



# SAJE

## Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

Sep/Oct2024

VOL 14 05

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



## Healthy Cooking Seminar

Dr. Maureen Dempsey, who gave us an informative presentation on *Inflammation and Diet* at our Lunch & Learn earlier in the year has agreed to join us again. This time, Dr. Dempsey will share her recipes and healthy eating tips with us in a series of cooking demonstrations. These cooking demos will feature simple, healthy recipes for one or two people.

The two part series will feature tasty, easy, healthy lunches and dinners, with a few breakfast ideas thrown in.

**Seminar 1: Lunch Ideas      September 18 at 1 PM**

**Seminar 2: Healthy Dinner      October 16 at 1 PM**

The presentation includes cooking demonstration, recipes, menus and tasty samples. Cost: \$5 per class

Due to the nature of this program, attendance size is limited to the first 30 paid reservations. Sign up for one or both seminars. The presentations will be held in the Fellowship Hall of St. Thomas Holy Spirit Lutheran Church.

**Call the office at 314 664-9700 to make reservations.**

**Checks can be mailed to:**

SAJE Senior Ministry

c/o St. Thomas Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Sappington, MO 63127



Dr. Dempsey is a St. Louis native who completed her pre-med studies at St. Louis University. She earned her medical degree from the University of Missouri-Columbia School of Medicine and completed her residency in pediatrics and a fellowship in neonatal medicine at the University of Missouri-Columbia Health Sciences Center. She is a board certified Pediatrician who holds a master's degree in healthcare administration and is an executive and wellness coach.

Dr. Dempsey has over 30 years' experience in primary care and as a chief executive in state governmental public health and in Medicaid, Medicare and commercial health plans.



*An outreach program of St. Thomas/Holy Spirit Lutheran Church*

In response to the growing need for in-home assistance, our church family developed an outreach program called Christian Community Homecare. We are dedicated to providing services that help individuals maintain independence, wrapped in God's love.

We provide non-medical care with love and compassion. Our Caregivers are selected not only from our congregation but from our community as well. Each caregiver is carefully screened, insured, and bonded through the church. We offer companionship, light housekeeping, meal preparation, bathing assistance, medicine reminders, transportation and a variety of other tasks that help our clients stay in their own environment. Our fee is \$28 per hour (4 hour minimum).

The church is a place of love, acceptance and ministry. We strive to serve the Lord by putting into action the words of Christ, *"Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me."* Matthew 25:40.

**Christine Lewis, Director**

3980 S. Lindbergh Blvd.

St. Louis, MO 63127

Phone: 314-843-9673

Website: [www.christiancommunityhomecare.org](http://www.christiancommunityhomecare.org)

E-mail: [chris@christiancommunityhomecare.org](mailto:chris@christiancommunityhomecare.org)

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## **SAINT JUSTIN MARTYR FALL FESTIVAL**

St Justin Martyr Parish's Fall Festival is on September 27 & 28.  
See the church bulletin or website for more information.

11910 Eddie & Park Rd Sappington, MO 63126  
(314) 843-8482  
[stjustinmartyr.org](http://stjustinmartyr.org)



# 2024 Senior, Family, and Caregiver Aging My Way Resource Fair

Presented By:

St. Margaret Mary Alacoque

Dolan Memory Care Homes

Memory Care Home Solutions

Nazareth Senior Living

Mercy Home Health and Hospice

Prizes will be raffled- (4) \$25 gift cards

**FLU SHOTS WILL BE AVAILABLE BY MERCY**

FREE DONUTS, COFFEE, and GIVEAWAYS!

Best of *all*- over 65 booths of SENIOR RESOURCES

Information and resources for seniors who want to age in place and seniors who are considering living options such as retirement, assisted living, and long-term care communities.

PLACE: St. Margaret Mary Alacoque Campus

4900 Ringer Road, St. Louis, MO 63129

WHEN: Tuesday September 17<sup>th</sup>, 2024 from 9:00 to 11:00 am

If you are a Senior or a Caregiver-

**You don't want to miss this event!**

For more information contact

Tom Glaser at 314-487-0003



# WHAT'S HAPPENING at SAJE

## Lunch and Learn

**St Thomas/Holy Spirit**

3980 South Lindbergh Blvd

Presentations at 11 AM, followed by a home-made lunch of soup and salads! Cost \$5.00.

**Thursday, September 12, 11 AM**

***Baseball, Cardinals, and Uniforms*** - The History of Players' Wear

Dave Eshelman will present the story of the development of baseball uniforms and lettering. Much of this history has its origins in St. Louis. He will have samples to touch, so you can see and feel the changes over time. With tales to entertain and inform; if you love the game, you'll want to be here.

**Thursday, October 10, 11 AM**

***Swing and Line Dancing***

Get ready to move to the groove with this exhibition of Swing Dancing. We'll have examples of East and West Coast dance styles.

Of course, we can't keep you on the sidelines. Afterwards we'll all get on the dance floor and have some Line Dancing fun. No partners needed. Work up an appetite and join us for lunch afterwards.

## Bingo

**Church of the Advent** 9373 Garber 63126

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

Thursday, **Sept 26** and **Oct 31**, Have fun, socialize and win great prizes.

## Movie Matinee

**St Thomas/Holy Spirit**

3980 South Lindbergh Blvd

Popcorn & beverages served

All movies start at 1 PM

For the next couple months we're going to explore movies that have come out in 2024.

**Thursday, September 26 1 PM**

***Thelma*** - 2024 Comedy & Action. 99 min  
Thelma is a 93 year old grandmother who is tenacious, determined and on a mission. After getting conned by a scammer, she teams up with a friend and his motorized scooter on a wild adventure to take back what's hers.

**Starring** Judy Squibb, Fred Hechinger and Richard Roundtree

**Thursday, October 24 1 PM**

***Ezra*** - 2024. Comedy & Drama 102 minutes  
Ezra follows Max, a stand-up comedian living with his father while struggling to co-parent his autistic son Ezra with his soon-to-be ex-wife. When forced to confront difficult decisions about the future, Max and Ezra embark on an enlightening cross-country road trip. Ezra is an endearing and often funny exploration of a family navigating life's complexities with humor, compassion, and heart.

**Starring** Bobby Cannavale, Robert DeNiro, Rose Byrne

## Tech Time

Please call or text Jess at 314-346-6620 to schedule an appointment.

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## Men's Group—A.M.en

Good morning men! 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, **Sept 9** and **October 14**, 9AM at St. Thomas/Holy Spirit Lutheran Church, 3980 S. Lindbergh Blvd, Room 101. See you there. 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.

## Spirit Time - "*Be Still*"

We live in a world of so much noise. Whether we are in a restaurant or a ballpark, listening to the radio or watching TV, every voice or song or sound has to be louder than the one before it. At times we just want to shout back, "Quiet !!!"

Psalms 46:10 reads, "Be still and know I am God." Deep within our soul, God desires to draw near to us. The peace of His Spirit comes to us when we take time to come into His presence and rest with Him.

So when the noise of the world seems too much to bear, search out a quiet place. Then breathe in and out slowly, cast all your cares on the One who wants nothing more than to bring peace into your day. All is well.

## 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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## Brunch Meet Up: Sept 23 at 11 AM.

Let's meet for Brunch at: **The Crestwood Barn**  
1015 Sappington Road, 63126

### NOTE: Time changed to 11 AM

This is a time to socialize and catch up with other SAJE members. Transportation and brunch 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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Sep/Oct 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 Nov/Dec newsletter is, Friday, Oct 4, 2024**