



SAJE

Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

Mar/Apr 2024

VOL 14 02

www.sajeseniorministry.org

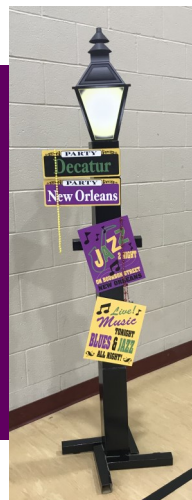
A little bit of New Orleans came to SAJE Senior Ministry on February 4, as we gathered for a Mardi Gras celebration to let the good times roll. Zydeco music set the mode as people entered the hall, decorated with masks, crowns and beads. Lots of beads. There was even a replica of the famed street lights.

Folks feasted on a zesty, Cajun buffet, complete with jambalaya, red beans and rice, chicken etouffee, gumbo, cornbread and a mouth-watering pineapple upside down cake furnished by Soulard Cajun Corner. If anyone left hungry they weren't trying hard enough.

Hand clapping, Dixieland, provided by the Lindbergh High School's Jazz Band and led by Director, Henry Smith got things stirred up. When the music got hot, the second line Mardi Gras parade started marching through the hall with people dancing and singing to *When the Saints Come Marching in*. It was a sight to see. Look for it on our Facebook page.

Our silent auction brought in special Cardinal and Blues memorabilia to bid on, along with a gourmet wine and cheese box and a coffee "wake up" basket.

Thank you to all that volunteered and attended. You made our Mardi Gras celebration a success. Look for more SAJE activities in the future.



A ministry of St. Thomas/Holy Spirit Lutheran Church

Parkinson Disease

Fitness and Exercise

Exercise is important for everyone. It is the basis for fitness, and it also helps fight the effects of aging and disease. Exercise is even more important for a person with Parkinson disease (PD). Regular exercise can help people with PD stay more flexible, improve posture, and make overall movement (mobility) easier. Although medication has been the most effective treatment so far, a regular exercise program should always be part of managing PD. Exercise is one of the few treatments that is free, has no side effects, and can actually be enjoyable! Though exercise is not a cure, it can help the person with PD stay ahead of the changes that will take place. It can help the person feel more in control of their condition.

Physical and Occupational Therapy

Physical and occupational therapists can do the following:

- Come up with an exercise program.
- Assess and treat mobility problems (ability to get around) and walking problems.
- Assess and treat joint or muscle pain that affect the person's ability to perform activities of daily living.
- Help with poor balance or frequent falling.
- Teach caregivers proper body mechanics (position) and ways of assisting someone with PD.
- Refer the person to exercise programs in the community.

- Treat difficulties with the activities of daily living such as eating, dressing, bathing, and hand-writing.
- Teach the use of adaptive equipment (helping aids).

The doctor or other health care professional should be able to refer you to a therapist in your area. It is best to see a therapist who has special training or experience with PD.

Visits to a physical or occupational therapist are usually covered by medical insurance with referral by a physician. **Get a doctor's approval before beginning any exercise program.**

Taking Care of Yourself— Aquatic Exercises

Water therapy is a time-tested form of healing. It is also a safe exercise for people with PD because there is no danger of falling. Floating in the water allows for easy movement and little strain on joints and muscles. Look to see if your community has a heated pool that offers an exercise program.

Tai Chi for Parkinson Disease

Tai chi, an ancient martial art characterized by slow, flowing movement and meditation, helps improve balance and movement control for people with Parkinson disease. The finding, published in *The New England Journal of Medicine*, is a study to show the benefits of tai chi for people with chronic health problems. Past studies have shown that tai chi reduces falls and depression among the elderly.

CHRISTIAN COMMUNITY HOMECARE

314-843-9673

Area Activities

Concord Trinity Concert Series

5275 Lindbergh Blvd, St Louis, MO 63126

All concerts are Sunday at 4:00 PM and free

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.

Lindbergh High School Jazz Band

All concerts at the high school

5000 S. Lindbergh Blvd. 63126.

Call the school for more information

Night of Bands- March 4 , 7 pm

36-Hour Musicthon- March 29-30

Night of Jazz- April 11, 7 PM

Jazz and Bistro Night- May 3

Spring Band Concert- May 7, 7 PM

Ukrainian Dinner

Fundraising for Ukrainian refugees living in St Louis.

Saturday April 13, at St Justin Martyr Parish.

Doors open at 6:00; dinner is served at 6:30

Come and eat Ukrainian food prepared by refugees. Hear their stories and learn about their culture. See the St Justin Martyr website

for a link to purchase tickets

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

Fish Fry

St Justin Martyr's Fish Fry is back for two nights only. Join them on March 1 and March 8 for delicious food and fun with friends. Drive up, dine in, or carry outs are available.

Call the church office at 314 843 8482 for more information.

Lunch Meet Up

Let's meet for lunch at **54th Street Scratch Grill** in Ronnie's Plaza, 5310 S Lindbergh Blvd St Louis MO, 63126

March 18, 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.



WHAT'S HAPPENING at SAJE

Lunch and Learn

St Thomas /Holy Spirit

3980 South Lindbergh Blvd 11AM start time

Thursday, March 14, 11 AM

Plants of the Bible

Have you ever wondered if there was a real burning bush, or manna. What is gall? From Genesis to Revelations, there are numerous references to plants in the Bible. This is a presentation on plants that were important to the people of the Bible and are referenced in their stories. This talk will give you some answers and some interesting insights.

Speaker is John Hensley

Thursday, April 11, 11 AM

Voyce: Speaking up for Quality Long-term Care

VOYCE helps to ensure a quality life for people living on the long-term care continuum. Their goal is to become the principal source of information and advocacy for these individuals and their families.

Presentations at 11 am, followed by a 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, April 17, 2024, 10:00 AM

Our newsletters are mailed every other month.

Movie Matinee

St Thomas /Holy Spirit

3980 South Lindbergh Blvd

Popcorn & beverages served

All movies start at 1 PM

Academy Awards are coming up so for the next couple months we're going to feature a couple of the films that have been nominated.

March 28 - Oppenheimer - 13 nominations

Physicist J. Robert Oppenheimer and a team of scientists spent years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945 as they witness the world's first nuclear explosion, forever changing the course of history. Starring Cillian Murphy, Emily Blunt and Robert Downey Jr.

April 25 - The Holdovers - 5 nominations

A curmudgeonly instructor at a New England Prep School is forced to remain on campus during Christmas break to babysit the handful of students who have no where to go. Eventually he forms an unlikely bond with a damaged, brainy troublemaker and with the schools head cook, who has lost a son in Vietnamese. Starring Paul Giamatti, DaVine Joy Randolph and Dominic Sessa

Bingo

Church of the Advent 9373 Garber 63126

10:00 AM - 11:00 AM

Thursday, **March 28** and **April 25**, Have fun, socialize and win great prizes.

An Easter Prayer

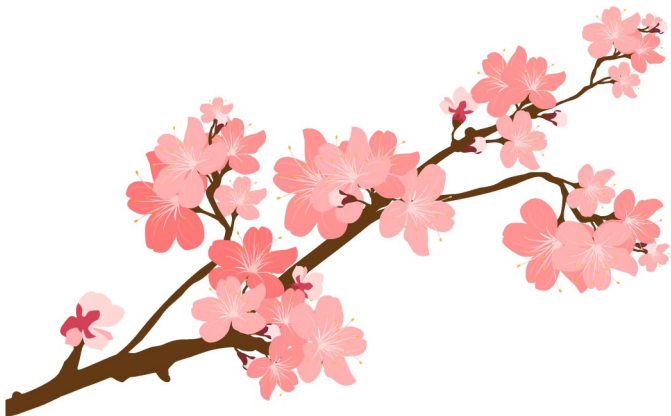
Loving Lord, today we remember the veil of darkness transforming to the brightest light. The most dreadful end becoming the most beautiful beginning.

We remember with trembling hearts the depths of despair fading to reveal hope everlasting. The curse of death defeated by eternal life.

Today we remember with thankfulness your willingness to be pierced for our sins. We sing with abounding joy of your miraculous rise, from death's tomb to resplendent life.

Thank you for the promise of heaven and your generous invitation of eternal life for all. Amen.

—Julie Palmer





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Sappington, MO 63127

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March/April 2024 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 May/June newsletter is, Friday, April 5, 2024