



314 664 9700
www.sajeseniorministry.org

Alzheimer's & Dehydration

People with Alzheimer's are more likely to experience dehydration. They often forget to drink, have difficulty swallowing, or may not be able to express their needs. Some may avoid taking fluids if they are incontinent. Dehydration is a major reason why many adults suffering from dementia are treated in the emergency room.

One way to help prevent dehydration in all seniors is to use a buddy system. Have a relative, friend or neighbor check on them at least twice a day during a heat wave. Make sure they are able to take enough fluids and are able to stay in a cool place. Watch out for signs of heat exhaustion.

**Christian
 Community
 Homecare**
 314-843-9673

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

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; or, if the humidity is low, 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 emergency medical personnel are delayed, call the ER for further instructions.

If he is conscious and able to swallow, give cool water or nonalcoholic, decaffeinated beverages.

Source: American Heart Association; Department of Health and Human Services; Caregiving in the Comfort of Home

Safety Tips – Stay Hydrated, Stay Safe

While being properly hydrated is always important, in summer heat it can be *lifesaving*. Our natural sense of thirst diminishes with age so it is important to drink water “by the clock,” as you would schedule crucial medications. This allows better absorption of nutrients from foods as well as medications and reduces the risk of dehydration. Dehydration, especially in the elderly, can increase confusion and muscle weakness and cause nausea. Nausea, in turn, will prevent the person from wanting to eat, thereby causing more dehydration.

Prevent dehydration by:

- encouraging the intake of 6–8 cups of liquid every day (or an amount determined by the doctor)
- serving beverages at room temperature
- providing foods with high water content (watermelon, soups)
- avoiding caffeine and alcohol, which cause frequent urination and dehydration

Source: NIH News In Health, Department of Health and Human Services; CDC

Lunch and Learn

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

Thursday, July 9, 11 AM

Dr. Beth Templin

Do you want to stay strong, independent, and full of life as you age—But no one gave you a roadmap.

Instead, you've been told to slow down, accept decline, and "act your age." The problem is that advice keeps people stuck, frustrated, and dependent.

It doesn't have to be that way.

Dr. Beth Templin, a nationally recognized aging expert and founder of HouseFit Physical Therapy & Fitness, shares the real story about aging. Backed by science and decades of clinical experience, Dr. Beth reveals how movement is medicine for the aging body and brain—and how staying active can help you live with more independence, joy, and purpose.

Thursday, August 13, 11 AM

Butterflies of Missouri

Butterflies go wherever they please and please wherever they go. They are messengers of nature, not only adding brilliance to their surroundings but also pollinating flowers and revealing the healthiness of our communities. The role of butterflies is important in our natural world. Their sheer numbers supply a vast food source for predators, and they are significant plant pollinators. Join us as we learn more about these native beauties.



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



July 23

Song Sung Blue

2025 Drama, Historical 2 hr 14 min

Based on a true story, Mike and Claire are two down-on-their-luck musicians who prove that it's never too late to find love and follow your dreams. They form a Neil Diamond tribute band called Lightning and Thunder, rising from dive bar gigs to unexpected hometown stardom. When tragedy strikes, their love and passion give them the strength to overcome hardships and inspire everyone around them. Starring Hugh Jackman, Kate Hudson & Michael Imperioli

August 27

Julie & Julia

2009 Drama, Comedy 1 hr 58 min

Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book. Meryl Streep is wonderful as Julia Child!

Starring Amy Adams, Meryl Streep & Chris Messina

BINGO

Thursday, **July 30 & August 27** at 10 AM at The Church of the Advent, 9373 Garber Rd, 63126
Socialize and win fun prizes.

Help With Electronics

Did you know that we have someone that can help with your phone, tablet or computer? If you are having issues with your electronics, call the office at **314 664 9700** and we will put you in touch with someone who can help you sort out your problems

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, Aug 19, 2026, 10:00 AM. Our
newsletters are mailed every other month.

“Just for Fun” Days

July 11: International Town Criers Day

July 17: National Hot Dog Day

July 22: Spooner's Day

July 23: National Day of the Cowboy

July 27: Take Your Houseplants for a
Walk Day

July 30: National Cheesecake Day

Aug. 1–7: International Clown Week

Aug. 3: National Watermelon Day

Aug. 8: National Sneak Some Zucchini onto
Your Neighbor's Porch Day

Aug. 10: National S'mores Day

Aug 12: Vinyl Record Day

Aug. 13: International Left-Handers Day

Aug. 20: International Geocaching Day

Aug. 20: World Honeybee Day

Aug. 25: Kiss-and-Make-Up Day

Aug. 31: National Trail Mix Day



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, **July 13 and August 10** - 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

Bandana's Bar-B-Q Sunset Hills

11750 Gravois Rd, St Louis, MO 63127

Monday, July 20 @ 1 PM

This is a time to socialize and catch up with
other SAJE members. Transportation and
lunch is on your own. As a courtesy to the
restaurant, we will be making reservations.
Please call the office at 314 664 9700 to re-
serve your spot.

Area Activities

Knights of Columbus Pancake Breakfast

St Justin Martyr Catholic Church

Sunday August 23 Please join the Knights in
the Parish Hall. Allow them to cook for you,
do the dishes as well as take care of the
trash. Pancakes will be served from 8:00 am
until...



3980 South Lindbergh Blvd
Sappington, MO 63127

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July/August 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 September/October newsletter is Friday, August 7, 2026.