



# SAJE

## Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

Jan/Feb 2024

VOL 14 01

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

## The Failing Heart

Heart failure can have many symptoms, and some symptoms are more serious than others. It is important that you are able to recognize these symptoms and know when to call your doctor or nurse, or when to call 911 for urgent help. Noticing these early changes and taking the appropriate steps to manage them may help prevent a more urgent problem from developing or even prevent a hospital stay.

Symptoms to report are –

- A weight gain **or** loss of more than 3 pounds in a 1–2 day period, or 4–5 pounds in a 3–5 day period
- Swelling in the legs, feet, hands, or abdomen (Rings, shoes or pants may feel tight with mild swelling.)
- Cough or chest congestion
- Loss of appetite, nausea and vomiting
- Increasing fatigue or a sudden decrease in ability to do normal activities
- A feeling of fullness or bloating in the stomach
- Confusion
- Dizziness, lightheadedness
- Decreased urination or dark urine
- Chest pain or discomfort during activity that is relieved with rest
- A newly irregular heart-beat or a faster heart rate than normal
- Low blood pressure (especially after taking medications)
- Shortness of breath (that is new, becomes worse or occurs more often, or if it occurs at rest or while waking from sleep).

*Let your doctor know if you experience any of the above symptoms.*

*For non -medical homecare needs call **Chris** at: CHRISTIAN COMMUNITY HOMECARE **314 843-9673***

*Christian Community*  
**HOMECARE**

*“Dedicated to services that maintain independence wrapped in God’s love”*

*A ministry of St. Thomas/Holy Spirit Lutheran Church, 980 S. Lindbergh Blvd. St. Louis, 63127  
(314) 843-9673 office (314) 843-6577 church*

*Website: [www.christiancommunityhomecare.org](http://www.christiancommunityhomecare.org) e-mail: [chris@christiancommunityhomecare.org](mailto:chris@christiancommunityhomecare.org)*

# Winter Driving Precautions

“Winterize” your car before the bad weather hits! This means having the antifreeze, tires, and windshield wipers checked and changed if necessary.

Remember your cell phone when you drive in bad weather, and always let someone know where you are going and when you should be expected back.

Avoid driving on icy roads, and be especially careful driving on overpasses or bridges. Consider alternate routes, even if it means driving a longer distance, if the more direct route is less safe. Often bigger roads are cleared of snow better than smaller roads.

Stock your car with basic emergency supplies such as:

- \*First aid kit
- \*Blankets
- \*Extra warm clothes
- \*Booster cables
- \*Windshield scraper
- \*Shovel
- \*Water and dried food or canned food (with can opener!)
- \*Flashlight

- From [Healthandaging.org](http://Healthandaging.org)

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**With 2024 being a leap year, here are some facts and myths about leap years.**

- \* Leap year occurs every four years when an extra day is added to the calendar on February 29.
- \* Some cultures consider leap year or leap day to be unlucky for marriages, divorces, births, or buying a house or a car.
- \* According to an Irish tradition, women can propose to men on leap day. In some places, men who refuse the proposal have to pay a fine or buy a gift for the woman.
- \* The weather always changes on a Friday during a leap year, according to an old Scottish saying.

## Activity Cancellations

We hate to admit it, but winter weather is here. 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.

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“Whenever I see a women in dire need of a makeover, who is slightly overweight and wearing stretchy clothes and sensible shoes, with wine on her breath, carrying a tattered book, snacks and the TV remote, I stop and think to myself...

I really need to move that stupid mirror.”

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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

Looking to be more active in the new year? Consider joining the **SAJE ExerMove class in January**. Call the office at **314-664-9700** for more information on start date and time.

## Lunch Meet Up

Let's meet for lunch at **The Three Kings, 40 Ronnie's Plaza, Saint Louis, MO 63126**, January 16, 2024 **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.

## Lenten Activities

Lent for the year 2024 starts on Wednesday, February 14 and ends on Saturday, March 30. Check the SAJE website or our Facebook page for area Lenten activities.

# Area Activities

## Concord Trinity Concert Series

5275 Lindbergh Blvd, St Louis, MO 63126

All concerts are Sunday at 4:00 PM and free

### February 25

*Landolfi Quartet*

The Landolfi Quartet will play music from beloved movies and soundtracks.

### March 17

*Eileen Gannon & Friends*

Celebrate St. Patrick's Day with authentic Celtic Irish music. This group includes a singer, harpist and dancer.

### April 28

*Equinox Chamber Players*

The Equinox Chamber Players will delight audiences with a mix of classical favorites.



# Save the Date

**Sunday, February 4th**

We're still working on the details, but mark your calendars for a SAJE event. More details to follow.





# EXERMOVES®

## COMMUNITY EXERCISE CLASSES



## 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, Starting Jan 8th

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

**Cost:** \$260 for 3 months of classes

**Registration:** Contact Liz Taylor at 314-664-9700

*\*These classes are provided by HouseFit Physical Therapy & Fitness and hosted by SAJE.*

*Laissez les bons temps rouler*

SAJE SENIOR MINISTRY PRESENTS

SUNDAY  
4TH FEBRUARY, 2024

# MARDI *Celebration* GRAS

A TASTE OF NEW  
ORLEANS

SPECIAL PERFORMANCE

LINDBERGH  
DIXIELAND JAZZ  
ENSEMBLE

@ ST. JUSTIN MARTYR  
DOORS OPEN AT 1 PM

MEAL AND ENTERTAINMENT  
\$35 PER PERSON  
\$250 PER TABLE OF 8

For reservations call: 314 664 9700 or pick up a registration form



# WHAT'S HAPPENING at SAJE

## Lunch and Learn

**St Thomas /Holy Spirit**

3980 South Lindbergh Blvd 11AM start time

**Thursday, January 11, 11 AM**

### *Osteoporosis Prevention*

Due to the overwhelming response we got last year, Dr. Beth Templin, from HouseFit will join us again. This time she will share with us her tips on the prevention of osteoporosis.

**Thursday, February 8, 11 AM**

### *Inflammation and You*

You may have heard of inflammation, but how much do you really know about it? Dr. Maureen Dempsey, a public health physician, will explain what is Inflammation, how it effects the body and how you can relieve some of its effects.

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, February 24, 2024, 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, January 25, 1 PM**

### *American Underdog*

1 hr 52 min 2021 Sports Drama

In this inspirational true story, Kurt Warner goes from stocking shelves to become a two-time NFL MVP, Super Bowl MVP and hall of fame quarterback

**Thursday, February 22, 1 PM**

### *Book Club*

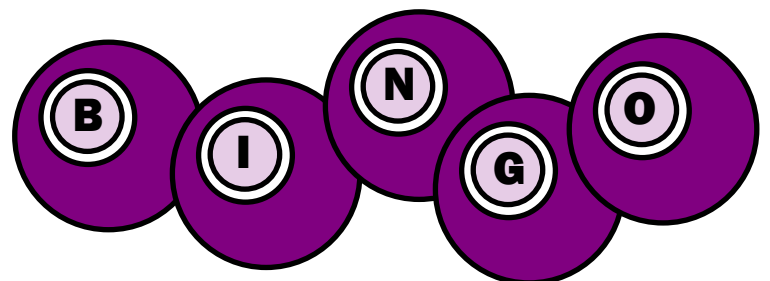
Four friends' (Diana Keaton, Jane Fonda, Candice Bergen and Mary Steenbergen) lives are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey.

## Bingo

**Church of the Advent** 9373 Garber 63126

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

Thursday, **January 25** and **February 29**, Have fun, socialize and win great prizes.



Perhaps one of your resolutions for the new year is to eat healthier. Here are some basics from the Mayo Clinic on a healthy diet:

**Eat more vegetables and fruits.** Most Americans don't get the recommended five or more servings per day, so look for opportunities to add more fresh, frozen, or canned fruits and vegetables. When comparing canned options, look for low-sodium vegetables and fruit packed in juice or water rather than syrup.

**Pick whole grains.** When you look at the ingredients list on foods like bread and cereal, look for the words "whole wheat" or "whole grain." An easy guideline is to pick the one with the most grams of fiber per serving. You also can include brown rice, quinoa, millet and oats in your diet.

**Limit unhealthy fats.** Saturated fats are mostly found in animal products like meat, cheese and butter. To help with healthy blood pressure levels, try to keep your intake of saturated fats to 13 grams per day. Avoid trans fats as much as possible.

**Choose low-fat protein.** Try to use fewer red and processed meats like bacon, sausage, and breaded chicken. Instead, choose eggs, beans, turkey, chicken, fish, lean beef and low-fat dairy.

**Reduce salt intake.** Healthy adults should try to limit their sodium to 2,300 milligrams of sodium a day, which is about a teaspoon of salt.

-from MayoClinic.org

## New Year's Prayer



As the dawn breaks on a new year, let us give thanks for all we hold dear: our health, our family and our friends.

Let us release our grudges, our anger and our pains, for these are nothing but binding chains. Let us live each day in the most loving ways, the God-conscious way. Let us serve all who are in need, regardless of race, color or creed.

Let us keep God of our own understanding in our hearts and to chant God's name each day. Let us lead the world from darkness to light, from falsehood to truth and from wrong to right.

Let us remember that we are all one, embracing all, discriminating against none.

May your year be filled with peace, prosperity and love. May God's blessings shower upon you and bestow upon each of you a bright, healthy and peaceful new year.

*- Rev. Marcy Sheremetta*





3980 South Lindbergh Blvd  
Sappington, MO 63127

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January/February 2024 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 March/April newsletter is, Friday, February 9, 2024**