



SAJE

Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

Nov/Dec 2024

VOL 14 06

www.sajeseniorministry.org

The Name's Danger. Sherri Danger



herri Lucas, aka Sherri Danger in some circles,

was born in Booneville, MO and left her home town for Mizzou following high school graduation. Her plan was to major in Journalism, but her practicality and her desire for food, clothing and shelter led her to change her major to more lucrative Mechanical Engineering. Upon receiving her degree, she came to St. Louis for work and in time joined Chrysler. It was at Chrysler that Sherri met her devoted husband, Bob (Bobo). They were married in 1991. Sherri says that it was Bob who changed her from practical and cautious to a risk taker and adventurer.

In the early 90s as a couple, they wrote for "Intermission", an Arts & Entertainment magazine; "15 Minutes", an Arts broadsheet; StL Today;



and volunteered as hosts of the "Bob and Sherri Show" on KDHX which ran in the wee hours of the morning from 1-3 AM. The old "Bob and Sherri Show" led to Sherri currently hosting her own KDHX show every Friday afternoon from 2-4 PM. Her focus is on Women in Music.

When Bob retired from Chrysler in June 1994, they made the decision that they wanted to share experiences together as a couple and so Sherri also left Chrysler. Three months later they opened the "Way Out" bar on Cherokee. Six years later they moved the "Way Out" to Jefferson Avenue. The "Way Out" hosted and encouraged numerous local bands, poets, and artists giving many of them their local debut.

Sherri says that she has always been active and physically strong - gymnastics, track and cheerleading in high school. As an adult - African dance, belly dancing, Zumba, Zumba Gold, step, tai chi, yoga, chair yoga, and personal trainer. It was as a student that she realized she has what it takes to be the teacher and so pursued certification.

Continued inside

Sherri likes to share that the Silver Sneakers Chair Yoga is the most authentic form of yoga utilizing the originally intended principles of breath, breath with movement and meditation.

Asked what she would like to do in the future, she wants to write, to learn to swim laps, take classes at the library, learn Circuit, and do a little crafting.

We at SAJE are incredibly blessed to have Sherri as a mainstay of our exercise program. In addition, she and Bob have al-

ways been an example of the warmth and kindness that we hope to show to all who come to our activities. For this reason we are deeply saddened by Bob's recent passing due to the effects of Alzheimer's disease.

A cheerful story about him... Sherri says that Bob always gave her a rose for each year of her life on her birthday and she admits to being at least 60. Can you just picture a bouquet!? What a cool guy you were, **Bob!**

Area Activities

Thanksgiving 2024

Please join us for our 20th Annual Thanksgiving celebration of family and friends at Church of the Advent, in Crestwood, Missouri. Dinner blessing will be at 12:30 PM. Please RSVP, as turkey, dressing, gravy, and mashed potatoes will be provided..... You can, but are not required to bring a covered dish to share and good company.

Please feel free to bring as many guests, family, friends, neighbors... all members of the community are welcome to join in our Thanksgiving celebration, as it is a blending of all faiths and families.

RSVP Via: Sign Up sheet at church, Sign up sheet on the ONLINE Church Calendar, our website, call the office or Jess Email: jesalyn73@gmail.com Telephone: 314-346-6620

We will also take reservations for pick-up meals, (and delivery meals on a limited basis) Please call to RSVP by November 21.

All are welcome, there is a lot of great food and fun to share. Please feel free to come alone or with your family or friends!

Thursday November 28, 2024 12:30 PM

Episcopal Church of the Advent 9373 Garber Road, Crestwood MO 63126 314-843-0123



Please visit our website or contact us for directions. www.advent-episcopal.org



Reduce the Risk of Common Infections

According to the Centers for Disease Control and Prevention (CDC), there is an increase in infectious diseases and a growing resistance to antibiotics. Every year, about 2 million people get sick from a superbug. About 23,000 die. A superbug is a term to describe bacteria that cannot be killed using multiple antibiotics. Misusing antibiotics (such as taking them when you don't need them or not finishing all of your medicine) is the "single leading factor" contributing to this problem according to the CDC.

Therefore, effective cleaning techniques and basic health practices such as frequent hand washing are especially important. Hand washing is the single most effective way to prevent spreading germs.

Clean Hands Are Healthy Hands

Our bodies naturally carry germs on them. Most of these germs are harmless, and some are even essential to our health! However, germs from other sources, such as raw meat, can also survive on hands, and these can be easily transferred to other surfaces, increasing the risk of cross-contamination. Because our hands are in frequent contact with our eyes, nose, and mouth, it's easy to see how dirty hands spread germs and illnesses, everything from the common cold, to the flu, to food poisoning.

To minimize the chance of infection always wash your hands:

- ◆ before and after contact with other people
- ◆ when returning from a trip outside the house
- ◆ after using the toilet
- ◆ after sneezing or blowing your nose
- ◆ before preparing medications, doing a procedure or preparing food

When cleaning, work from the cleanest to the dirtiest area and always wear latex gloves when giving personal care.

Hand Washing— Do It Right!

It's the single most important way to prevent the spread of infectious diseases.

1. Rub your hands for at least 30 seconds (about the time it takes to sing Happy Birthday slowly) to produce lots of lather. Lather-up away from running water so the lather is not washed away.
2. Use a nailbrush on your nails; keep your nails trimmed and free of chips.
3. Wash front and back of hands, between fingers and at least two inches up your wrists.
4. Rinse well under warm running water. Repeat the process.
5. Dry your hands on a clean cloth or paper towel.

Hand sanitizer gels can be used to kill germs, but they should not replace hand washing.

Hand sanitizers can build up on skin, so wash your hands the regular way—with soap and warm water—after every fourth use.

-Source: WebMD; Centers for Disease Control



Game Day

Join us for a fun filled afternoon of games, puzzle making, and entertainment. Table games like Dominoes, checkers, chess, Monopoly, Bananagrams, Scrabble and others will be provided.

Puzzle tables will also be available. Corn hole games will be set up. You can also bring your own favorite game. Bring a friend or two and have a great time.

Drinks and refreshments will be provided.

Please RSVP by **November 14** to:
314-664-9700.

Date: Sunday, November 17

Time: 1-4 PM

Location: St Thomas/Holy Spirit Lutheran Church 3980 Lindbergh Blvd

***Don't forget to get your
Flu and Covid shots!***

Back by Popular Demand!

ExerMove Class—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 January 13, 2025

Where: St. Thomas Holy Spirit Lutheran Church

3980 South Lindbergh, Saint Louis, MO 63127

Cost: \$260 for 3 months of classes

To register call Liz Taylor at 314-664-6700 or for more information.

Lunch Meet Up November 18 at 1 PM.

Let's meet for lunch at: **Maggie O'Brien's**
3828 S. Lindbergh Blvd 63127

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.



WHAT'S HAPPENING at SAJE

Lunch and Learn

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

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

Thursday, November 14, 11 AM

Medicare 101 & Updates

Our speaker, Gail Hart, is a volunteer with Missouri Ship—State Health Insurance Assistance Program (formally CLAIM). Trained as a counselor, Gail is an unbiased advocate, educator, and assistant to people with Medicare and those who help them to make informed decisions about Medicare and related health insurance needs.

Thursday, December 12, 11 AM

Holiday Celebration

Join us for seasonal holiday music, followed by a tasty luncheon buffet.

Bingo

Church of the Advent 9373 Garber 63126

10 AM Note: dates changed due to the holidays)

Thursday, **Nov 21** and **Dec 19**. Have fun, socialize and win great prizes.

Tech Time

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

Movie Matinee

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Popcorn & beverages served

All movies start at 1 PM

Thursday, November 21 (Note: date change due to Thanksgiving)

Ghostlight 2024 R 2 hrs Comedy/drama

When a construction worker unexpectedly joins a local theater's production of Romeo and Juliet, the drama onstage starts to mirror his own life.

Starring Keith Kupferer, Katherine Mallen Kupferer Tara Mallen and Dolly De Leon

Thursday, December 19 (Note: date change due to Christmas)

Candy Cane Lane 2023 2 hr PG

Eddy Murphy stars in this holiday comedy adventure about a man on a mission to win his neighborhood's annual Christmas home decoration contest and inadvertently makes a deal with a mischievous elf that brings the 12 days of Christmas to life.

Starring Eddy Murphy, Trace Ellis Ross, Jillian Bell, Thaddeus J. Mixson and many more.

Newsletter Folding

St Thomas /Holy Spirit Lutheran Church

Wednesday, Dec 18, 2024, 10:00 AM

Our newsletters are mailed every other month.

Trip to Our Lady of the Snows' Christmas Lights

As winter approaches, nights become longer and we start to crave light. SAJE Senior Ministry has organized a trip to bring light into the beginning of the holiday season.

Join us on Tuesday, **December 3** for a trip to see the Christmas lights at Our Lady of the Snows in Belleville, IL. A chartered bus will pick us up from St Thomas Holy Spirit Lutheran Church at **4 PM** to begin our adventure.

We will start the evening with dinner at the Eckert's Farm Restaurant. Dinner will be on your own. There will be time to browse the farm stand and shop. Then off to see the lights.

If you didn't get your share of shopping, we have allowed time to visit the bazaar on the grounds of the shrine before viewing the lights. After a leisurely drive through the grounds, we will be whisked back to St. Thomas at **9 PM**.

Cost is **\$10. Reservations are required.**

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

New Activities



Cookie Decorating— Hands on Demo

You've seen those gorgeous decorated cookies on Pinterest and Instagram.



The ones that are almost too pretty to eat. Well now you can learn how to duplicate them. SAJE member, Sandy Hounsom, has graciously offered to lead a hands-on demo to show you how to decorate cookies.

Sandy will show the method and you will follow along on a cookie. Supplies are provided, however if you wish to keep them, they are yours for \$5.

Date: November 7 at 10 AM

Location: Social Hall, St. Thomas Holy Spirit Lutheran
3980 S. Lindberg Blvd 63127

Cost: Free will donation

This class is limited to 12 people. Please call the office at **314 664 9700** to make your reservations.

Card Making Class

Need a card for that special family member or friend? Join us on **Wednesday, December 4 at 10 AM** to make that one of a kind card.

Our Card Making class will be lead by Sandy Hounsom. She will guide you in releasing your creativity to make that special masterpiece. This class is limited to 20 people and is a free will offering. Please call the office at **314 664 9700** to make your reservations.

Spirit Time

I'm so grateful for the partnership of my parish, St. Justin Martyr Catholic Church, with St. Thomas/Holy Spirit Lutheran Church. The SAJE committee from our churches works very creatively and hard to provide so many activities and opportunities. And I'm glad that so many of you take advantage of this and participate the way you do. What an amazing way for us to come together.

We come together to do these good things for anyone who may want them and even need them. It's good for us to come together, regardless of our different backgrounds, to pray or work or just have some fun. Our Lord wishes for us to be together as one, and SAJE provides so many chances for that.

This time of year always goes fast, so even in the Fall, we can see Advent on the horizon. Advent is the time of preparing for the celebration of Emmanuel, God with us. He sets the example of the union He wishes for us to have with Him and each other by coming to be with us—taking on human flesh and coming into our time and space to demonstrate His steadfast care and mercy. He wants to be with us, and wants us to be together in Him. I'm grateful to SAJE for all they do to help others and bring us together. Thank you for accepting the invitation and hope you keep enjoying the many activities offered. God bless you!

- Fr. Brian Hecktor

Exercise Classes

Concord Trinity United Methodist

5275 South Lindbergh 63126

Chair Exercise	10:30 AM Tuesdays	FREE
Zumba Gold	11:30 AM Tuesdays	\$5.00 with Sherri Lucas
Chair Yoga	10:30 AM Fridays	\$3.00 or Silver Sneakers accepted with Sherri Lucas
Zumba Gold	11:30 AM Fridays	\$5.00 with Sherri Lucas



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, **Nov 11 and Dec 9**, 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.



Aging My Way Resource Fair

On September 17, SAJE participated as a vendor at the **Aging My Way** memory resource fair. This fair is the inspiration and product of Tom Glasser and caring friends of his, who have dealt with the problems associated with memory loss. The fair brings agencies and resources of memory care together with care givers, their families, and loved ones.

This year's fair was held at St. Margaret Mary Alacoque Parish Hall. Over 45 vendors were represented from home care services, memory care agencies, assisted living facilities, and many more, each offering help, hope and guidance through the difficulties of aging and memory loss.

Aging My Way organizes two fairs every year. One in South County in the Fall and one in North County in the city of Florissant in the Spring. Through the efforts of many volunteers **Aging My Way** has been bringing people and resources together for 11 years. With the intent of insuring its ongoing success, SAJE has become a sponsoring partner with the fair. SAJE will assist in coordinating and the promotion of the South County event.

If you attended this year's event, we would like to hear from you. You may contact the SAJE office at office@sajeseniorministry.org. If you were unable to attend, but would like more information, please contact us and ask for the resource book of the vendors at this year's event.



SAJE friends at the Aging My Way fair on September 17th.

Donating to SAJE

Did you know that you can make a tax deductible donation to SAJE Senior Ministry?

SAJE is a Federal and Missouri registered 501(c)(3) nonprofit charity. The activities and events noted in this newsletter are funded by grant applications, fundraising, donations, member religious organizations and nominal fees for some activities.

Also, if you are age 70 ½ or older, you may directly transfer up to \$100,000 from your IRA to SAJE and/or other charitable organizations. This gift would help fulfill or offset some or all of any required minimum distributions (RMD) without increasing your taxable income.

Talk to your financial institution where your IRA is administered to make this direct distribution to SAJE and benefit from the tax savings.

For more information, please call the office at 314 664 9700.

Have a Blessed
Christmas and New
Year from your
friends at SAJE
Senior Ministry

2024 SAJE Activities Year in Review

The year 2024 was filled with lots of exciting activities. Besides the regular exercise programs such as Chair Exercise, Chair Yoga and Zumba Gold, we explored the world of Tai Chi and ExerMove classes.

Our Lunch & Learns covered such topics as; health and wellness, computer safety, St Louis history and some pure entertainment presentations.

We also expanded our boundaries with day trip. This spring we went to the Missouri Botanical Garden and marveled at the beauty of nature. (See this newsletter for your next trip.)

Of course, we all remember the great Mardi Gras celebration early in the year. What a joyful festival of jazz music and New Orleans style cuisine that was.

Next year, SAJE will be celebrating our 15 year anniversary. We will be hailing this milestone with new programs and activities. Be on the lookout for them on Facebook, our website and in the newsletter.

As we close out this year, we at SAJE want to thank you for your participation in our events. This is your organization and we look forward to connecting with you - body, mind and spirit in 2025.





3980 South Lindbergh Blvd
Sappington, MO 63127

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

Nov/Dec 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 Nov/Dec newsletter is, Friday, Dec 6, 2024