



314 664 9700
www.sajeseniorministry.org

Home Safety-Bedroom

Good lighting makes a room cheerful, makes getting around easier and reduces the risk of falls and medication errors. If the room doesn't get much natural daylight, install sturdy floor lamps (position them in a corner where they won't be knocked over), wall-mounted lamps or lamps that attach firmly to the bed frame. Avoid table lamps that can tip over, break and cause fires. Most light bulbs get hot, so use light fixtures that shield the bulb from fingers. Nightlights in the bedroom, in the hallway just outside the bedroom, and in the nearest bathroom are also important. For daytime naps, use light-blocking blinds. Keep blind cords looped up or knotted to avoid tripping hazards.

Keep heaters clean and clear of furnishings, drapes and bedding. Sleep is enhanced when the room is slightly cooler (about 65° F). Fresh air is important. Crack open windows in nice weather and air the room frequently. A bedside table should be sturdy, large enough to accommodate whatever you need, and at a comfortable height and distance from the bed. Always keep a flashlight within easy reach. To avoid insomnia, the bed should only be used for sleeping, not eating, working or watching TV. The mattress should be firm, a comfortable height—about 22" is good—and placed securely against a wall. If the bed has wheels, lock them. If blocks are used to raise the height, make sure they are secure. Bed guard rails may be helpful when getting in and out of bed. Consult with a physical therapist about the best way to use them—if at all. A bed cane may be a safer alternative; it has a wooden base that fits between the mattress and box spring and a grab bar above.

Also consider adding—

- A fish tank, to provide entertainment and relaxation
- A bulletin board with pictures of family and friends hung where it can be easily seen
- A calendar and an easy-to-read alarm.

Do You Want to Dance?

An often-forgotten festival happens on May 1, called May Day or Maypole Day. Its origin is unknown, dating back possibly to Roman times, but it has been observed throughout Europe during Medieval times. Today the tradition is still followed in parts of Europe and European communities in the Americas.

What makes May Day special is that it is a day of joy. Maypoles are brightly painted, and ribbons of many colors are attached to the pole, which glisten in the Springtime sun. And above all, there is dancing around the Maypole by adults and children alike.

In times when the world seems to be spinning out of control, we need a May Day. We need a time to pause and view the beauty that is all around us. We need Maypole Day to just have fun, to enjoy the blessings we experience, and then to dance like children, laughing, giggling, and singing.

This May Day set the child within you free. Go ahead, dance a little, smile more, share your joy with others. It might be contagious!
 Happy May Day, every day.



WHAT'S HAPPENING AT SAJE

Lunch and Learn

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

Thursday, May 14, 11 AM

Dr. Maureen Dempsey & Your Health

Dr. Dempsey is a St. Louis native who completed her premed studies at St. Louis University. She earned her medical degree from the University of Missouri-Columbia School of Medicine and completed her residency in pediatrics and a fellowship in neonatal medicine at the University of Missouri-Columbia Health Sciences Center.

She is a board-certified Pediatrician who holds a master's degree in healthcare administration and is an executive and wellness coach. Dr. Dempsey has over 30 years' experience in primary care and as a chief executive in state governmental public health and in Medicaid, Medicare and commercial health plans.

Thursday, June 11, 11 AM

Cremation

Have you ever wondered what cremation is and what happens to a body when it is cremated? Join us as we welcome Jennifer Limbert from St Louis Cremation as she shares the facts about cremation, what the process entails and what happens to your remains. Time will be allotted for Jennifer to answer all your questions.

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



Movie Matinee

St Thomas/Holy Spirit Lutheran Church
3980 South Lindbergh Blvd
Popcorn & beverages served
All movies start at 1 PM

May 28- *Secretariat*

2010 2 hr 2 min Drama Historical

Behind every legend lies an impossible dream. Witness the spectacular journey of an incredible horse named Secretariat and the moving story of his unlikely owner, a housewife who risked everything to make him a champion.

Starring Diane Lane, John Malkovich, Dylan Walsh and many more.

June 25 - *Senior Moment*

2021 1 hr 32 min Comedy Drama

After drag racing his vintage convertible around Palm Springs, a retired NASA test pilot loses his license. Forced to take public transportation, he meets Caroline and learns to navigate love and life again.

Starring William Shatner, Christopher Lloyd and Jean Smart



BINGO

Thursday, **May 28 & June 25** at 10 AM
at Church of the Advent, 9373 Garber Rd, 63126
Socialize and win fun prizes.

**Happy May Day, Mothers' Day,
Fathers' Day, First Day of Summer
and all the Events in May & June.**

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

Newsletter Folding

St Thomas /Holy Spirit Lutheran Church
Wednesday, June 24, 2026, 10:00 AM. Our
newsletters are mailed every other month.

Tai Chi is back!!!!

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 **May 6 at 2 PM** at: St. Thomas Holy Spirit Lutheran Church's Social Hall on the lower level. Wear comfortable clothes. The class is a good-will offering, with a suggested donation of \$5 per class.

Call the office at 314 664 9700 for more information.



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, **May 11 and June 8** - 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.

Lunch Meet Up

Three Kings Public House

40 Ronnies Plaza, St Louis, MO 63126

Monday, June 1 @ 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.

Area Activities

Trivia Night (70's 80's 90's)

Church of the Advent

9373 Garber Rd, 63126

Saturday, May 30

Doors open 5pm, Trivia begins 6pm

5:00 – 9:30pm

Call **314 843 0123** for more details.

Helpful Hints

2025 Storm Damage Missouri Tax Credit

Did you have storm damage in 2025? The state of Missouri will give you a tax credit for the amount of deductible up to \$5000, that you paid to your insurance company.

You can file form #5926 by October 15, 2026, to take advantage of this. The credit can be applied for 29 years until you use it up.

Go to dor.mo.gov/forms/5926.pdf for the form and requirements.

The phone number is 573 751-3220 and they will guide you through the process. Several acquaintances have filed this and got a credit for 2025 taxes, with more money to apply to next year's taxes.

Refreshing your cell phone

Did you ever find your cell phone acting a little wonkie?? Today, many people are using their cell phones as their main source of computing – using it as a computer. Even though you may charge your phone on a regular basis, your phone needs a little “TLC”. Which means – a simple two-step process – closing all open apps and powering your phone off and turn it back on.

Closing an app means – showing all open apps and swiping up (android and iphone). For a full explanation try googling “closing apps”. Just these two simple steps every few days can help your cell phone performance and allow your phone to refresh itself.

Needing 911?

Few people can imagine needing 911, but in a time of health crisis or accident we all may need 911. In these cases, either the police or fire department may need to come to your address and get into your house. If you are unable to answer the door you may want to prepare long before they arrive so they don't need to strong arm your door or window.

Here are a few options for the police or fire department to use in the case of an emergency.

Before of an emergency -Call your police non-emergency number (not 911) and do one of the following -

- Alert the police with instructions for your home where they can find a key.
- Install a keyless (keypad) locking system (takes the place of a traditional key)
- and give the code to the police
- Provide other instructions on how they can gain access to your home.
- Neighbor/family?

By performing this task, you'll be prepared for any unexpected 911 event.



3980 South Lindbergh Blvd
Sappington, MO 63127

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May/June 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 July/August newsletter is Friday, June 5, 2026.



SAJE Senior Ministry

GAME DAY

Free

Join us for a day full of fun,
laughter, and friendship!
Snacks will be provided

MAY 17 - 1:00 PM

St. Thomas Lutheran Church
3980 S. Lindbergh Blvd 63127

For more information:

314 664 9700

office@sajeseniorministry.org

