



SAJE

Senior Ministry

Connecting Seniors In Community

Body/Mind/Spirit

Sep/Oct 2025

VOL 15 05

www.sajeseniorministry.org

2025

Aging My Way Resource Fair

Tuesday, September 16
9:00 am-11:00 am

**St. Margaret Mary Alacoque
Parish Center**

4900 Ringer Road, St. Louis, MO 63129

Featuring 50 Vendors, including:

- ◆ Caregiver Information
- ◆ Elder Law Information
- ◆ Medicare and Insurance Information
- ◆ Health & Wellness Information
- ◆ Veterans Benefits
- ◆ Housing



SAJE Senior Ministry is again participating in the **Aging My Way Resource Fair**. We would love to meet you and have a chance to introduce ourselves. Please take a few moments to stop by and see the many activities we offer. This event is free to all.

The goal of this fair is to provide information and resources to senior citizens who are "Aging in Place" in their homes, and those who are considering senior living options such as retirement communities, assisted living and long-term care facilities.



Fainting, Falls & High Blood Pressure

High blood pressure (140/90 mmHg or higher) is one of the three leading causes of heart failure. It is referred to as “the silent killer” because it usually has no specific symptoms and no early warning signs. You should have your blood pressure checked regularly. High blood pressure affects many older people, whose bones tend to be weaker, and for whom a fall injury—such as a broken bone—can have serious health consequences.

In addition, having high blood pressure (hypertension) increases chances of having a heart attack or stroke. Medicines, called anti-hypertensives, that lower blood pressure can help prevent these happening. But these drugs can cause balance problems and dizziness, leading to falls and injuries.

Researchers studied whether there was any link between the number of people taking blood pressure drugs and the number of people who had serious falls. Compared with people not taking blood pressure drugs, those taking the drugs were more likely to have a serious fall. Many experienced dizziness before falling.

Monitor blood pressure readings if taking medications to lower blood pressure. A simple- to-use blood pressure cuff reading at home gives a much better picture than the readings taken at trips to the doctor’s office. Remember to keep a record of the readings to take to the doctor for review.

Fainting can be caused by—

- ✿ a heart attack
- ✿ medications
- ✿ low blood sugar
- ✿ standing up quickly
- ✿ straining to have a bowel movement
- ✿ dehydration
- ✿ a change in blood pressure

If a fainting spell occurs:

1. Do not try to place the person in a sitting position. Instead, immediately lay him down flat.
2. Check the person’s airway, breathing, and pulse.
3. Turn the person on his side.
4. Elevate the legs.
5. Cover him with a blanket if the room or floor is cold.
6. Do not give fluids.
7. Call 911 if person is having difficulty breathing, or is not breathing or not responding to your voice and touch.

Source: *The Comfort of Home*

Christian Community Homecare:

Helping people remain in the safe, familiar surroundings of their own home.

“Followers of Christ, sharing God’s love and blessings” is the vision statement of St. Thomas/Holy Spirit Lutheran Church.

One of the pathways in achieving our vision is to share by administering to the needs of the greater community. The church is a place of love, acceptance and refuge. In exercise of our faith, if we can help an individual maintain independence in the familiarity and security of their own home, we are participating in a healing ministry.

“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



WHAT'S HAPPENING at SAJE

Lunch and Learn

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Thursday, September 11, 11 AM

Stories Through Scrap Quilting

When you think of quilting, you may not consider it's ability to impact the world. Join us as we welcome Mac Barnes, a Washington University student studying computer science and Textile Art to our September Lunch and Learn program. As an LBGtQIA+ artist, Mac use the emotions and storytelling capacity of quilt work to tell stories that are not being heard. A preview of Mac's work can be seen at <https://www.macbarnes.art>.

Thursday, October 9, 11 AM

The Revolutionary War Attack on St. Louis

The 1780 Battle for St. Louis explores the founding of St. Louis to the attack by British forces sixteen years later and the valiant effort of its inhabitants to defend their homes and preserve their freedom.

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



Newsletter Folding

St Thomas /Holy Spirit Lutheran Church

Wednesday, October 15, 2025, 10:00 AM

Our newsletters are mailed every other month.

Movie Matinee

St Thomas/Holy Spirit Lutheran Church

3980 South Lindbergh Blvd

Popcorn & beverages served

All movies start at 1 PM

Thursday, September 25

NONNAS 2025 1 hr 54 min PG Comedy

A grieving man finds the recipe for healing when he buys an Italian restaurant and hires four sassy seniors as the chefs. Based on a true story.

Starring Vince Vaughn, Susan Sarandon, Lorraine Bracco, Talia Shire, Brenda Vaccaro and Linda Cardellini

Thursday, October 23

The Six Triple Eight 2024 2 hr 9 min PG 13

Drama

During WWII, the only US Women's Army Corps unit of color stationed overseas takes on an impossible mission to sort and distribute an enormous backlog of undelivered mail, a task that significantly boosted the morale of American troops.

Starring Kerry Washington, Ebony Obsidian, and Milauna

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.

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 \$5.00 or
Silver Sneakers accepted with
Sherri Lucas

Zumba Gold 11:30 AM Fridays

\$5.00 with Sherri Lucas



A.Men Men's Group

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, **Sep 8 and Oct 13** - 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.

Thank You Volunteers!

We are SAJE Senior Ministry appreciate all that you do to help our mission to connect Seniors in Community—Body/Mind/Spirit.

Tech Problems

If you have questions about your phone, computer, tablet or other tech devices, let our new volunteer, Patty S. help you trouble shoot your technology problems. Call the office at **314 664 9700** to schedule a time to get together with Patty.

BINGO

Thursday, **September 25 & October 30** at **10 AM** at **Church of the Advent** 9373 Garber 63126 .

Socialize and win fun prizes.

Following the October BINGO, Church of the Advent is sponsoring a presentation on "How to Avoid Scary Scammers", in conjunction with the Better Business Bureau from 11 am to 1:45 pm with a free lunch.

Episcopal Church of the Advent,
9373 Garber Road, Crestwood MO
314-843-0123. Registration encouraged.

Share your SAJE Story

So far in the 15 years that SAJE has been around, I know for a fact that one marriage has come out of Lunch & Learn and two gals have become best friends on the Zumba floor.

I am in the process of collecting SAJE stories to share with our other members. This is the real ministry of what SAJE is all about. Please let me know if you have a story to share, or if you would like to write a paragraph or two about your SAJE experiences.





school with pencils and notebooks, but we experience the joy and nervousness nonetheless as we see grandchildren, the children of our neighbors, and even total strangers embark on the back to school journey. There is promise that comes in going back to something.

As we age, what we go back to changes. We may not be heading back to reading, writing, and arithmetic. Maybe we have had an injury and are going back to physical therapy. Maybe we have been traveling and now we are going back to our regular routine. Maybe we have grandchildren and are going back to childcare (even if it's just to help out). Maybe we have been away from our spiritual community and are being

drawn back to a place that loves and encourages us no matter what. In Psalm 133 we hear, "How good and pleasant it is when kindred live together in unity!" (vs. 1). The promise of coming back to community is a promise of strength and encouragement. It's a hope that as we come together we build something stronger. It is the promise of gifts found together, more precious even than a bouquet of newly sharpened pencils.

May you always find courage to return to something that has brought you love, encouragement, and strength.

—*The Rev. Dr. Jill V. Seagle*
St. Thomas/Holy Spirit
Lutheran Church

There's a wonderful line in *You've Got Mail* that Joe Fox (Tom Hanks) has written to Kathleen Kelly (Meg Ryan) on AOL Instant Messenger: "Don't you love New York in the fall? It makes me want to buy school supplies. I would send you a bouquet of newly sharpened pencils if I knew your name and address." There is something about the time of year when the dog days of summer give way to the bustle of back to school. We may not be sending our own children off to

Lunch Meet Up

Mike Duffy's Pub & Grill
September 22 at 1 PM.
124 W. Jefferson Ave
Kirkwood MO

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.

Card Making Class

Looking for a fun fall activity? Then join us for on **Wednesday, October 1 at 10 AM** to make a one of a kind Autumn-themed greeting card.

Our Card Making class will be lead by Sandy Hounsom. Sandy will guide you in releasing your creativity to make those special masterpieces. This class is limited to 20 people with a suggested fee of \$5, which covers the supplies needed to make 3 cards.

Please call the office at **314 664 9700** to make your reservation.





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Sappington, MO 63127

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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 Nov/Dec newsletter is Friday, Oct 3, 2025.