



314 664 9700
www.sajeseniorministry.org

A LABOR OF LOVE

Eighty-eight year-old Tom Glaser (Glass-er) is no kick-back retiree. Raised in the Ohio Valley, Tom arrived in St. Louis at the age of 21 and newly married to Marjorie to begin a career in sales with Wetterau Foods. The father of three daughters and two sons, Tom says his large family moved twenty-one times in twenty-four years! Each time was to accept increasingly better employment opportunities before returning to St. Louis with United Food and Produce until retirement. Tom has made South County his home now for forty-eight years.



Sadly, Tom's wife Marjorie passed away thirteen years ago from the effects of dementia. It was this event that set him in motion. During the five years prior to Marjorie's death, Tom was her primary caregiver during which he experienced the isolation and frustration that comes when unaware of the numerous resources available to help him as caregiver. Following Marjorie's death, Tom became an avid advocate for getting information about these resources to caregivers when they need it-not after the fact.

Upon getting the go-ahead from Father Norb Ernst, pastor at St. Margaret Mary Alacoque at the time, Tom organized his first resource fair for caregivers of patients with memory loss. From humble beginnings the Aging My Way Health and Caregivers Resource Fair has grown each year, with the assistance of Tom's second wife Sandy, to include more resource people and more and more caregivers.

This year the Aging My Way Health and Caregivers Resource Fair will move to a larger and more accessible venue:

**Concord Trinity
 United Methodist Church
 Fellowship Hall**

**5275 South Lindbergh Blvd
 Tuesday, September 22, 2026,
 9-12 AM.**

Expect to access representatives from Memory Care Home Solutions, Mercy (flu and COVID shots), Dolan Memory Care Homes, Visiting Angels, daycare providers, hospice providers, sources for home care respite, St. Louis County Library, first responders and more.

Take home packets of information and "swag" bags will be available. No fee to attend. All this is the result of Tom's big heart, unbounding energy, and desire to help others.



Lunch and Learn

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

Thursday, September 10, 11 AM
Katelyn Riney from TeleHope

Provident's TeleHope Line offers emotional and resource support to older adults and those caring for others. The TeleHope line is available for older adults and caregivers to call trained mental health providers to seek help for themselves or for their loved one. Join us as Katelyn Riney from Provident Health shares with us the services that TeleHope provides. A caring voice is just a phone call away.

Thursday, October 8, 11 AM
"Dad is a Collector... Now What Do I Do with All This Stuff?"

Many of us have collected meaningful—and sometimes valuable—items over the years. This presentation offers practical guidance on helping family or friends understand what to do with treasured possessions they may not wish to keep.

Presenter:
Dr. Tom Eysell – retired UMSL finance professor and former department chair, and an avid collector.

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

BINGO

Thursday,
Sept 24 & Oct 29
at 10 AM at:
The 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



September 24
Looking Through Water
2025 Drama Heartwarming 1 hr 47 min PG-13+

William McKay is called by his estranged father to compete in a father-son fishing tournament that re-opens old wounds and sparks new understanding. Decades later William recalls that pivotal trip as he tries to connect with his angry distant grandson.

Starring: Michael Douglas, Michael Stahl-David, David Morse, Cameron Douglas

October 22
Remarkably Bright Creatures
2026 Drama 1 hr 53 min PG-13

While working nights at a small-town aquarium, a widow bonds with a clever octopus and an adrift young man in this moving drama based on the bestseller.

Starring: Sally Field, Lewis Pullman and Alfred Molina

Lunch Meet Up

Mike Duffy's Pub & Grill Kirkwood
124 W Jefferson, 63122

Monday, October 5 @ 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 reserve your spot.

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, Oct 21, 2026, 10:00 AM. Our
newsletters are mailed every other month.



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, **Aug 31 and Oct 12** - 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.

Game Day

Sunday, October 18

1-4 PM



Join us for a fun filled afternoon of games, puzzle making, and entertainment. Table games like dominoes, checkers, chess, Monopoly, Mah Jong, Scrabble and others will be provided. Or bring your own favorite game! Call a friend or two to join you and have a great time. Grandchildren are welcome!

Location: St Thomas/Holy Spirit Lutheran Church, 3980 Lindbergh Blvd 63127

Drinks & refreshments will be provided.
Call 314 664 9700 for more information.



3980 South Lindbergh Blvd
Sappington, MO 63127

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

September/October 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

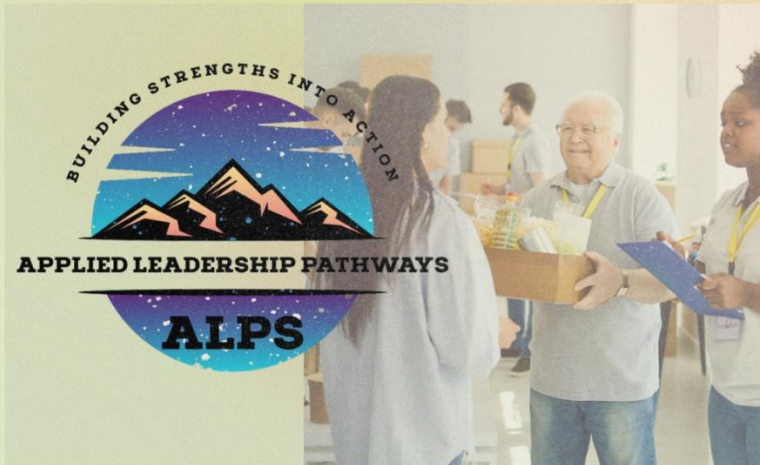
Contact Chris at
(314) 843-9673
chris@christiancommunityhomecare.org

Submission deadline for the November/December newsletter is Friday, October 9, 2026.

Visit our table at the ALPS

Nonprofit Fair

September 24th
5:30PM - 7PM



Location: 3980 S Lindbergh Blvd
Sappington, MO 63127 kplmo.org/events

Advent Women's Group Clothing and Tailgate Sale

The Advent Women's Group will be collecting clothes and household goods each Saturday in September for their annual tailgate sale on **Sept 26**.

Now is a good time to go through your closets and donate those items that you no longer need. Just pull up to the front of the church (9373 Garber Road, Crestwood, MO) in the circle drive and they will unload your car for you on the following Saturdays: September 6, 13, 20 & 27 from 9:00AM to Noon.

Dancing Through the Decades

Step into our time machine as we dance our way through hits of the 20's, 30's, 40's through today! This is a chair-based class; fully adaptable for a variety of fitness levels. However, if the music moves you, you can always get up on the dance floor and boogie away.

Dancing Through the Decades exercise class will be held at St Thomas Lutheran Church, 3980 S. Lindbergh, 63127.

The class runs 8 weeks, starting **Sept 30, 2026 at 10 AM**. Come to all or as many as you like. Best of all it's FREE. For more information call the office at 314 664 9700.



American Sign Language Club

An ASL club is starting at Advent Episcopal Church on the first Thursday of each month starting September 3. For more information go to office@advent-episcopal.org.

SAJE Senior Ministry Day Trip

Kaplan Feldman Holocaust Museum

September 28

Join us for a meaningful day of learning and reflection with a private, guided museum experience and time to explore independently.

Depart from St Thomas/Holy Spirit Lutheran Church (lower level) at **9:30 AM**
3980 S. Lindbergh Blvd, St Louis MO 63127

Museum tour, then lunch at *The Shack Breakfast and Lunch* - Frontenac (on your own)

Return to St Thomas **2:30 PM**

Cost: **\$20** Check or cash

Make paid reservations to: SAJE Senior Ministry, 3980 S. Lindbergh Blvd, St Louis MO 63127
For more information, call the office: **314-664-9700**.

Did You Know?

If you need assistance moving your trash or yard waste containers to the curb, please contact your service provider to ask about their accessibility services.

Additionally, if you have a street mailbox and require mail delivered directly to your front door, arrangements can be made through the Postal Service.

Please note that a doctor's note may be required to qualify.

Take Care of Your Vision

- Vision problems may affect brain health
- Poor vision may limit activity
- Many issues can be treated

Get regular eye exams

Protect Your Hearing

- Hearing loss is linked to memory decline
- It may lead to social withdrawal
- Treatment can help

Check your hearing



An outreach program of St. Thomas Holy Spirit Lutheran Church

In response to the growing need for in-home assistance, our church family developed an outreach program called Christian Community Homecare. We are dedicated to providing services that help individuals maintain independence, wrapped in God's love.

We provide non-medical care with love and compassion. Our Caregivers are selected not only from our congregation but from our community as well. Each caregiver is carefully screened, insured, and bonded through the church.

We offer companionship, light housekeeping, meal preparation, bathing assistance, medicine reminders, transportation and a variety of other tasks that help our clients stay in their own environment. Our fee is \$30 per hour (4 hour minimum).

The church is a place of love, acceptance and ministry. We strive to serve the Lord by putting into action the words of Christ,

"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.

314-843-9673

Christine Lewis, Director

3980 S. Lindbergh Blvd.

St. Louis, MO 63127

Website: www.christiancommunityhomecare.org

E-mail: chris@christiancommunityhomecare.org



Senior, Family, and Caregiver

AGING MY WAY

HEALTH AND RESOURCE FAIR



Presented by

Concord Trinity UMC

SAJE Senior Ministry

Dolan Memory Care

Memory Care Home Solutions

Transition for Senior Living

Mercy Home Health

Over 60 booths of senior, family and caregiver resources.

Memory care issues * Aging in place * Living options such as retirement, assisted living, and long-term care communities * Home health care * Other services

Drawings for four \$25 gift cards. Free donuts, coffee and giveaways!

Flu Shots will be available from Mercy Health.

If you are a senior or a caregiver you don't want to miss this event!

Tuesday, September 22 9AM - 11:30

Concord Trinity United Methodist Church
5275 S Lindbergh Blvd, St Louis, MO 63126

For more information contact: Tom Glaser at 314 487 0003

