



SAJE

Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

May/June 2023

VOL 13 03

www.sajeseniorministry.org

Member profile

Jo Musson, World Traveler.



Jo was born in a farming area in southwest England and was educated in England. After completing her education she spent time as the matron at St Peters, Weston Super Mare boys boarding school. After that she traveled to Kenya and spent time as a nanny to several children. After returning to England for medical reasons, she joined the British Blood Transfusion Service.

She met her husband, Melvyn, on a Christmas cruise to Portugal and the Canary Islands. Her husband held several positions in British Insurance Companies and ultimately joined a major American Insurance Broker with offices worldwide. This led to spells in Italy (Milan), Belgium (Brussels), Canada (Montreal) and ultimately a transfer to the USA (St. Louis) where she has resided for approximately 30 years. During that time she has worked in retail and also owned her own dog grooming business.

She and her husband were for many years active in breeding and showing Scottish Terriers. Jo was also active in the Kansas City-based Heart of America Scottish Terrier club, as well as the national Scottish Terrier Club of America

Inside: *All the SAJE activities for May and June, plus more.*



Area Activities

St Lucas UCC Community Meal

11735 Denny Road, Sunset Hill

Sunday, May 7 and June 4, 2023.

Serving 4-5:30

No RSVP Required.

Carryout Available No Charge.

If you have questions please feel free to call :
314 843 2100

Golf the Galleries at the Sheldon

3648 Washington Blvd

St Louis 63108

June 3– August 12



SAJE Senior Ministry is participating in the tenth annual Give STL Day on May 10, 2023.

[Give STL Day.org](https://www.givestlday.org) is a 24-hour day of online giving event that raises money and awareness for hundreds of local nonprofits, including **SAJE Senior Ministry**. Since its inception in 2014, the event has raised more than \$26 million. Give STL Day is sponsored by the St. Louis Community Foundation. To participate, on **May 10** go to [Give STL Day.org](https://www.givestlday.org), search for **SAJE Senior Ministry** and make your donation. Besides your gift to SAJE, we also have the opportunity to receive outside funding for our ministry, Any help you can provide is greatly appreciated.

The History of Flag Day

- June 14 is observed as Flag Day each year because on June 14, 1777, the Second Continental Congress adopted the Stars and Stripes for the flag of the United States.
- The first national observance of Flag Day took place 100 years after the original resolution on June 14, 1877.
- President Woodrow Wilson issued a 1916 proclamation for the national observance of Flag Day on the 14th of June.

- Courtesy govinfo.gov

Movie Matinee

A Man Called Otto

Otto is a grump who's given up on life following the loss of his wife and wants to end it all. When a young family moves in nearby, he meets his match in quick-witted Marisol, leading to a friendship that will turn his world around.

2023 PG-13 Comedy, Drama

Starring: Tom Hanks, Rachel Keller

Tár

Set in the international world of Western classical music, the film centers on Lydia Tár, widely considered one of the greatest living composer-conductors and the very first female director of a major German orchestra.

2022 Rated: R Drama, Music

Starring: Cate Blanchett, Nina Hoss

See What's Happening at SAJE for location and time.

WHAT'S HAPPENING at SAJE

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, May 25 and June 29, 2023

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

Newsletter Folding

St Thomas /Holy Spirit

Wednesday, June 21 10:00 AM

We're back to sending newsletters every other month.

Movie Matinee

St Thomas /Holy Spirit

3980 South Lindbergh Blvd

Popcorn & beverages served

A Man Called Otto May 25 1:00 PM

Tár June 22, 1:00 PM

Lunch and Learn

St Thomas /Holy Spirit

3980 South Lindbergh Blvd

Thursday, May 11

Chocolate

For literally thousands of years, people have been fascinated with the strange and wonderful fruit; chocolate. Learn the alluring history of this gift from the rain forest, taste samples and then explore the "chocolate" perennials, bulbs, shrubs and annuals that you can incorporate into your garden. This interesting talk will give "recipes" to help you enjoy these special "chocolate" plants in your garden. Presented by Betsy Alexander, Master Gardener.



Thursday, June 8

Senior Resources at the Library

Libraries have much more than just books.

There are now a variety of media, resources and activities at the St. Louis County Library. Join us to find out what is happening at the library just for seniors. Presented by Hillary Peppers, Reference Librarian at St Louis County Library.



Presentations at 11 am, followed by a YUMMY homemade lunch of soup and salads! Cost \$5.00.

Tech Time

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

The Plan of Care

A **Plan of Care** is a record of the care and treatment a person needs. The Plan helps you and anyone who assists you with caregiving tasks, especially when a patient leaves the hospital. The discharge planner provides the caregiver with a copy of the doctor's orders and a brief set of instructions for *medical* care to include in the Plan.

The Plan shows:

- ◆ **Diagnosis**
- ◆ **Medications**
- ◆ **Functional limitations**
- ◆ **A list of equipment needed**
- ◆ **Specific diet**
- ◆ **Detailed care instructions**

This information is presented in a specific order so that the process of care becomes repetitive and routine. When the Plan is kept up to date, it provides a clear record of events that is helpful both in solving and in avoiding problems. The Plan also keeps you from having to rely on your memory and allows another person to take over respite care or take your place with a minimum of disruption.

Making and Recording the Plan of Care

To record a Plan of Care, use a loose-leaf notebook. Put a copy of the doctor's instructions on the inside front cover. After using your Plan of Care for one week, make necessary adjustments and continue to do so as the person's needs change. Always adjust to what works for you and the person being cared for. Use notes, pictures, or whatever it takes to describe your responsibilities. Also, use black ink, not pencil, to maintain a permanent record.

Christine Lewis,

Christian Community Homecare Director

314-843-9673

The Center for Disease Control has a 5-page printable form that you can use to establish your own Plan of Care.

Go to the website below for your copy,
<https://www.cdc.gov/aging/caregiving/pdf/Complete-Care-Plan-Form-508.pdf>



Myths About Aging

The older you get, the less sleep you need. We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.

A Prayer in Spring

Oh, give us pleasure in the flowers today;
And give us not to think so far away
As the uncertain harvest; keep us here
All simply in the springing of the year.

Oh, give us pleasure in the orchard white,
Like nothing else by day, like ghosts by
night;
And make us happy bees,
The swarm dilating round the perfect trees.

And make us happy in the darting bird
That suddenly above the bees is heard,
The meteor that thrusts in with needle bill,
And off a blossom in mid air stands still.

For this is love and nothing else is love,
The which it is reserved for God above
To sanctify to what far ends He will,
But which it only needs that we fulfill.

- *Robert Frost*



Congratulations to **Sister Lorraine DeFebbo**, administrative assistant at St. Thomas/Holy Spirit, celebrating her 50 years Jubilee.

Best of luck to **Pastor Jill Seagle** on her sabbatical. May it be relaxing and fulfilling. We will see you in September.

Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.

Here is some Mother's Day trivia for the moms in our lives.

- Q.** When is Mother's Day celebrated in the United States?
A. Second Sunday in May.
- Q.** What flower is typically associated with Mother's Day?
A. Carnations.
- Q.** When was the first official Mother's Day celebrated in the United States?
A. 1908.
- Q.** Which country was the first to celebrate Mother's Day?
A. The United States.
- Q.** What is the traditional gift to give on Mother's Day?
A. Flowers.



SAJE Senior Ministry
Walking Club
May 3 and June 7 9:00 AM

Our walk will be at:
Claire Gempp Memorial Conservation Area
9227 Sappington Road
St Louis, MO 63126

We will meet in the parking lot and proceed with a gentle walk through the woods.

0.5 mile in length on wood mulch
(ADA Soft-fall)

For more information contact the office at
314-664-9700.



3980 South Lindbergh Blvd
Sappington, MO 63127

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

May/June 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

Contact the office at
(314) 664-9700

office@sajeseniorministry.org

Submission deadline for the July/August newsletter is, Friday, June 2, 2023