



314 664 9700
www.sajeseniorministry.org

GREAT NEWS!!!

A number of you were surprised and saddened when the Episcopal Church of the Advent withdrew from SAJE Senior Ministry. Well, guess what? **THEY'RE BACK!!!**

Advent will be represented on the SAJE Board of Directors by members Rebecca Phoenix and Bruce Stotler as well as Reverend Emily Hillquist-Davis. They welcome your questions and suggestions.

The other members of the board who also welcome your questions and suggestions are as follows:

St Thomas/Holy Spirit Lutheran Church

Reverend Jill Seagle, Dave Eshelman, Bonnie Butterfield

St Justin Martyr Catholic Church

Reverend Brian Hecktor, John Majewski, Mary Chubb

Ken Janovec, Treasurer

Liz Taylor, Administrator

May this renewed partnership be even stronger than before!

Dancing Through the Decades

Due to the overwhelming response, we will be extending the dancing class through April. We meet on Wednesdays at 2 PM at Thomas/Holy Spirit Lutheran Church, 3980 S. Lindbergh, 63127.

Come to all or as many as you like. It's a blast from the past. For more information call the office at **314 664 9700**.

ACTIVITY

CANCELLATIONS

We hate to admit it, but winter weather is still 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.





WHAT'S HAPPENING AT SAJE

Lunch and Learn

St Thomas/Holy Spirit Lutheran Church
3980 South Lindbergh Blvd 63127

Thursday, March 12, 11 AM

The Drive Study – Driving & Alzheimer's

This study looks at how early brain changes linked to Alzheimer's disease might affect driving in older adults. It focuses on people who are still mentally healthy but may have early, hidden signs of Alzheimer's in their brains—this stage is called preclinical Alzheimer's disease. The study aims to find out if every day driving patterns can help tell the difference between people with and without these early brain changes. Understanding this could help doctors and families plan ahead and create personalized driving safety plans that can be updated as a person's condition changes over time.

Thursday, April 9, 11 AM

Savoring Missouri

Award-winning writer, cookbook author, food historian Suzanne Corbett began her culinary career as a caterer and culinary instructor teaching international cuisines, baking, classic gourmet, and American cuisines with an emphasis on historic recipes and cooking techniques. This program offers a spin on subjects that relate to the people and food that contributed to Missouri's food history.

All presentations are at 11 AM, followed by the luncheon. Cost \$5.00.

BINGO

Thursday, **March 26 & April 30** at 10 AM
at Church of the Advent, 9373 Garber Rd,
63126 Socialize and win fun prizes.

Movie Matinee

St Thomas/Holy Spirit Lutheran Church
3980 South Lindbergh Blvd
Popcorn & beverages served

All movies start at 1 PM

It's Academy Award Nominations time so we're picking some movies that have nominations.

March 26 - *Blue Moon* 2025 R 1 hr 40 min

Comedy, Drama, Historical, Romance

On the evening of March 31, 1943, legendary lyricist Lorenz Hart confronts his shattered self-confidence in Sardi's bar as his former collaborator Richard Rodgers celebrates the opening night of his ground-breaking hit musical "Oklahoma".

Academy Awards nominations: Best Actor in a Leading Role Ethan Hawke, Best Writing.

Starring Ethan Hawke, Margaret Qualley, Andrew Scott and Bobby Cannavale

April 23 - *Train Dreams* 2025 PG13

1 hr 43 min Drama

This is the moving portrait of Robert Grainier whose life unfolds during an era of unprecedented change in early 20th century America. Orphaned at a young age, Robert grows into adulthood among the towering forests of the Pacific Northwest, where he helps expand the nation's railroad empire alongside men as unforgettable as the landscapes they inhabit. When his life takes an unexpected turn, Robert finds beauty, brutality and newfound meaning for the forests and trees he has felled.

Golden Globe-nominee Joel Edgerton

Academy Awards nominations: Best Picture, Best Writing, Best Cinematography and Best Original Song "Train Dreams"

Starring Joel Edgerton, Clifton Collins, Jr., Felicity Jones, and more.

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 11:30 AM Fridays
\$5.00 with Sherri Lucas

Zumba Gold 10:30 AM Fridays \$5.00 or
Silver Sneakers



AMen Men's Group

New Start Time: 10 AM

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, **Mar 9 and Apr 13** - 10 AM at St. Thomas/Holy Spirit Lutheran Church, 3980 S. Lindbergh Blvd, Room 101. See you there. For more info 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.

*“Even in the bleakest winter,
there is always light.”*

Area Activities

Fish Fry at St Justin Martyr Friday, March 6, 4:30-7:30

Consider this your o-fish-ial invitation! We hope you'll join us for shrimply irresistible food and reel fun! Our seaworthy sides will have you exclaiming holy carp! Questions? Stop being koi about it and let minnow at sjmfishfry@gmail.com Cod this be any punnier? Sea you soon!

“I Will Live Until I Dies,” an exciting new musical based on the life of servant of God, Sr. Thea Bowman at COCA, in University City, **March 5th-8th, 2026.**

Show times: Thurs, Fri, Sat. 7pm and matinees on Sat 1pm and Sun 3pm.

General admission \$25,

Groups of 5 or more \$20.

To buy tickets visit the production

website: www.gkce.org/theabowman

Lunch Meet Up

54th Street Scratch Grill & Bar

5310 S Lindbergh Blvd, St Louis, MO 63126

March 16 @ 1 PM

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.

Newsletter Folding

St Thomas /Holy Spirit Lutheran Church
Wednesday, April 15, 2026, 10:00 AM. Our newsletters are mailed every other month.



Helpful Hints

Did you ever want to see what's coming in your mailbox before the mailman arrives? USPS has a "FREE" daily online service that shows you a picture of mail that's expected that day. It's quite useful in that it lets you know what's coming, via USPS, and gives a heads up if something is missing if it does not arrive.

Informed Delivery is a free service from USPS that shows you preview images of incoming mail, as well as status updates about your incoming and outbound packages. You can see those notifications in a morning Daily Digest email, or at any time via the dashboard from your phone, computer, or the Informed Delivery Mobile app.

Informed Delivery also has other features that make tracking and receiving your packages easier and more convenient.

The daily informed delivery message is available via email or through the USPS app. Signup is through the www.USPS.com website.

Do you want to get a break on your *St Louis County Real Estate Tax*???

The following information pertains to St Louis County.

If you're 62 or older you might qualify. You must be 62 as of December 31 of the tax year you are applying. Example if you are applying for 2026 tax year, you must be 62 by December 31, 2026.

Applying

The first time you want to receive the senior tax freeze you must apply. During the application process you must present documents showing identity, property possession (deed), and proof of residence. Upon satisfactory completion, review, and approval your status will be used to discount your real estate tax bill. The discount will be automatically applied to your account and shown on your tax bill to your mortgage company, or in the mail on your bill, or on the St Louis County website (www.stlcountymo.gov).

You can apply online, but be prepared to digitize and upload your documents, and you must create an online account. Your other two options for applying are mailing in your documents or applying in person.

Please note: Your tax freeze property must be your primary residence

Renewals

Each year you must renew your application to receive the tax credit. Good news– the process is very easy. You can log onto the website and with your property tax id (aka Parcel Identification (Locator) number, you can reconfirm (yes/no) the previously provided information and complete the registration process.

The 2026 Senior Tax Freeze deadline is June 30, 2026.

A ministry of St. Thomas/Holy Spirit Lutheran Church
CHRISTIAN COMMUNITY HOMECARE 314-843-9673

Vision Loss in Aging

The U.S. Centers for Disease Control and Prevention (CDC) defines visual impairment as the condition when “a person's eyesight cannot be corrected to a 'normal' level.” While vision loss can occur at any age, it occurs most often among seniors. A diagnosis of vision can cause shock, grief, anger, anxiety and depression. These feelings may be temporary or last for years. Loss of vision means losing the ability to drive, which is the loss of independence.

Over time, most people with vision loss become more confident about living with reduced sight. This confidence will increase if they participate in rehabilitation training. They will begin to trust their new skills and feel better about the future.

Diabetes and Your Eyes

Diabetic retinopathy is also one of the most preventable causes of vision loss and blindness. Early detection and treatment can prevent or delay blindness due to diabetic retinopathy in 90% of people with diabetes, but 50% or more of them don't get their eyes examined or are diagnosed too late for effective treatment.

People with diabetes are also at higher risk for other eye diseases, including glaucoma and cataracts. If you have diabetes, an eye exam every year is necessary to protect and preserve your eyesight and eye health.

Safety Tip – Avoid Mistaken Identity

Keep cleaning supplies separate from food storage areas. Use markers to print large labels for everyday items such as cleaning or cooking supplies.

Common Eye Conditions in Seniors

Macular Degeneration – The most common cause of severe, irreversible vision loss. This disease is characterized by vision loss in the center of eye; blurred vision; straight lines looking wavy; needing more light to see. It can affect either one or both eyes.
Glaucoma – The leading cause of blindness in the United States. It is characterized by gradual loss of peripheral (side) vision; difficulty driving at night; loss of contrast. It is important to get treatment for early symptoms to prevent total blindness.

Cataracts – Causes clouding of the normally clear lens of the eye. It is the leading cause of vision loss in the U.S. Its symptoms are hazy vision; difficulty driving at night; double vision; trouble distinguishing colors; sensitivity to glare. It typically develops gradually. Through surgery, cataracts can be removed and the lens of the eye replaced by a plastic lens.

Diabetic Retinopathy – Typically occurs in people with advanced diabetes and high blood sugar levels. It is caused by leaking blood vessels. Its symptoms are blurred or changing vision; difficulty reading; floaters that affect either central or peripheral vision. Estimates are that 25 percent of people with diabetes have some diabetic retinopathy, but few people develop severe vision problems. There are often no symptoms in the early stages, so people with advanced diabetes should have regular vision exams. The best prevention is maintaining stable blood sugar levels.

Source: National Eye Institute; American Academy of Ophthalmology; WebMD.com



3980 South Lindbergh Blvd
Sappington, MO 63127

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

March/April 2026 Newsletter

SAJE Senior Ministry

General Questions

Contact the office at 314 664-9700

office@sajeseniorministry.org

www.sajeseniorministry.org

Member Supporting Organizations

St Thomas/Holy Spirit Lutheran Church

3980 S. Lindbergh Blvd
Sappington, Mo 63127
314 843 6577
sthschurchstl.com

Episcopal Church of the Advent

9373 Garber Rd
Sappington, MO 63126
(314) 843-0123
advent-episcopal.org

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

Submission deadline for the May/June newsletter is Friday, April 3, 2026.