



# SAJE Ministry Senior News



Volume 1, Issue 6

November/December, 2011

## HELP WITH HEATING BILLS

The Missouri Low Income Home Energy Assistance Program (LIHEAP) is designed to help pay heating bills for those Missourians in need of assistance now through the month of March. If the head of household and/or spouse are over 60 and/or disabled, the application can be sent beginning October 1, 2011.



Eligibility for benefits under this program is limited to households who: are responsible for paying home heating costs; are U.S. citizens; do not have available resources in excess of \$3,000; and meet specific income guidelines that vary according to household size. For one person, monthly income cannot be greater than \$1,218. For a household size of two, the monthly income limit is \$1,639. Please call Greg Payne at 314-664-9700 for an application.

## COME TO FINE ARTS SHOW, SENIOR LIVING OPTIONS

SAJE Senior Ministry invites you to attend its first Senior Living Options Fair and Fine Arts Show on **Saturday, November 19**, from 9:00 am to 12:00 pm (Senior Living) and to 5:00 pm (Fine Arts Show). The event will be held at the Sunset Hills Community Center, 3915 S. Lindbergh Blvd.

This fair features service providers such as pharmacies, in-home care services, senior housing and more. Vendors will be there to explain their services and answer questions. In addition, there will be an opportunity to view and purchase the work of local artists. Bring a friend and enjoy a Saturday outing!

For more information about this free event, please contact Greg Payne at 314-664-9700.

## MEMBER SPOTLIGHT: PHYLLIS DAHLEM

*In this edition, we begin a new feature, spotlighting one of our dedicated ministry volunteers.*

Phyllis has been working with SAJE Senior Ministry since its inception in January 2011. She was inspired to volunteer for SAJE by her belief that as a volunteer, you get more out of it than you put into it. She also loved the idea of a ministry that was deeply committed to working for seniors, with seniors, and was ecumenical—it didn't matter what church someone went to or even if he or she attended one, SAJE Senior Ministry was here to help in any way possible.



As a SAJE lay council member, Phyllis provides an invaluable senior point-of-view for the direction the ministry wants to go. Additionally, she *(Continued on page 3)*

## MEDICARE OPEN ENROLLMENT THROUGH DEC. 7TH

*This message is brought to you by the U.S. Department of Health & Human Services.*

Your health needs change from year to year. And, your health plan may change the benefits and costs each year too. That's why it's important to evaluate your Medicare choices every year. Open Enrollment (now through December 7th) is the one time of year when ALL people with Medicare can see what new benefits Medicare has to offer and make changes to their coverage. There are several ways to ensure people get the information to help in deciding what kind of coverage works best, including:

- ◆ Call Nicole Edwards, SGSM Network's Health and Transportation VISTA, at 314-664-9700 to help you with a review.
- ◆ Visit [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan) to compare your current coverage with all of the options that are available in your area, and enroll in a new plan if you decide to make a change.
- ◆ Call 1-800-MEDICARE (1-800-633-4227) 24-hours a day/7 days a week to find out more about your coverage options. TTY users should call 1-877-486-2048.
- ◆ Review the Medicare & You 2012 handbook. It is mailed to people with Medicare in September.
- ◆ Get one-on-one help from your State Health Insurance Assistance Program (SHIP). Missouri SHIP is called CLAIM (Community Leaders Assisting the Insured of Missouri) and can be reached at 1-800-390-3330.

## EYE EXAMS IN YOUR HOME

Vision changes happen throughout our lifetime. Health problems affecting other parts of your body can affect your vision as well. Diabetes, hypertension (high blood pressure), or certain medications can have eye-related side effects, and have the potential to cause vision problems.

Annual eye examinations are the best way to prevent these changes. Dr. Kim Folwarski offers comprehensive eye examinations in the comfort of your own home. To schedule your appointment, please call House Call Doctors at (314) 727-2226. Medicare Part B will be billed for services.



## ENJOY CHRISTMAS EVENTS

It is almost that time of year again, and SAJE Senior Ministry has Christmas events for you to keep in mind. Join us for a special free Christmas performance at **Notre Dame High School** (320 E Ripa Ave) on **December 4, 2011** beginning at 7:00 pm. We will be meeting at the school to watch the student performance, and then will enjoy a nice reception with Christmas cookies. Please arrive at the school by 6:30 pm for seating. RSVP by December 2<sup>nd</sup> to Greg Payne at 314-664-9700.

Also, be on the look out for more information about a bus tour through one of the famous holiday-lit parks in St. Louis. We will first meet at a restaurant to enjoy dinner and then board a private bus to tour the holiday lights. For more information, please contact Greg Payne at 314-664-9700.

## UPCOMING EVENTS

**CHAIR EXERCISES** 9:30 am, St. Elizabeth of Hungary Cafeteria (Mon), Advent Episcopal (Thurs)

**ZUMBA GOLD** 11:30 am, St. Elizabeth of Hungary Gym (Tues & Fri), 2:00 pm Advent Episcopal (Thurs)

**LUNCH & LEARN** 10:45 am, every 2nd Thursday, Advent Episcopal

**TABLE GAMES & CARDS** 10:45 am, every 3rd Thursday, Advent Episcopal

*St. Elizabeth is located at 1414 So. Sappington Road and Advent Episcopal is located at 9373 Garber Road.*

## SPOTLIGHT—(Continued from Cover)

volunteers for SAJE's newsletter mailings. Phyllis loves the socialization aspect of these mailings, and knowing that she is helping to reach seniors that need the services SAJE provides.

This year, she was honored with the "Catholic Woman of the Year" award for Evangelism from the St. Louis Archdiocese. This award goes to women who enrich the body of Christ through word, deed and prayer. She feels this sentiment aligns with the mission of SAJE—as a SAJE volunteer, she expresses God's love for anybody and everybody.

Outside of volunteering, Phyllis centers her life on her family first, spending as much time as possible with her four children, nine grandchildren, and nine great-grandchildren. She also loves playing bridge, spending time with friends over dinner or watching movies, doing puzzles, exercising and working with St. Justin's leisure club and lecturing. We thank you, Phyllis, for your dedication and time to our ministry!

## HEALTH CORNER

### WHEN SOMEONE YOU KNOW HAS CANCER

How do you help when someone you know has been diagnosed with cancer? What should you say or do? The following advice from the *American Cancer Society* may help:

- ◆ **Speak from the heart.** Simply showing interest or concern is fine; the main point is to be sincere. "I'm not sure what to say, but I want you to know I care" is a perfectly appropriate sentiment. Other examples: "I'm sorry to hear you're going through this," "I'll keep you in my thoughts" or simply "How are you holding up?"
- ◆ **Say something nice.** When the person is looking good, say so. On the flip side, don't point out the person's obvious signs of fatigue or weight loss. Cancer is a hard disease to fight, and patients have good days and bad.
- ◆ **Don't advise.** Cancer can be unpredictable. Avoid telling the person you know how he or she feels. When encouraging optimism, be sensitive to hardships so you don't discount the person's own fears and sad feelings, which are perfectly natural.

Research shows that people with strong social networks handle major illnesses better. Reach out if someone you know has cancer. It's the healthy thing to do.

### PUMPKIN SEEDS: YOU CAN EAT THEM

Pumpkin seeds are not only tasty, they're nutritious. Per ounce, they contain 12 grams of healthy fat and nearly a day's supply of vitamin E, as well as thiamin, folate, magnesium, iron and zinc. Be sure to rinse and dry the seeds before toasting.



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**RETURN SERVICE REQUESTED**

## **THE LORD IS MY SHEPHERD**

I shall not want. He makes me lie down in green pastures; He leads me beside still waters; He restores my soul. He leads me in right paths for His name's sake.

Even though I walk through the darkest valley I fear no evil, for you are with me; your rod and your staff—they comfort me.

You prepare a table before me in the presence of my enemies, You anoint my head with oil, my cup overflows.

Surely goodness and mercy shall follow me all the days of my life; and I shall dwell in the house of the Lord my whole life long.

~ Psalm 23

## **A BIT OF HUMOR**

**A** Sunday School teacher decided to have her young class memorize one of the most quoted passages in the Bible, Psalm 23. She gave the youngsters a month to learn the verse.

Little Rick was excited about the task, but he just couldn't remember the Psalm. After much practice, he could barely get past the first line.

On the day that the kids were scheduled to recite Psalm 23 in front of the congregation, Ricky was so nervous. When it was his turn, he stepped up to the microphone and said promptly, "The Lord is my Shepherd, and that's all I need to know."

