



## Safety Tips - Foodborne Illness

**F**oodborne illness (food poisoning) is fairly common—every year about 48 million people (one in six) in the U.S. become ill from eating contaminated foods. Of those, about 3,000 die. Elderly people are at special risk because they can't efficiently fight off the bacteria, virus, and parasites that make people sick.

People often think their illness was caused by their last meal, but the time between eating bad food and the onset of illness can vary widely. Usually, you'll feel sick 1–3 days after eating. But you could become sick anytime from 30 minutes to 3 weeks after eating. Whether or not you get sick depends on a lot of factors, including the type of bacteria in the food.

Know the symptoms of foodborne illness: upset stomach, abdominal pain, vomiting, or diarrhea are common. Or, the person in your care may have flu-like symptoms with a fever, headache and body aches. It's easy to confuse foodborne illness with other types of illness.

At restaurants always order food well done. Don't hesitate to ask the server or chef to make sure foods are not served raw or undercooked. Doggie bags should be refrigerated within 2 hours; within 1 hour if air temperature is 90° F or above.

## Meals on Wheels

This program provides much-needed food, along with interaction and socialization. The drivers see how people are doing and can recognize signs of neglect. You may be eligible if you are age 60 or older with a spouse of any age, or a disabled person under age 60 or recuperating from serious illness or surgery. To find the closest program to you, contact, Meals on Wheels 703/548-5558 or visit, [www.mowaa.org](http://www.mowaa.org)

## Don't Fall – Be Safe

Good nutrition helps prevent falls. Calcium is a mineral that is essential for the formation of strong bones. Dairy foods are the richest sources of calcium in our diets. Not only is calcium important in preventing fractures, it is also beneficial in helping fractures heal faster if they do occur.

- *Chris Lewis*

Director– Christian Community Home Care  
3 14-843-9673



Many thanks to Mary Altshuller for photographing our February Lunch and Learn. Visit our website enjoy her photos.

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

# Area Activities

## St Lucas UCC Community Meal

Sunday, **March 5** and **April 2, 2023**. 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

## Sunset Hills Indoor Flea Market

Sunset Hills Community Center

3900 So. Lindbergh

**March 18 8:00 AM - 12:00 PM**



## Concord Trinity UMC Concert Series

5275 South Lindbergh

One hour concerts **4:00 PM** Donation

**March 26**

Jennifer & Matthew Mazonni

Flute and Piano Duets

**April 30**

Mark Akin

Classical Guitar

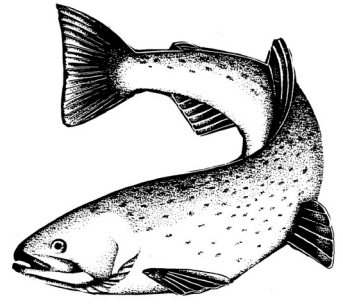
## St. Justin Martyr

11910 Eddie and Park Rd

*Fish Fry*

**March 3 and March 31**

**4:00-7:00 PM**



## *Stations of the Cross*

Every Friday in Lent at **7:00 PM**

## Maryville University's Student-Led Occupational Therapy Clinic

All services are **Free** regardless of insurance or other benefits

The clinic is designed to promote successful **aging in place** with in the community by increasing **independence** and teaching adaptive strategies. Areas we can provide assistance with include, but not limited to: daily activities such as dressing , meal preparation, memory, concentration and home safety.

### *Services Offered:*

Personalized individual sessions and group classes

Held at **Christ Memorial Lutheran**

5252 South Lindbergh

**Call Lisa 314 221 4770 for more information.**

*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](http://www.christiancommunityhomecare.org)

e-mail: [chris@christiancommunityhomecare.org](mailto:chris@christiancommunityhomecare.org)

# WHAT'S HAPPENING at SAJE Senior Ministry

## *Exercise*

Concord Trinity United Methodist

5275 South Lindbergh 63126

**Chair Exercise** 10:30 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, March 30, and April 27, 2023

Bring your favorite BINGO tchotchke...

**PRIZES !!!!!**

## *Newsletter Folding*

St Thomas /Holy Spirit

Wednesday, April 19 10:00 AM

We're back to sending newsletters every other month.

## *Tech Time*

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

## *Lunch and Learn*

St Thomas /Holy Spirit

Thursday, March 9

**Alzheimer's and Other Dementias**

Catherine Kush, DNP, GNP/BC of Empower Me Wellness

Thursday, April 13

***Journaling your Legacy***

Biographies are not just for the rich and famous. Every day folks have interesting stories to share. What's your story?

Our presenter, Elaine Curry, Distinguished Toastmaster, will reveal how helpful it is to have a journal with stories that you can pass down to your adult children and grand children. She'll explain her story and give examples from her life. We will do an exercise asking everyone to write one story that can become the beginning of a journal for sharing stories with your younger generations.

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

## *Movie Matinee*

St Thomas/Holy Spirit

Popcorn & beverages served

March 23, 1:00 PM

***The Eyes of Tammy Faye***

2021 Biography

April 27, 1:00 PM

**Top Gun: Maverick**

2022 Action PG-13



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Sappington, MO 63127

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March/April 2023 Newsletter

SAJE Senior Ministry

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

Member Supporting Organizations

**St Thomas/Holy Spirit  
Lutheran Church**

3980 South Lindbergh Blvd  
Sappington, MO 63127  
(314) 843-6577

[sthschurchstl.com](http://sthschurchstl.com)

**St Justin Martyr  
Catholic Church**

11910 Eddie & Park Rd  
Sappington, MO 63126  
(314) 843-8482

[stjustinmartyr.org](http://stjustinmartyr.org)

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**Christian Community Homecare**

Contact Chris at  
(314) 843-9673

[chris@christiancommunityhomecare.org](mailto:chris@christiancommunityhomecare.org)

**General Questions**

Contact the office at  
(314) 664-9700

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

**Submission deadline for the May/June newsletter is, Friday, April 7, 2023**