



SAJE

Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

www.sajeseniorministry.org

Alzheimer's and Dehydration

People with Alzheimer's are more likely to experience dehydration. They often forget to drink, have difficulty swallowing, or may not be able to express their needs. Some may avoid taking fluids if they are incontinent. Dehydration is a major reason why many adults suffering from dementia are treated in the emergency room.

One way to help prevent dehydration in all seniors is to use a buddy system. Have a relative, friend or neighbor check on them at least twice a day during a heat wave. Make sure they are able to take enough fluids and are able to stay in a cool place. Watch out for signs of heat exhaustion.

Signs of Heat Exhaustion

Heavy sweating	Cold, clammy skin
Dizziness or fainting	A weak and rapid pulse
Muscle cramps	Fast, shallow breathing
Nausea, vomiting or both	

Have someone call 911 while you begin cooling the person:

- ◆ Get him to a shady area.
- ◆ Cool him rapidly, however you can: Immerse him in a cool tub of water or shower; spray him with cool water from a garden hose; sponge him with cool water; or, if the humidity is low, wrap him in a cool, wet sheet and fan him vigorously.
- ◆ Monitor body temperature; continue cooling efforts until body temperature drops to 101–102°F.
- ◆ If emergency medical personnel are delayed, call the ER for further instructions.
- ◆ If he is conscious and able to swallow, give cool water or nonalcoholic, decaffeinated beverages.

Source: American Heart Association; Department of Health and Human Services; Caregiving in the Comfort of Home

Safety Tips

Stay Hydrated, Stay Safe

While being properly hydrated is always important, in summer heat it can be lifesaving. Our natural sense of thirst diminishes with age so it is important to drink water "by the clock," as you would schedule crucial medications. This allows better absorption of nutrients from foods as well as medications, and reduces the risk of dehydration. Dehydration, especially in the elderly, can increase confusion and muscle weakness and cause nausea. Nausea, in turn, will prevent the person from wanting to eat, thereby causing more dehydration.

Prevent Dehydration By:

Encourage the intake of 6–8 cups of liquid every day (or an amount determined by the doctor)

Serve beverages at room temperature

Provide foods with high water content (watermelon, soups)

Avoid caffeine and alcohol, which cause frequent urination and dehydration

Source: NIH News In Health, Department of Health and Human Services; CDC

Zumba Gold Celebrates 13 Years of Dancing Fun

It's always a party at the SAJE Zumba Gold class, but this week, there was a real celebration. The class, lead by instructor Sherri Lucas, celebrated 13 years of Zumba fun.

Sherri and the Zumba gang reveled in style with an after class party on May 28. All that invigorating dancing was rewarded with a generous spread of finger foods and yummy sweets. Congratulations on 13 years of fun and good health!



WHAT'S HAPPENING at SAJE

Lunch and Learn

St Thomas/Holy Spirit

3980 South Lindbergh Blvd 11AM start time

Thursday, July 11, 11 AM

Unseen St Louis

Ever wonder what historians find when they dive into the archive? Participants will explore rarely seen artifacts, objects and images from St. Louis history and hear about the stories behind them. Join us for an exciting look at the history of St. Louis.

Presenter: Elizabeth Eikmann, Washington University

Thursday, August 8, 11 AM

Life Purpose at an Older Age.

Elaine Curry, Distinguished Toastmaster is back again. This time Elaine will share her wisdom about life purpose at an older age; family, social connection and goals.

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, August 21, 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

2024 Summer Olympics start in July so our upcoming movies will honor some great Olympic wins from past years.

July 25- Chariots of Fire

The true story of two runners, one Jewish, the other a Scottish missionary, who followed their convictions and ran to glory at the 1924 Olympics in Paris. The movie won four Oscars in 1981 including best picture.

Starring Nicholas Farrell, Nigel Haversian and Ian Charleston

August 22- The Boys In the Boat

This inspirational, true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight, taking on elite rivals from around the world as part of the 1936 Berlin summer Olympic Games.

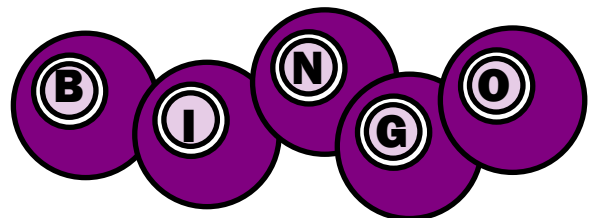
Starring Joel Edgerton, Callum Turner and Peter Guinness

Bingo

Church of the Advent 9373 Garber 63126

10:00 AM - 11:00 AM

Thursday, **July 25** and **August 29**, Have fun, socialize and win great prizes.



Exercise Classes

Concord Trinity United Methodist

5275 South Lindbergh, St Louis, MO 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

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, which starts on June 19 at 10 AM is drop in. Come to as many or as little of the one-hour classes as you like.

We're meeting at St. Thomas Holy Spirit Lutheran Church's Social Hall on the lower level. 3980 S. Lindbergh 63127. 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.





Christmas in July Jewelry & Gift Sale

Thursday, July 18 • 5 - 7:30 pm

ST. JUSTIN MARTYR CATHOLIC CHURCH
11910 EDDIE AND PARK RD
ST. LOUIS, MO 63126

Bake sale sponsored by the Soul Sisters



New Men's Group—A.M.en

Good morning men! This is your opportunity to start your day with coffee, a donut and time to talk about sports, weather, news, or whatever interests you that day.

We meet every 2nd Monday of the month at 9AM. Our next two meetings are on Monday July 8 and August 12 at St. Thomas/ Holy Spirit Lutheran Church, 3980 S. Lindbergh Blvd. Follow the signs to room 101. For more information call Dave at 314 378 2227.

Come and join us, get out of the house, and have some guy time. You'll be glad you did.

Lunch Meet Up

July 22 at 1 pm.

Let's meet for lunch at:

Mellow Mushroom

3811 S. Lindbergh Blvd

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.

Christian Community
HOMECARE

A ministry of St. Thomas/Holy Spirit Lutheran Church

CHRISTIAN COMMUNITY HOMECARE

314-843-9673



3980 South Lindbergh Blvd
Sappington, MO 63127

Non-profit org
U.S. Postage Paid
St. Louis, MO
Permit No. 1943

July/August 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 September/October newsletter is, Friday, August 9, 2024