



# SAJE

## Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

May/June 2024

VOL 14 03

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

### “Where everybody knows your name.”

It may not be the Cheers bar of TV fame, but we all know people's name because of our chair exercise name tag lady, Sharon Pacé. Showing the initiative she has shown throughout her life, Sharon set up a most efficient method so every participant had a name tag. Thank you, Sharon.

The youngest of four children, Sharon was raised and educated in Chicago, IL. A classmate in her Maine Township East High School class of '65 was Hillary Rodham Clinton. Harrison Ford was four years behind them at the same school. Following a whirlwind romance and marrying her husband Phil in 1973, she became an instant mother to his two sons and then to a daughter and son of their own. Sharon was a stay-at-home mom while Phil traveled Monday – Thursday most weeks. They were married 44 years.

As a stay-at-home mom with her husband on the road most days, Sharon “got involved”. As an Avon Lady she developed

five routes. Served as a Girl Scout Leader and Troop Organizer. Taught Sunday School. Became Room Mother and PTA organizer for teacher luncheons. All of it she describes as so much fun!



Asked to what she attributes her outgoing nature she suggests she was born with it under the Libra sign and perhaps nurtured it by having to “perform” to get attention as the youngest of four. She describes her young self as an imp.

Both Phil and Sharon worked in fields that involved mechanical objects. Phil was a manufacturers' rep and general contractor for the placement of food service equipment and Sharon

worked for several companies that manufactured tool steel, including Allegheny Ludlum which created the top seal for Tupperware, and which she said was her most interesting employment. Phil's work brought them from Chicago to St. Louis, back to Chicago, and then back to St. Louis permanently.

In 1997 Phil suffered a stroke which eventually left him as a double amputee and while Sharon cared for him for 20 years, while she was employed, until his death in 2017, it did not stop them from enjoying life with cruises.

Cruising is in her blood. Last October she and her daughter Jennifer celebrated Sharon's birthday for several days on an island cruise. Early in 2026 she plans to take a European cruise with family.

Sharon came to SAJE through a friend who showed her the newsletter. She finds the low impact chair exercises right for her physical needs. She has made friends and states that sometimes she enjoys their after-class lunches together more than the exercise class itself. No argument there! Thank you, friend, for bringing Sharon to us.

*A ministry of St. Thomas/Holy Spirit Lutheran Church*

## **Elder Abuse—Financial, Physical & Emotional**

People with dementia are especially vulnerable to mistreatment. Exploitation of people living with dementia is a fast growing white-collar crime.

### **Signs of Abuse**

- **Neglect**— Refusing to provide food, medicine and personal care, such as bathing or helping a person with toileting; or withholding eyeglasses, dentures or walking aids. (When medically and legally sanctioned, the withholding of nutrition and hydration at the end of life or when a person is in hospice care is not defined as neglect.)
- **Physical abuse**— is defined as using force or violence (pushing or slapping) to get a person to do something, or using confinement or restraints (over-medicating, tying hands) to prevent a person from doing something; sexual abuse.
- **Emotional abuse**—Intentionally keeping the person from friends and family; verbally attacking or demeaning him. Continued shaming, harsh criticism, or controlling behaviors can damage the self-esteem of either person. Feelings of helplessness, a hesitation to talk openly, fear, withdrawal, depression, feelings of denial or agitation. Changes in the person's behavior or emotional state, such as withdrawal, fear or anxiety, or apathy.
- **Financial abuse**—Stealing money, credit cards or property; tricking a senior into signing documents, such as wills; be alert to the senior's comments about being taken advantage of.

### **Resource for You**

The Adult Protective Services Agency is responsible for investigating reports of domestic elder abuse and providing families with help and guidance. 800-392-0210 for Missouri.

Other professionals who may be able to help include doctors or nurses, police officers, lawyers and social workers.

Remember I am here to help answer your questions regarding homecare needs.

- Chris 314-843-9673

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# Brain Tickler

A cup of orange juice has 6 ounces of juice in it. Your friend pours in 4 more ounces. You take 2 ounces from the cup. Your friend adds another 4 ounces to the cup. How much orange juice do you have now?

Answer at the bottom of the page.

# Summer Trivia

The largest scoop of ice cream weighed in at 3,010 pounds and was created to celebrate the 100th anniversary of Kemps Dairy in Cedarburg, Wisconsin on June 28, 2014, according to *Guinness World Records*.

It was made of strawberry ice cream and actually contained 733 containers of the delicious pink treat. Thousands of people attending the Cedarburg strawberry festival were able to indulge in a free serving of this gigantic scoop.

**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](mailto:office@sajeseniorministry.org)**

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**Brain Tickler Answer:**

**The answer to the Brain Tickler is that you have the two ounces you took.**

# Spring Day Trip-June 6

## Missouri Botanical Garden

**W**ith the calendar approaching late spring, we thought it was time for another day trip. This time it's a trip to the Missouri Botanical Garden. The warm weather perennials and colorful annuals will be putting on quite a show at the Garden. In order to get around the extensive grounds, there will be a guided tram tour. This tour will last around 30-45 minutes, stopping along the way to get out of the tram (if you wish) to view the sights close up.

Lunch will be on your own at the delightful Sassafras Cafe. The Cafe offers a variety of soups, salad and tasty sandwiches. Afterwards, you are free to visit the rest of the grounds until it is time to be whisked back home by 2 PM.

St Thomas Holy Spirit Lutheran Church's is our meeting point at the lower level entrance at 9:45 AM with a private chartered bus picking us up. Since bus seating is limited, reservations will be taken at the office by calling 314 664 9700. Paid reservation must be received by May 29. Cost is \$20. This includes the bus, entrance to the gardens and the tram tour. Cash or Check only. Make checks payable to SAJE Senior Ministry. 3980 S. Lindberg Blvd. Sappington, MO 63127

*SAJE has received a generous grant that has underwritten part of the cost of this excursion. Due to the nature of this trip, personal or family membership to the Gardens are not applicable to the cost.*





# WHAT'S HAPPENING at SAJE

## Lunch and Learn

**St Thomas/Holy Spirit**

3980 South Lindbergh Blvd 11AM start time

**Thursday, May 9, 11 AM**

***Seniors and Safety***

We will have an officer from the Crestwood Police Department join us to discuss seniors and safety. What trends are happening in our area and how we can protect our well-being.

**Thursday, June 13, 11 AM**

***Seniors and Social Media***

Facebook, X formally known as Twitter, and Instagram what do you know about these social media platforms and how do you keep yourself safe on them? Our own Jessica G will be sharing her knowledge and experience about social media with us. Plan to be informed.

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, June 19, 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

Sports are everywhere this Spring. NCAA basketball, Cardinals, City SC, Blues, Battlehawks and all the high school sports. So we're going to show a couple of sports movies for the next couple months.

**Thursday, May 23 1 PM**

***A League Of Their Own.*** 1992 Sports. 126 min. As America's stock of athletic young men is depleted during Word War II a professional all - female baseball league springs up in the Midwest. Two sisters spar with each other and there's a grumpy has-been coach to help with drama and comedy.

Starring Tom Hanks, Geena Davis, Kit Keller, Madonna and Rosie O'Donnell.

**Thursday, June 27 1 PM**

***Champions.*** 2023 Drama, Comedy, 125 min. Woody Harrelson stars in the hilarious and heartwarming story of a basketball coach who is ordered by the court to manage a team of players with intellectual disabilities. Starring Woody Harrelson, Kaitlin Olson, Ernie Hudson and Cheech Marin

## Bingo

**Church of the Advent** 9373 Garber 63126

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

Thursday, **May 30** and **June 27**, Have fun, socialize and win great prizes.

# NEW ACTIVITIES

## Tai Chi

We are pleased to announce SAJE is offering a new class this summer—Tai Chi. This easy, introductory, movement class is good for joints and balance. The 8-week class is drop in. Come to as many or as little of the one-hour classes as you like.

Classes will start on **June 19 at 10 AM** at:

St. Thomas Holy Spirit Lutheran Church's Social Hall on the lower level. Wear comfortable clothing.

The class is a good will offering, with a suggested donation of \$5 per class. Call the office at 314 664 9700 for more information.



## New Men's Group—A.M.en

Good morning men! Beginning Monday May 13 at 9AM, "A.M.en" sponsored by SAJE, is coming. This is your opportunity to start your day with coffee, a donut or pastry and time to talk about sports, weather, news, or whatever interests you that day.

Monday, May 13, 9AM at St. Thomas/Holy Spirit Lutheran Church, 3980 S. Lindbergh Blvd (down the street from Sunset Hills City Hall). Follow the signs to room 101. See you there. For more information call Dave at 314 378 2227.

## Exercise Classes

Concord Trinity United Methodist

5275 South Lindbergh 63126

<b>Chair Exercise</b>	10:30 AM Tuesdays	FREE
<b>Zumba Gold</b>	11:30 AM Tuesdays	\$3.00 with Sherri Lucas
<b>Chair Yoga</b>	10:30 AM Fridays	\$3.00 or Silver Sneakers accepted with Sherri Lucas
<b>Zumba Gold</b>	11:30 AM Fridays	\$3.00 with Sherri Lucas

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## Lunch Meet Up: May 20 at 1 PM.

Let's meet for lunch at:

### El Agave Mexican Restaurant

10893 Sunset Hills Plaza 63127

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.



Prayer is also available on [Facebook](#) or [YouTube](#).

Share your prayer requests. Fill out a card at a SAJE event or message us on Facebook.

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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](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 July/August newsletter is, Friday, June 7, 2024**