



## Diabetes—*Avoiding Complications*

**M**ore than a quarter of Americans 65 and older have type 2 diabetes and roughly another 50% have a condition known as “prediabetes.” In people with type 2 diabetes, either the body doesn't produce enough of the hormone insulin or cells can't use it properly. Insulin allows the body to use glucose—blood sugar—for energy. The complications of diabetes occur when glucose builds up in the blood and clogs small arteries instead of going into cells.

- ◆ Know the ABCs—A1C levels, (test that gives you a picture of your average blood glucose control for the past 2 to 3 months) blood pressure, and cholesterol. Like diabetes, high blood pressure and cholesterol can damage blood vessels, leading to heart attack or stroke.
- ◆ Smoking increases the risk of diabetes complications; smokers with diabetes are three times more likely to die of heart disease than nonsmokers with diabetes.
- ◆ Yearly physicals and regular eye exams to look for signs of kidney problems, nerve damage and heart disease—as well as other medical problems. An eye care specialist will check for signs of retinal damage, cataracts and glaucoma.
- ◆ Keep vaccines up to date. High blood sugar can weaken the immune system, which makes routine vaccines important. Ask about getting vaccines against flu, pneumonia and hepatitis B.
- ◆ Diabetes increases the chance of gum infections. Brush, floss, and schedule dental exams at least twice a year. Consult a dentist if gums bleed or look red or swollen.
- ◆ Aspirin reduces the blood's ability to clot, so taking one every day can reduce the risk of heart attack and stroke. The doctor will say whether daily aspirin therapy is appropriate.
- ◆ Alcohol can cause low blood sugar, so it should be used only in moderation and always with a meal.
- ◆ Work with a dietician to create an eating plan that includes lots of low-glycemic foods, which are less likely to raise blood sugar. A Mediterranean diet rich in fruits, vegetables, lean meats, whole grains, and healthy fats can help.
- ◆ Join a diabetes support group to meet other people who are facing the same challenges and discover new ways to stay healthy.

Source: NCOA, Mayo Clinic



# Day Trips Are Back

**Wednesday, December 6, 2023**

SAJE is hitting the road again. After a long hiatus, SAJE is gingerly dipping our toes back into the Day Trip waters. Our first excursion is to the **Missouri History Museum**. After meeting at St Thomas Holy Spirit Lutheran Church, at **9:30 AM**, a chartered bus will drop us at the door of the museum. Once inside, we will have a private, one-hour guided tour of the *Coloring STL: Explore St. Louis Architecture*.

Lunch will be on your own at the delightful Key Bistro. The Key Bistro offers a variety of soups, salad and tasty sandwiches. Afterwards, you are free to visit the rest of the museum until it is time to be whisked back to home.

Since bus seating is limited, reservations will be taken at the office by calling **314 501 4966**. Paid reservation must be received by **November 20**. Cost is \$10. Cash or Check only.

We're looking forward to traveling with you again.



## Tribute to James (Jim) Rode

Jim was born in Port Arthur, TX, and was known throughout his lifetime as never losing his slow easy drawl nor his loyalty to the Longhorns. He supported the Boy Scout movement throughout his life. A degree in Chemical Engineering from the University of Texas, Austin, led to his lifelong career in peacetime nuclear fuels.

Locally, Jim was known as a fitness nut who enjoyed walking, jogging and in later life, exercising with the "WOBBLES" at Whitecliff Park. Coincidentally, Jim was a charter member of St. Thomas/Holy Spirit Lutheran Church, a current sponsor congregation of SAJE. In later years he became a member of the Episcopal Church of the Advent, a founding congregation of SAJE.

His love of SAJE was obvious, but not more than his love of Jan whom he met while chopping salad in the Advent kitchen for a SAJE Lunch and Learn. Jim and Jan have been generous participants in SAJE over the years. We will miss Jim very much. We are happy to be able to continue our friendship with Jan at Lunch and Learn.



# Area Activities

English Hand bells are beautiful to see and to hear. The Ely Ringers at Webster Groves Presbyterian Church play during the Sunday worship time at 9:30 am.

December 17 is a special service of Lesson and Carols, leading up to playing on Christmas Eve morning worship, December 24.  
**Webster Groves Presbyterian Church, 45 W. Lockwood**, in the heart of Webster Groves.

## Concord Trinity Concert Series

5275 Lindbergh Blvd, St Louis, MO 63126  
All concerts are Sunday at 4:00 PM and free

### November 5

#### David McNail Jazz Trio

Performing a medley of jazz favorites of yesteryear, you are sure to be transported back in time while listening to this trio.

### December 17

#### Christmas at Concord

A special Christmas vespers to celebrate Christ's birth present by Concord Trinity handbells, orchestra and choir.



A ministry of

**St. Thomas/Holy Spirit Lutheran Church**

**314-843-9673**

**Have a blessed Thanksgiving & Christmas**

## 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

## *New Activity*

Let's meet for Lunch at **Fitz's Root Beer SoCo**, 5244 South Lindbergh Blvd, Tuesday, **November 14 at 1 PM.**

This is a time to socialize and catch up with other SAJE members. Transportation and lunch are on your own. As a courtesy to the restaurant, we will be making reservations. Please call the office at 314 664 9700 to reserve your spot.

## Leaf Raking

It's that time of year and that means falling leaves. No need to panic, SAJE is scheduling free leaf raking and other simple yard tasks by the students of Vianney High School. Work will be performed on **Saturday, November 18**. To get your name on the schedule call the office at **314 664 9700** or send an email to [office@sajeseniorministry.org](mailto:office@sajeseniorministry.org).



# WHAT'S HAPPENING at SAJE

## Lunch and Learn

**St Thomas /Holy Spirit**

3980 South Lindbergh Blvd 11AM start time

**Thursday, November 9, 11 AM**

*Medicare 101 & Updates*

Our speaker, Wilma Schmitz, is a volunteer with CLAIM, the Missouri State Health Insurance Assistance Program. Trained as a counselor, Wilma is an unbiased advocate, educator, and assistant to people with Medicare and those who help them to make informed decisions about Medicare and related health insurance needs.

**Thursday, December 14, 11 AM**

*8th Note Performance Choir*

Join us for an upbeat performance of holiday inspired music by the 8th Note Choir. A sure fire way to put you in to the holiday spirit.

Presentations at 11 am, followed by a home-made 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, December 13, 10:00 AM**

Our newsletters is mailed every other month.

## Movie Matinee

**St Thomas /Holy Spirit**

3980 South Lindbergh Blvd

Popcorn & beverages served

All movies start at 1 PM

**Thursday, November 30, 1 PM**

*White Christmas*

121 minutes 1954.

Comedy Romance

Two talented song-and-dance men (Bing Crosby and Danny Kaye) team up after the war to become one of the hottest acts in show business.

Starring Rosemary Clooney, Bing Crosby, Vera Ellen, Danny Kaye

**Thursday, December 28, 1 PM**

*Dog*

102 minutes 2022 pg-13

Drama, Comedy

In this road-trip comedy, two hard-charging former Army Rangers paired against their will-Briggs and a Belgian Malinowski named Lulu-race down the Pacific coast in hopes of making it to a fellow soldier's funeral on time.

Starring Channing Tatum, Jane Adams, Kevin Nash

## Bingo

**Church of the Advent 9373 Garber 63126**

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

Thursday, **November 30** and **December 28,**

Have fun, socialize and win great prizes.



"What we do for ourselves dies with us.  
What we do for others and the world  
remains and is immortal."

- *Albert Pine*

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.



Special thanks to all of our SAJE volunteers. We appreciate all that you do for us. Whether at bingo, folding newsletters, writing an article, leading an exercise class, preparing or serving food, you provide a vital service to our mission of helping seniors connect in body, mind and spirit. Thank you for all that you do to make the world a better place.

## Activity Cancellations

We hate to admit it, but winter weather is on the horizon. 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, or Facebook for closings.

## Things you say after 60...

This scale can't be right?

That isn't my password either?

Where did I put my glasses?

How did I get this bruise?

Who the heck is calling after 9:00 pm?

Where in the heck is my phone?

Geez, how do you throw your body out of whack just sleeping?

What is wrong with people now days?

Why did I come in this room?

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## Peace and all good things from the SAJE Senior Ministry

“May the blessing of joy abide within you;

May the blessing of peace rest upon you;

May the blessing of love flow out through you;

May all the blessings of the Lord be yours at Christmas and in the new year.”

-Author Unknown

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Sappington, MO 63127

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November/December 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 January/February newsletter is, Friday, December 1, 2023**