



SAJE

Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

July/Aug 2023

VOL 13 04

www.sajeseniorministry.org

Heat Waves & Storms

Stay Cool, Stay Safe

High humidity and elevated nighttime temperatures are key ingredients in causing heat-related illness and mortality. Heat stress occurs when the body is unable to cool itself effectively. Normally, the body can cool itself through sweating, but when humidity is high, sweat will not evaporate as quickly, potentially leading to *heat stroke*. When there's no break from the heat at night, it can lead to health problems, and pose *special* health risks to the poor, older adults and people with chronic medical conditions. It is important that seniors know how to safeguard against the risks. Air conditioning is one of the best protections against heat-related illness and death. Visit senior centers, movie theaters, libraries or malls to cool off—even for just a few hours.

Heat stroke is the most serious heat-related illness. When the body is unable to control its temperature, it rises rapidly and sweating mechanisms fail. Body temperature may rise to 106°F or higher within 10–15 minutes. *Heat stroke* can cause death or permanent disability if emergency treatment is not provided.

Signs of Heat Stroke

- High body temperature (above 103°F)
- Red, hot, dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness, nausea, confusion
- Unconsciousness

These are signs of a ***life-threatening emergency***. **Have someone call 911** while you begin cooling the person:

- Get him to a shady area.
- Cool him rapidly however you can: Immerse him in a cool tub of water or shower; spray him with cool water from a garden hose; sponge him with cool water; wrap him in a cool, wet sheet and fan him vigorously.
- Monitor body temperature; continue cooling efforts until body temperature drops to 101–102°F.
- If he is conscious and able to swallow, give cool water or nonalcoholic, decaffeinated beverages.

Continued inside ...

Area Activities

St Lucas UCC Community Meal

11735 Denny Road, Sunset Hill

Sunday, July 2, August 6, September 3, 2023.

Serving 4-5:30

No RSVP Required.

Carryout Available No Charge.

If you have questions please feel free to call :

314 843 2100

Booths, Music & Food

Wednesday June 14, July 12, Aug 9, Sept 13.

5:30-8:00 PM

Once again the City of Sunset Hills offers its summer series of outdoor concerts on the lawn of the Community Center, 3800 So. Lindbergh. Stroll the boutique booths and have a burger or brat while enjoying the music of area talent.

Exercise Classes



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

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Heat Waves & Storms Stay Cool, Stay Safe

Heat exhaustion is less severe, more common, and occurs when the body becomes severely dehydrated. If left untreated, it leads to heat stroke. If you suspect a person is having a problem with the heat, err on the side of caution and insist they get into shade and cool down.

Signs of Heat Exhaustion

- Heavy sweating, cold, clammy skin
- Dizziness or fainting
- A weak and rapid pulse
- Muscle cramps
- Fast, shallow breathing
- Nausea, vomiting or both

Source: Department of Health and Human Services

Stay cool and have a safe and happy 4th of July!



WHAT'S HAPPENING at SAJE

Movie Matinee

St Thomas /Holy Spirit

3980 South Lindbergh Blvd

Popcorn & beverages served

All movies start at 1 PM



July 27

Jerry and Marge Go Large

Based on the true story about long-married couple Jerry and Marge Selbee, who win the lottery and use the money to revive their small town.

1h 36m 2022 PG-13

Starring: Bryan Cranston, Annette Bening, Rainn Wilson

August 24

80 for Brady

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

2023 PG-13 1h 38m

Starring: Lily Tomlin, Jane Fonda, Rita Moreno Sally Field

Bingo

Church of the Advent 9373 Garber 63126

10:00 AM - 11:00 AM

Thursday, July 27 and August 31, 2023

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

Lunch and Learn

St Thomas /Holy Spirit

3980 South Lindbergh Blvd 11AM start time

Thursday, July 13, 11 AM

Medication Safety

Are you taking your medicine safely? Our speaker, Amanda Ruback of the Missouri Poison Center will share with us the safe use of medicines, including the 5 Guidelines of Medicine Safety.

Thursday, August 10, 11 AM

Historic Sappington House

You may have driven past it hundreds of time, but never stopped. This historic gem in the middle of Sappington offers a glimpse into the history of our area. Presented by Sally Cakouros.

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.

Newsletter Folding

St Thomas /Holy Spirit

Wednesday, August 9, 10:00 AM

We're back to sending newsletters every other month.



Register Now!

An ExerMoves® Community Exercise Class provides participants access to medical fitness programs, specifically created for the aging population. The goal of our programs is to help seniors successfully age in place. Our classes tackle inactivity, illness, and injury, the biggest challenges facing the aging community. Let our team of expert clinicians help you stay active, healthy, and strong while continuing to live independently long-term.

When: Mondays and Wednesdays at 10:00am,

Where: St. Thomas Holy Spirit Lutheran Church
3980 South Lindbergh, Saint Louis, MO 63127

Cost: \$260 for 6 months of classes

Registration: Contact Liz Taylor at 314-664-9700

**These classes are sponsored in part by the 2022 BMO Celebrating Women Grant Program awarded to HouseFit Physical Therapy & Fitness and by SAJE.*

Christian Community
HEMOCARE 

A ministry of St. Thomas/Holy Spirit Lutheran Church

314-843-9673

The Fourth of July

—also known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence, and two days later delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day,

July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

Volunteers Wanted



Are you looking for a way to share your talents and give back to the SAJE Community? We are looking for help with food prep and/or servers at Lunch and Learn. Those fabulous soups, salad and desserts are made by the SAJE volunteers. If cooking is not your thing, we also can also use servers. For more information call the SAJE office at 314-664-9700.

Red, White and Blue Salad

Here's a refreshing , patriotic-colored summer salad for your next July 4th celebration.

1 package mixed greens with spinach

1 package strawberries sliced

1 package blueberries washed

5 oz. feta chees crumbled

1/4 cup slivered almonds

1 bottle poppy seed dressing

Place greens in salad bowl. Top with strawberries, blueberries, feta and almonds. Pour 1/4 cup to 1/2 cup dressing over salad. Toss until coated and serve.



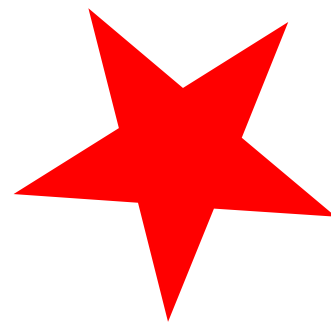
A big thanks for those of you who chose to receive the newsletter electronically. We appreciate you helping us save money and the environment.

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

“The older I get, the more I regret all the people I’ve lost over the years.

Maybe being a trail guide wasn’t such a great idea after all.”





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

Contact the office at
(314) 664-9700

office@sajeseniorministry.org

Submission deadline for the September/October newsletter is, Tuesday, August 1, 2023