



SAJE

Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

Jan/Feb 2025

VOL 15 01

www.sajeseniorministry.org

Winter Safety

When exposed to cold temperatures, your body begins to lose heat faster than it can be produced. Prolonged exposure to cold will eventually use up your body's stored energy. The result is hypothermia, or abnormally low body temperature. A body temperature that is too low affects the brain, making the victim unable to think clearly or move well. This makes hypothermia particularly dangerous because a person may not know it is happening and will not be able to do anything about it.

To prevent hypothermia—

- ◆ Keep the house temperature no lower than 65° F (at 70° F if the person is ill).
- ◆ Wear warm clothes, and place leg warmers on arms and legs for extra warmth. Use warm blankets when in bed.
- ◆ Wear a warm hat outside or a knit hat indoors to keep the body from losing heat.
- ◆ Provide a balanced diet.

- ◆ Keep moving by walking around the house or down an apartment hallway, lifting and stretching legs and arms.

Be aware that people with dementia may not dress appropriately for the weather or understand the risk of cold weather.

Signs of Hypothermia

Signs include impaired judgment, shivering, cold pale skin, slow breathing and pulse, slurred or mumbled speech, weakness, drowsiness, loss of coordination, fumbling hands, stumbling steps, confusion and memory loss. Fifty percent of hypothermia deaths occur in persons over the age of 75. Even mild cold can cause hypothermia in the elderly because of compromised circulation or respiratory conditions.

If these signs are present:

- ◆ Wrap the person in blankets, notify the doctor, give warm fluids, and increase room temperature.

- ◆ Avoid rubbing the person's skin.
- ◆ Do not re-warm the person rapidly. Use a heater on low or warm hot water bottles (wrapped in a towel) on the chest and abdomen.
- ◆ Do not give the person alcohol or caffeine. Be alert to signs of heart attack.

Chest pain, shortness of breath, discomfort in the jaw, bluish pale skin, sweating and nausea. Call 911 immediately if hypothermia or heart attack symptoms are present.

Christian Community
HEMOCARE 

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

Contact Chris at (314) 843-9673

*“Dedicated to services that
maintain independence wrapped in
God’s love”*

Exercise Classes

Concord Trinity United Methodist

5275 South Lindbergh 63126

Chair Exercise	10:30 AM Tuesdays <i>FREE</i>
Zumba Gold	11:30 AM Tuesdays \$5.00 with Sherri Lucas
Chair Yoga	10:30 AM Fridays \$5.00 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, **Jan 13** and **Feb 10**, 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.

Activity Cancellations

We hate to admit it, but winter weather is here. Our members have proven to not let a little snow or ice deter their activities, so on occasion we will err on the side of caution and cancel activities.

Please check KMOV 4, KSDK 5, KPLR 11, KMOX, or Facebook for closings.

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 314-664-9700 or for more information.

Lunch Meet Up January 20 at 1 PM.

Let's meet for lunch at:

Bandana's Bar-B-Q Sunset Hills

11750 Gravois Rd, Sunset Hills, MO 63127-1804

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.

It's hard to believe, but SAJE Senior Ministry will be celebrating 15 years of Connecting Seniors in Body, Mind and Spirit this year. As part of the celebration we will be having a Homecoming Gala with old and new SAJE friends and family.

Our Homecoming Gala will be on Sunday, **February 2** at St. Justin Martyr Parish Center, 11922 Eddie & Park, Sunset Hills

- ◆ Doors open at 12:30 PM, with reserved seating
- ◆ A scrumptious, catered buffet will be served at 1:15.
- ◆ Music by the *Queens of Swing* for your dancing and listening pleasure.

\$35 per person
Table of 8 - \$250

Those wanting to sit together **MUST** send in their reservation form with **ONE CHECK** in the same envelope.

Please make checks out to *SAJE Senior Ministry*.

Mail to:
SAJE Senior Ministry
3980 S. Lindbergh Blvd
Sappington, MO 63127

If you can't attend, but would still like to support our ministry, you can make a tax deductible donation, as we are a registered 501c3 organization.

SAJE SENIOR MINISTRY

CELEBRATES



YEARS

February 2 · 12:30 pm
St. Justin Martyr Hall
Catered buffet and music by
the Queens of Swing

Please join us for a
lively celebration of
15 years of promoting
body, mind & spirit.

Name	Phone
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Address	City, State, Zip
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Please seat me with (tables of 8)	
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RSVP by Monday, January 25, 2025.
Thank you for supporting SAJE Senior Ministry

Spirit Time

For many Christians, a new liturgical year began at the beginning of December with the start of Advent. That is our "New Year." And at that time, we consider how we might prepare to see Christ face-to-face one day. So we focus on things like prayer, which is spending time with God, speaking to Him and listening for how He might speak to us.

We focus on fasting and seeing what things in our life are non-essential, or even harmful, that we might do away with. And we focus on giving and generosity since we've been blessed with much and can help others with our giving. We don't do these things perfectly, but we just take one small step at a time to grow in holiness and imitate Christ in greater ways each day.

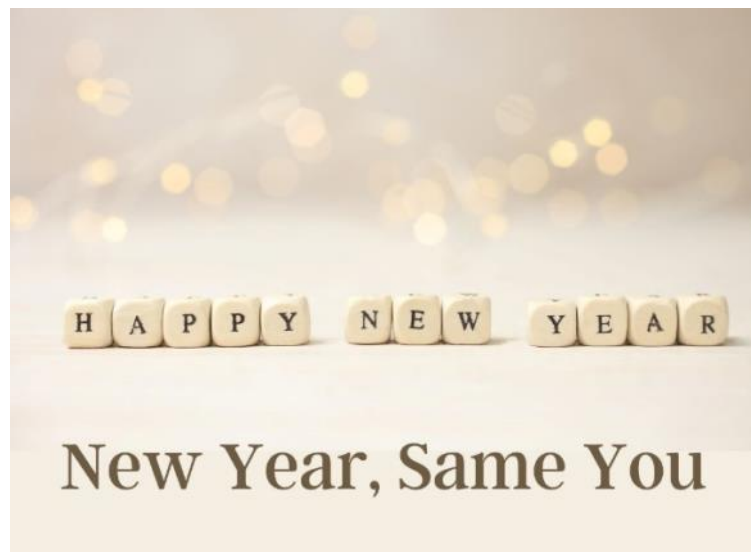
The very same idea can be implemented in this calendar new year. What are some small ways we can each change to improve our lives and the lives of others? While we might be able to think of and accomplish some large things, the smaller things done consistently often make just as big of an impact. SAJE provides opportunities for exercise, day trips, and gatherings for games, food, and fun that are small things you can participate in throughout the year that can make a big difference in your life. Not to mention, there are others who will enjoy your company and find joy in spending time with you.

Just a few small things, here and there. Just a short event now and then. Look for those smaller actions and events you might enjoy and give yourself to this year. In time, you'll notice a difference!

God bless you and Happy New Year!

Fr. Brian Hecktor

Pastor, St. Justin Martyr Catholic Church



The calendar has flipped. I don't know about you, but sometimes it is difficult to imagine that another year is here. Another 365 days stretches among us: 525,600 minutes will come and go. So many people focus on transforming themselves in the New year. The ubiquitous "resolutions" are made, most of which fall by the wayside by the time we've get to the second day of the year. Personally, I don't think resolutions are all they are cracked up to be.

Sometimes it is OK to bring the same you into the new year. After all, the turn of the calendar page will bring with it another birthday; it will bring with it some of the same limitation and fears and hopes and dreams we have always had. But it also brings with it the same amazing promises of the divine: you are loved because God is love. This truth will never change. No resolution can make this truth fuller nor can any action reduce the amount of love the divine has for you. The book of Hebrews assures us, "Jesus Christ is the same yesterday and today and forever" (13:8).

May the love of God continue to be a source of strength and stability and sameness in this new year.

The Rev. Dr. Jill V. Seagle

St. Thomas/Holy Spirit Lutheran Church



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, January 9, 11 AM

Exercise and You

With the new year, you may be inclined to start an exercise program. Dr Beth Templin, from HouseFit will share with us the benefits of exercise and why we need to keep moving.

Thursday, February 13, 11 AM

Free Legal Tax Assistance:

Join Nan Baker, a staff attorney at the Low Income Taxpayer Clinic (LITC) at WashU School of Law introduces us to the services that WashU has to offer low income taxpayers in resolving their tax disputes with the Internal Revenue Service (IRS). While the LITC does not prepare tax returns, they assist taxpayers with a variety of issues that arise after they have filed including: responding to audits, settling tax debts, issues related to the Child Tax Credit and Earned Income Credit, requesting Innocent Spouse relief, representing taxpayers in Tax Court, and other related matters.

Hiring!!!

Christian Community Homecare is hiring Non-medical, reliable caregivers. If you or someone you know is interested in learning more about helping people stay in the comfort of their own home, call **Chris at 314-843-9673**.

Movie Matinee

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Popcorn & beverages served

All movies start at 1 PM

Thursday, January 23

Juror #2 1 hr 54 min PG 13 2024 Suspense Drama

The movie follows a family man, Justin Kemp who, while serving as a juror in a high profile murder trial, finds himself struggling with a serious moral dilemma... one he could use to sway the jury verdict and potentially convict--or free--the accused killer.

Starring: Nicholas Hoult, Toni Collette, J.K. Simmons, Kiefer Sutherland

Thursday, February 27

The Lady in the Van 1 hr 39 min 2016 Pg13 comedy

A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway.

Starring: Maggie Smith, Alex Jennings, Jim Broadbent

Bingo

Church of the Advent 9373 Garber 63126

Thursday, **Jan 30** and **Feb 27**. Have fun, socialize and win great prizes.

Newsletter Folding

St Thomas /Holy Spirit Lutheran Church

Wednesday, Feb 19, 2025, 10:00 AM

Our newsletters are mailed every other month.



3980 South Lindbergh Blvd
Sappington, MO 63127

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U.S. Postage Paid
St. Louis, MO
Permit No. 1943

Jan/Feb 2025 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 Jan/Feb newsletter is, Friday, February 7, 2025.