



SAJE

Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

Jul/Aug 2025

VOL 15 04

www.sajeseniorministry.org

Heat Waves & Storms-Stay Cool, Stay Safe

High humidity and elevated nighttime temperatures are key ingredients in causing heat-related illness and mortality. Heat stress occurs when the body is unable to cool itself effectively. Normally, the body can cool itself through sweating, but when humidity is high, sweat will not evaporate as quickly, potentially leading to *heat stroke*. When there's no break from the heat at night, it can lead to health problems, and pose *special* health risks to the poor, older adults and people with chronic medical conditions. It is important that seniors know how to safeguard against the risks. Air conditioning is one of the best protections against heat-related illness and death. Visit senior centers, movie theaters, libraries or malls to cool off—even for just a few hours.

Heat stroke is the most serious heat-related illness. When the

body is unable to control its temperature, it rises rapidly and sweating mechanisms fail. Body temperature may rise to 106°F or higher within 10–15 minutes. *Heat stroke* can cause death or permanent disability if emergency treatment is not provided.

These are signs of a **life-threatening emergency. 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; 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 he is conscious and able to swallow, give cool water or nonalcoholic, decaffeinated beverages.

Heat exhaustion is less severe, more common, and occurs when the body becomes severely dehydrated. If left untreated, it leads to heat stroke. If you suspect a person is having a problem with the heat, err on the side of caution and insist they get into shade and cool down.

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

Source: Department of Health and Human Services

Christian Community
HEMECARE

A ministry of St. Thomas/Holy Spirit
Lutheran Church

CHRISTIAN COMMUNITY
HEMECARE 314-843-9673

Exercise Classes

Concord Trinity United Methodist

5275 South Lindbergh 63126

Chair Exercise 10:30 AM Tuesdays *FREE*

Zumba Gold 1:30 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

No Classes on Friday, July 4th!

Newsletter Folding

St Thomas /Holy Spirit Wednesday, Aug. 20,
10:00 AM We're back to sending newslet-
ters every other month.



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, **July 21 and August 11** - 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.

Home Safety Checklist for Fall Hazards

Do carpets, rugs, and floor coverings have frayed corners or rolled-up edges? Remove damaged floor coverings or secure them well with double-sided tape, nails, etc. It's important to have a flat, sturdy walkway.

Are there throw rugs in walkways? The best thing to do is to remove throw rugs. Put double-sided tape on them so they don't slip.

Are chairs and couches low to the ground? Higher chairs and armrests are helpful for easing into a sitting position.

Is it necessary to get up to answer the phone? Keep a phone nearby so you don't have to get up quickly if the phone rings. Cordless phones are helpful. Keep a phone close to the floor in order to call for help in the event of a fall.

Do you have to walk over or around electrical cords or wires? Tape cords and wires to the wall or have an electrician install additional outlets.

Are there newspapers, boxes, shoes, etc. on the floor? Remove clutter from walkways to avoid tripping.

Do you need to walk around furniture to get through the living area? It's best to have a straight path, clear of furniture. Rearrange furniture to provide for obstacle-free walking.

Do you have to reach up to pull cords to lights or ceiling fans? Install longer cords or link ceiling lights/fans to a light switch on the wall to eliminate the need to look and reach up

-American Physical Therapist Association

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.

Date: Sunday, July 13 **Time:** 1-4 PM

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

Drinks and refreshments will be provided.

Please RSVP by July 10 to: 314-664-9700.

Lunch Meet Up

Fitz's Root Beer

August 4 at 1 PM.

5244 South Lindbergh

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.

Interesting 4th of July Facts

- When the Declaration of Independence was signed, 2.5 million people were living in the newly free nation. That's about the population of Houston now. In 2020, the United States had a population of about 332 million.
- The U.S. motto "E pluribus unum" (Latin for "Out of many, one") was suggested by the Founding Fathers committee on July 4, 1776.
- More than \$300 million in fireworks are imported into the U.S. annually.
- Sixty percent of all fireworks injuries occur during the month surrounding July 4.




PURCHASE WITH A PURPOSE

Christmas in July Jewelry & Gift Sale

Thursday, July 17 • 5 - 7:30 pm

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

*Sponsored by the Soul Sisters.
A Bake Sale will be held,
with all proceeds going to Monarch.*

 Monarch Jewelry





WHAT'S HAPPENING at SAJE

Lunch and Learn

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Thursday, July 10, 11 AM

The History of Scrimshaw

Scrimshaw is an American folk art form in which designs are etched into ivory or bone, then colored with ink. Michelle "Mike" Ochonicky, an award winning scrimshaw artist, will take us on a journey through the history of this fascinating folk art. Along the way, Mike will share with us some of the beautiful pieces she has created.

Thursday, August 14, 11 AM

Ready to Wear: A History of the Footwear and Garment Industries in St. Louis

At one time, St. Louis was the shoe and garment center of the United States. Washington Avenue and intersecting streets, housed a large array of clothing manufacturers. Join Valerie Kienzle, a journalist, author and historian, as she reveals to us about St. Louis' role in the history of the Ready to Wear garment Industry.

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

Bingo

Church of the Advent 9373 Garber 63126

Thursday, **July 31** and **August 28** at **10 AM**.

Have fun, socialize and win great prizes.

Movie Matinee

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Popcorn & beverages served

All movies start at 1 PM

Thursday, July 24

The Friend 2025 1 hr 59 mi Comedy Drama
In *The Friend*, adapted from the bestselling novel, Iris (Watts) finds her comfortable New York life upended when her mentor and friend Walter (Murray) leaves her his Great Dane Apollo. Despite a small apartment and threats of eviction, she bonds with the regal beast and begins to cope with her past in this story of healing, love, and friendship.

Starring Naomi Watts, Bill Murray, and Noma Dumezweni

Thursday, August 28

Green and Gold 2025 1 hr 36 min Drama Sports
A fourth generation dairy farmer on the brink of losing his farm to the bank wagers everything on a bet with his beloved Green Bay Packers while his granddaughter pursues music to save what they've worked for their whole lives

Featuring Craig T. Nelson, Brandon Skelnar, M. Emmett Walsh and Madison Lawlor

Newsletter Folding

St Thomas /Holy Spirit Lutheran Church

Wednesday, August 20, 2025, 10:00 AM

Our newsletters are mailed every other month.



3980 South Lindbergh Blvd
Sappington, MO 63127

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

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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 Sep/Oct newsletter is Friday, Aug 8, 2025.