



# SAJE

## Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

Sept/Oct 2023

VOL 13 05

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

## Fainting, Falls & High Blood Pressure

High blood pressure (140/90 mmHg or higher) is one of the three leading causes of heart failure. It is referred to as “the silent killer” because it usually has no specific symptoms and no early warning signs. You should have your blood pressure checked regularly. High blood pressure affects many older people, whose bones tend to be weaker, and for whom a fall injury—such as a broken bone—can have serious health consequences.

In addition, having high blood pressure (hypertension) increases chances of having a heart attack or stroke. Medicines, called anti-hypertensives, that lower blood pressure can help prevent these happening. But these drugs can cause balance problems and dizziness, leading to falls and injuries.

Researchers studied whether there was any link between the number of people taking blood pressure drugs and the number of people who had serious falls. Compared with people not taking blood pressure drugs, those taking the

drugs were more likely to have a serious fall. Many experienced dizziness before falling.

Monitor blood pressure readings if taking medications to lower blood pressure. A simple-to-use blood pressure cuff reading at home gives a much better picture than the readings taken at trips to the doctor’s office. Remember to keep a record of the readings to take to the doctor for review.

Source: The Comfort of Home for Chronic Heart Failure

## Hiring!!!

Christian Community Homecare is hiring Non-medical, reliable caregivers. If you or someone you know is interested in learning more about helping people stay In the comfort of their own home, call **Chris at 314-843-9673**

Christian Community  
HOMECARE

A ministry of St. Thomas/Holy Spirit Lutheran Church

314-843-9673

# Autumn Months

*O God of Creation, you have blessed us with the changing of the seasons.*

*As we welcome the autumn months,  
may the earlier setting of the sun  
remind us to take time to rest.*

*May the brilliant colors of the leaves  
remind us of the wonder of your creation.*

*May the steam of our breath in the cool air  
remind us that it is you who give us the breath of life.*

*May the harvest from the fields remind us of the abundance  
we have been given and bounty we are to share with others.*

*May the dying of summer's spirit remind us of your great  
promise that death is temporary and life is eternal.  
We praise you for your goodness forever and ever.*

*-Author Unknown*

*From Jesuitresource.org*



# Area Activities

## St Lucas UCC Community Meal

11735 Denny Road, Sunset Hill

**Sunday, September 3, October 1, and November 5, 2023.**

**Serving 4-5:30**

No RSVP Required.

Carryout Available No Charge.

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

## Electronic Recycling

The city of Crestwood will be hosting an Electronic Recycling event on Saturday, September 9 from 9:00-noon at the Crestwood Government Center. This event is free for all residents, including up to the first 100 television from any St. Louis county resident at no cost (limit two per vehicle).

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## Autumn Trivia

A "Harvest Moon" is the full moon closest to the autumn equinox. Before artificial lighting, such moonlight was essential to a farmer's successful harvest.

The term "equinox" is from the Latin meaning "equal night."

Solstices and equinoxes are solar events that have to do with Earth's position in relation to the sun at different times of the year. Solstices (summer and winter) are when the sun is at its northernmost or southernmost position in the sky. The equinox (fall and spring) is when day and night are (roughly) the same length all over the world.<sup>[8]</sup>

Autumn begins when the center of the sun crosses Earth's equator. As Earth continues its path around the sun, days become shorter and nights become longer, with the change most noticeable for those at higher latitudes.

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## 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

**ExerMove** Classes meet twice a week at St. Thomas Holy Spirit 3980 S Lindbergh 63127  
ExerMove is a combination of cardio, strength, balance and endurance. For more information call the office at 314 664 9700.

*"I went to the paint store to get thinner —  
It didn't work."*





# WHAT'S HAPPENING at SAJE

## Lunch and Learn

**St Thomas /Holy Spirit**

3980 South Lindbergh Blvd 11AM start time

**Thursday, September 14, 11 AM**

### **Senior Healthy Eating**

As we age, our nutrition requirements change. Join us as we find out more about eating healthy as we ages. Our presenter, Emily Cutler, is a registered dietitian with experience in a variety of settings: outpatient chronic disease management, in home care, long term high acuity care, as well as wellness promotion and sports nutrition.

**Thursday, October 12, 11 AM**

### **Elder Law**

Alicia Albus, from Mitchell, Brown & Associates, LLC will share with us her professional experience on the unique legal needs of the elderly, disabled and the families who care for them.

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, October 25, 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

All movies start at 1 PM

## September 28

### *On a Wing and a Prayer*

PG 2023 1 hr 42 min

A true story of faith and survival. It follows passenger Doug White's harrowing journey to safely land a plane and save his family from insurmountable danger after their pilot dies mid flight.

**Starring:** Dennis Quaid, Heather Graham, Sean McNamara, Jesse Metcalfe

## October 26

### *Ticket To Paradise*

13+ 2022 1 hr 43 min

George Clooney and Julia Roberts team up as exes who find themselves on a shared mission to stop their love struck daughter from making the same mistake they once made.

**Starring:** George Clooney, Julie Roberts, Sean Lunch, Ol Parker

## Bingo

**Church of the Advent** 9373 Garber 63126

**10:00 AM - 11:00 AM**

**Thursday, August 31, September 28, October 26**

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

# Dementia and Driving

Information provided by the Alzheimer's Association

Driving requires the ability to react quickly to a variety of circumstances. Because of this, a person living with Alzheimer's will, at some point, be unable to drive. Planning ahead can help ease the transition.

## Having the conversation

Plan to discuss how retirement from driving will be handled before it becomes an issue. Be sympathetic as you address the topic because retiring from driving and the perceived loss of independence is difficult for many. It is important to acknowledge a person's feelings and preserve his or her independence, while ensuring the person's safety and the safety of others.

## Starting the conversation:

- Initiate a dialogue to express your concerns. Stress the positive and offer alternatives.
- Address resistance while reaffirming your unconditional love and support.
- Appeal to the person's sense of responsibility.
- Ask your physician to advise the person not to drive. Involving your physician in a family conference on driving may be more effective than trying to persuade the person not to drive by yourself. Ask the physician to write a letter or prescription stating that the person with Alzheimer's must not drive. You can then use the document to remind your family member what's been decided.
- Consider an evaluation by an objective third party.
- Understand that this may be the first of many conversations about driving.

## When the conversation does not go well:

Some people give up driving easily, but for others this transition can be very difficult. Be prepared for the person to become angry with you, due to the memory and insight issues that are part of Alzheimer's.

- Be patient and firm. Demonstrate understanding and empathy.
- Acknowledge the pain of this change and appeal to the person's desire to act responsibly.
- Ask a respected family authority figure or your attorney to reinforce the message about not driving.
- If the conversation does not go well, do not blame yourself. The disease can impair insight and judgment, making it difficult for people to understand that their driving is no longer safe. Also the disease can cause mood and personality changes that make reactions more pronounced.
- As a last resort, take away the car keys, disable the car or consider selling the car. When you do any of these things, be sure to provide safe, reliable alternative transportation.

For more information contact the Alzheimer Association

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Sappington, MO 63127

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September/October 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 November/December newsletter is, Friday, October 13, 2023**