



# SAJE

## Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

May/Jun 2025

VOL 15 03

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

## Diabetes – *Avoiding Complications*

**M**ore than 1/4 of Americans 65 and older have type 2 diabetes and roughly another 50% have a condition known as “prediabetes.” In people with type 2 diabetes, either the body *doesn't produce enough* of the hormone insulin or cells *can't use it properly*. Insulin allows the body to use glucose—blood sugar—for energy. The complications of diabetes occur when glucose builds up in the blood and clogs small arteries instead of going into cells.

**Know the ABCs—A**1C levels, (test that gives you a picture of your average blood glucose control for the past 2 to 3 months) **B**lood pressure, and **C**holesterol. Like diabetes, high blood pressure and cholesterol can damage blood vessels, leading to heart attack or stroke.

**Smoking** increases the risk of diabetes complications; smokers with diabetes are three times more likely to die of heart disease than non-smokers with diabetes.

**Yearly physicals and regular eye exams** to look for signs of kidney problems, nerve damage and heart disease—as well as other medical problems. An eye care specialist will check for signs of retinal damage, cataracts and glaucoma.

Keep **vaccines** up to date. High blood sugar can weaken the immune system, which makes routine vaccines important. Ask about getting vaccines against flu, pneumonia and hepatitis B.

Diabetes increases the chance of gum infections. **Brush, floss, and schedule dental exams** at least twice a year. Consult a dentist if gums bleed or look red or swollen.

**Aspirin** reduces the blood's ability to clot, so taking one every day can reduce the

risk of heart attack and stroke. The doctor will say whether daily aspirin therapy is appropriate for the person in your care.

**Alcohol** can cause low blood sugar, so it should be used only in moderation and always with a meal.

Work with a dietician to create an **eating plan** that includes lots of low-glycemic foods, which are less likely to raise blood sugar. A Mediterranean diet rich in fruits, vegetables, lean meats, whole grains, and healthy fats can help.

Join a **diabetes support group** to meet other people who are facing the same challenges and discover new ways to stay healthy.

**Source: NCOA, Mayo Clinic**

*Christian Community*  
**HEMOCARE** 

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

CHRISTIAN COMMUNITY  
HEMOCARE 314-843-9673

# 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

**Chair Exercise** 10:30 AM Fridays *FREE*

**Zumba Gold** 11:30 AM Fridays \$5.00

*Note: Chair Yoga is on hold for the Summer.*

## Lunch Meet Up

**May 19 at 1 PM.**

Let's meet for lunch at **the Concord Grill**

11427 Concord Village Ave,

Saint Louis, MO 63123

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**.



## 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, **May 12 and Jun 9** - 9 AM 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.

**New for Summer -**



## Tai Chi

We are pleased to announce SAJE is offering Tai Chi again this summer. 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 Tuesday, **May 13, 3:30 PM** at:

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

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

## Newsletter Folding

St Thomas /Holy Spirit Wednesday, June 25, 10:00 AM We're back to sending newsletters every other month.

## Area Activities

### America Tapestry of Song

**Allegro: A St. Louis Choral Community**

Join us for a musical journey celebrating the diverse and rich tapestry of American songs.

**May 31 and June 1, 3 PM**

Free will donation

**First Presbyterian Church of Kirkwood**

100 East Adams Ave, Kirkwood, Mo 63122

# Mother's Love

There are times when only a mother's love  
Can understand our tears,  
Can soothe our disappoints  
And calm all of our fears.  
There are times when only a mother's love  
Can share the joy we feel  
When something we've dreamed about  
Quite suddenly is real.  
There are times when only a mother's faith  
Can help us on life's way  
And inspire in us the confidence  
We need from day to day.  
For a mother's heart and a mother's faith  
And a mother's steadfast love  
Were fashioned by the angels  
And sent from God above.

- Author Unknown from Jesuits of St. Xavier website

The nation's first Father's Day was celebrated on June 19, 1910, in the state of Washington. However, it was not until 1972—58 years after President Woodrow Wilson made Mother's Day official in 1914—that the day honoring fathers became a nationwide holiday in the United States. Father's Day 2025 will occur on Sunday, June 15.

## A Prayer for a Father's Wisdom and Guidance

Dear Lord, we pray for all fathers on this special day. We ask that You would grant them wisdom and discernment as they navigate the challenges of fatherhood. Guide their steps and fill their hearts with understanding so that they may lead their families in righteousness and truth. May they always seek Your counsel and rely on Your un-failing love and guidance.

Amen.

## VOLUNTEERS NEEDED

We are looking for Volunteers to help at our Monthly Lunch & Learn programs. This could involve making a simple soup, salad or dessert. If cooking is not your thing, we can always use folks to help serve the meal. Call the office at 314 664 9700 for more information.



# Looking Back:

## SAJE Senior Ministry

### 15 years of Connecting Seniors in Community: Body, Mind & Spirit

Formed in 2010, SAJE Senior Ministry is an ecumenical ministry promoting successful aging by supporting seniors to live safely in their homes, lead physical and spiritually active lives, and remain socially engaged in their community. All seniors are welcome regardless of religious or congregational affiliation.

The ministry held their first Lunch & Learn on April 15, 2010 and officially launched in January 2011. Six very short years later, in January 2017, SAJE was approved as a Missouri Non-profit Corporation and in May of 2017 SAJE Senior Ministry became an official 501 C3, recognized by the Federal Government, with all donation made to SAJE Senior Ministry being tax deductible.

This independence allows us to grow our program and reach out to more seniors in our area and offer them independence as well.

First Lunch & Learn - April 15, 2010



## Spirit Message

*The* writer of Ecclesiastes wrote the words, "For everything there is season, and a time for every purpose under heaven." The Byrds put these words to verse and song, which are very familiar to our generation.

"To everything, turn, turn, turn  
There is a season, turn, turn, turn  
And a time for every purpose under heaven"

This is all true, we know each season has its purpose. There is springtime and harvest time. There is sun and rain. There is summer and winter, bringing a growing time and a resting time for the land.

Our local area has experienced a time of strong and even terrifying storms this early Spring. It has affected the lives of some we know, uprooting their homes and everyday life. And we may wonder, "why"?

If, "there is a time for every purpose under heaven", we don't always understand what it is. The Byrds sing, "Turn, turn, turn". But where do we turn, and to whom do we turn?

St. Matthew wrote that Jesus said, "come (turn) to me, all you who are weary and burdened, and I will give you rest". His promise is that He will never forget nor abandon us in our time of need. Turn to Him, when the storms of life seem to be overwhelming. Then remember, "there is a time for every purpose under heaven".

Our Heavenly Father, who created the seasons and all things under heaven, is there for us and is in control of all things.  
Turn, turn, turn.



# WHAT'S HAPPENING at SAJE

## Lunch and Learn

**St Thomas/Holy Spirit Lutheran Church**

3980 South Lindbergh Blvd

**Thursday, May 8, 11 AM**

***Osteoporosis— What Can I Do to Make My Bones Stronger***

If you've recently been told that you have osteoporosis or osteopenia, it's tempting to brush it off as a "normal" part of aging. You may think that because everyone your age seems to be having the same trouble as you that it's something you will have to learn to live with.

You may not know how to live with this new diagnosis, but now you're worried about breaking a bone. You've even started to limit what you're willing to do, in order to protect your fragile bones. Join Dr. Beth Templin as she explains what osteoporosis is and what you can do to make your bones stronger.

**Thursday, June 12, 11 AM**

**How to Make Life Easier for your Trustees**

Courtney Callahan, from Keller Williams Reality Chesterfield will explain the 21 Responsibilities that your Estate Trustees will have when you pass. We never know when it will happen, but being organized will benefit your Trustees handling of the required paperwork, during this stressful time.

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

## Movie Matinee

**St Thomas/Holy Spirit Lutheran Church**

3980 South Lindbergh Blvd

Popcorn & beverages served

All movies start at 1 PM

**Thursday, May 22**

***Peace By Chocolate*** 2022 13+ 1 hr 37 min  
After the bombing of his father's chocolate factory, a charming young Syrian refugee struggles to settle into his new Canadian small-town life, caught between following his dream to become a doctor and preserving his family's chocolate-making legacy. Based on the incredible internationally recognized true story.

**Starring:** Hatem Ali Ayham, Abou Ammar and Mark Camacho

**Thursday, June 26**

***Air*** 2023 R 1 hr 54 min

Air reveals the game-changing partnership between a then undiscovered Michael Jordan and Nike's fledgling basketball division which revolutionized the world of sports and culture with the Air Jordan brand.

**Starring:** Matt Damon, Ben Affleck, Jason Bateman and Viola Davis

## Bingo

**Church of the Advent** 9373 Garber 63126

Thursday, **May 29** and **June 26** at **10 AM**.

Have fun, socialize and win great prizes.





3980 South Lindbergh Blvd  
Sappington, MO 63127

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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 Jul/Aug newsletter is Friday, June 13, 2025.**