoms. Medications used to treat high blood pressure and heart disease, such as beta blockers and calcium channel blockers, can affect blood vessels and blood circulation, which can lead to heat loss and hypothermia. Hypothermia is a condition characterized by a dangerously low body temperature.

However, even healthy people who are growing older may also experience feeling cold. This is because the blood vessels, which help conserve body heat, are not as elastic as they used to be, and their responses to changes in temperature become slower. Furthermore, different people may react to cold temperature in various ways, depending on their individual sensitivities. Feeling cold does not necessarily mean that you are sick or that you need treatment. Sometimes, the best thing to do is to just put on a warm sweater or a cozy pair of socks. If you have been feeling cold for some time, and bundling up does not

seem to help, ask yourself if the unusual feeling is related to other symptoms. For example, have you noticed any changes in weight or any weakness? Do you feel cold all over or is it just your hands and feet?

Help your doctor evaluate your symptoms by discussing them with him or her.

Avoiding Hypothermia

During winter, anyone who wanders outdoors is at risk of hypothermia, a condition when the body temperature falls to below 95° F.

To prevent hypothermia:

- ❄ Keep the temperature at home at least 65° F or 70° F if the senior is ill. A frail, older adult in a 60-degree house can develop mild hypothermia overnight.
- ❄ Wear warm clothes, including wool leg warmers for the arms and legs for added warmth.
- ❄ Use warm blankets in bed.
- ❄ Wear a knit hat indoors and a warm hat outside to avoid losing heat.
- ❄ Eat a balanced diet.
- ❄ Keep warm by moving and walking around the house and lifting and stretching the arms and legs.

STAY WARM AND HAPPY NEW YEAR!

Call Chris for more information:

314-843-9673

Christian Community Homecare:

Helping people remain independent in the safe, familiar surroundings of their own home.

WHAT'S HAPPENING at SAJE Senior Ministry

Exercise

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 with Sherri Lucas

Zumba Gold 11:30 AM Fridays
\$3.00 with Sherri Lucas

Bingo

Church of the Advent

9373 Garber 63126

10:00 AM - 11:00 AM

Thursday, January 26, and February 23, 2023

Bring your favorite BINGO tchotchke...

PRIZES !!!!!

Newsletter Folding

St Thomas /Holy Spirit

Wednesday, February 22 10:00 AM

We're back to sending newsletters every other month.

Lunch and Learn

St Thomas Holy/Spirit

Thursday, January 12

Better Balance 11:00AM

Thursday, February 9

The Gift of Play 11:00 AM

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

Movie Matinee

St Thomas Holy/Spirit

Popcorn & Beverages Served

Thursday, January 26, 1:00PM

King Richard

2021 Biography/Drama/Sport PG

Thursday, February 23, 1:00PM

Belfast

2021 Biography/Drama PG

Thursday, March 23, 1:00 PM

The Eyes of Tammy Faye

2021 Biography

Tech Time

Thursday, January 26 and February 16

9AM-1PM

Please call or text Jess at 314-346-6620 to schedule an appointment.

Area Activities

St Lucas UCC Community Meal

We will be having our meal on
Sunday, **January 1, 2023.**

Yes, January 1st!

We are all very excited to kick off 2023 with a meal shared with our guests. Serving 4-5:30

NO RSVP Required. Carryout Available No Charge.

If you have questions please feel free to call :

314 843 2100

Community Room 11735 Denny Road, Sunset Hill

Next month's community meal is February 8.



Concert

Concord Trinity UMC is holding a concert on Sunday, **February 26 at 4:00 PM** featuring the *Equinox Chamber Players*. Donation accepted

5275 S. Lindbergh Blvd, Saint Louis, MO 63126



A great big **THANK YOU** to Libby Reimers of Concord Trinity UMC for volunteering to lead chair exercise on the fourth Tuesday of each month. We look forward to her routine!

Activity Cancellations

Our members have proven to not let a little snow or ice deter their activities, so on occasion we will err on the side of caution and cancel activities.

Please check KMOV 4, KSDK 5, KPLR 11, KMOX, Facebook and Twitter for closings.



January and February Fun Facts

- * The name for January comes from the Roman god, Janus, who is always depicted with two heads. He uses one head to look back on the year before, and the other head to look forward into the New Year!
- * In Leap Years January always starts on the same day as April and July.
- * January is known to be the coldest month in the Northern Hemisphere and the warmest in the Southern Hemisphere.
- * The month of February is the only month that can pass without a full moon.
- * In common years, February starts on the same day of the week as March and November, and on leap years, it starts with the same day of the week as August.
- * The odds of being born on February 29 th are about 1 in 1,461. Those born on a leap day can be called a "leaper" or "leapling."





A Prayer

Lord, thou knows better than I know myself that I am growing older and will some day be old.



Keep me from the fatal habit of thinking I must say something on every subject and on every occasion. Release me from craving to straighten out everybody's affairs. Make me thoughtful, but not moody, helpful, but not bossy. With my vast store of wisdom it seems a pity not to use it all; but Thou knows, Lord, that I want a few friends at the end.



Keep my mind free from the recital of endless details, give me the wings to get to the point. Seal my lips on my aches and pains; they are increasing and love of rehearsing them is becoming sweeter as the years go by. I dare not ask for grace enough to enjoy the tales of other's pains, but help me to endure them with patience.



I dare not ask for improved memory, but for a growing humility and a lessened cocksureness when my memory seems to clash with the memories of others. Teach me the glorious lessons that occasionally I may be mistaken.



Keep me reasonably sweet, I do not want to be a saint...some of them are so hard to live with; a sour old person is on of the crowning works of the devil. Give me the ability to see good thigs in unexpected people, and give me, O Lord, the grace to tell them so.

Amen



3980 South Lindbergh Blvd
Sappington, MO 63127

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

January/February 2023 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 March/April newsletter is, Friday, February 10, 2023