

[<Back](#) [Print](#)

ST. LOUIS **TIMES**[®] Express

January 15,
2007

Volume 2 Issue 8

Dear John Rothbarth,

I assume most of us believe in continued improvement, in both our personal and professional lives. Therefore, do me a favor and let me know whether you believe this monthly e-newsletter could be improved by adding or decreasing the quantity of information in any of our three main categories: Stories, Calendar & Entertainment Highlights, or Employment & Volunteer Opportunities. This isn't formal, so just send your thoughts directly to me at john@stlouistimes.com. Thanks, and Happy New Year!

The *St. Louis Times Express* is a free monthly business-to-business e-newsletter published on the 15th of each month for the purpose of enriching the marketing and communication resources of all organizations and individuals who serve the St. Louis regional baby boomer / 60+ population.

In order to add as much value as possible to our subscriber base, please submit your *St. Louis Times Express* calendar item(s) and job vacancies or volunteer opportunities by replying to this e-mail. Your submissions will be included free of charge in the next issue. And, by all means, forward the *St. Louis Times Express* to anyone whom you believe might benefit from reading it.

GLOBAL AGING

The World is Aging

- Aging is a triumph of our times – a product of improved public health, sanitation and development. Yet over 100 million older people live on less than a dollar a day.
- In 1950, 8 out of every 100 people were over 60. By 2050, 22 out of every 100 people will be over 60.
- At best, older people live on between one-third to a half of average incomes.
- The increasing share of older people in the world's population results from a combination of hugely increased life expectancy



and reduced fertility. Total fertility is expected to decline from 2.82 children per woman in 1995-2000 to 2.15 children per woman in 2045-2050. Life expectancy worldwide is expected to increase by 11 years, from 65 in 1995-2000 to 76 in 2045-2050, despite the impact of HIV/AIDS.

Most of the world's older people live in developing countries.

- Even in the poorest countries, life expectancy is increasing and the number of older people is growing. In 2000, there were 374 million people over 60 in developing countries – 62% of the world's older people. In 2015, there will be 597 million older people in developing countries – 67% of the world's older people.
- In 2005, one in twelve people in developing countries is over 60. By 2015, one in ten people in developing countries will be over 60 and, by 2050, one in five people in developing countries will be over 60.
- In every region, the rate of population increase for the 65-and-over age group is higher than for the under-14 age group and the 15-64 age group.

Many older people in developing countries live in poverty.

- 80% of older people in developing countries have no regular income.
- Poverty rates in households with older people are up to 29% higher than in households without older people.
- Lack of food is a serious cause of ill health in older people.
- Older widows are among the poorest and most vulnerable groups in developing countries.

Older women outnumber older men.

- In 2005, there are 83 men for every 100 women over 60 worldwide.
- In developing countries, the gap is less wide: there are 91 men for every 100 women over 60. However, this gap is increasing – by 2015, there will be 89 men for every 100 women and, by 2030, 86 men for every 100 women.

Older people care for people with HIV/AIDS and orphans.

- Older people are the primary carers for orphaned and vulnerable children affected by HIV/AIDS and those living with HIV/AIDS.

BOOMER TRENDS

Top 10 Boomer Trends for 2007

If you're wondering what's on the baby boomer agenda for the coming year, Age Lessons, a consulting firm specializing in boomer marketing and workplace issues, has assembled a list of the top 10 boomer trends on the bubble for 2007. Trends include ear prompters, faux families, retro sports, cultural renaissance, storytelling, micro housing developments, envirohats, vitaMEnS, anniversoires and sAGE power.

“By dint of size and purchasing clout, the boomer cohort continues to set trends in areas as wide- ranging as the workplace, wellness, technology, recreation, family life and politics,” noted Age Lessons President Laurel Kennedy, a well-known thought leader on boomer marketing and workplace issues. “Boomers are redefining what mid-life looks, feels and sounds like in American society, embracing technologies that enable them to remain engaged and active longer.” 2007 Age Lessons Boomer Trends Forecast.

1. Technology/Ear Prompters - Those ubiquitous ear buds will enjoy another reincarnation providing real- time data feeds to boomers having a “senior moment” by supplying missing data points.
2. Family/Faux families - Unmarried, single boomers will form faux families to share daily living, holidays, birthdays and life’s major moments, based on shared interests and affinities.
3. Sports/Retro sports - Anticipate a revival of non- contact, less demanding sports options like tether ball, flag tag, hopscotch, earth games that minimize the wear and tear on aging knees and cartilage.
4. Social/Cultural Renaissance - Boomers will pursue long-dormant artistic interests in music, painting, writing sidelined by the demands of work and child care.
5. Folklore/Storytelling - Returns with a modern twist as a social outlet that allows boomers to connect with children, grandchildren, each other in response to ubiquitous, impersonal electronic media.
6. Housing/Micro - Developments featuring streets based on niche interests will pop up, with cul de sacs dedicated to a single activity— marathon mews, aerobic avenue, song street, hiking heights, golf grove, tennis terrace.
7. Safety/Envirohats - Flu epidemic? No problem. Air pollution? Breathe easy. Boomers will be fully protected by envirohats that generate a clean, toxin- free mini-atmosphere treated and balanced to individual requirements.
8. Health/Vita-ME-ns - The fountain of youth is at hand with custom-tailored vitamin elixirs and beverages designed to add what’s missing and counteract what’s extraneous, tuned to one’s personal body chemistry.
9. Marriage/Anniversoires - Reality TV has covered over-the-top weddings and sweet sixteen parties. Next up? Aging boomers, celebrating successful marriages with blow-out 25th anniversary parties that show the kids how it’s done.
10. Politics/sAGE Power - Gray is the new power color in grassroots politics, as aging boomers rediscover their revolutionary roots and engage in the political fray to influence the electoral agenda and outcomes.

CAREGIVING

Caregiving Takes a Heavy Physical and Emotional Toll



Baby boomers provide care for aging parents in record numbers, and many are overwhelmed by the physical and emotional demands. A study sponsored by ElderCarelink highlights some familiar issues and includes a few surprises. Nearly 700 respondents, from all 50 states, answered the on-line questionnaire designed to explore family caregiving.

According to Robert Brooks, CEO of

lderCarelink, "The results highlighted emerging issues and also validated trends that previous surveys have identified."

- Female caregivers outnumber males by 6 to 1 and report more emotional and physical impact due to caregiving than their male counterparts, but in other ways male and female respondents are very similar.
- Forty-one percent of all caregivers actually live with the care recipient.
- Most caregivers are married with some college education and have children who are grown and no longer living at home.
- Nearly one third provide more than 40 hours of care per week, and 57% say they very rarely or never take time off from their caregiving duties.
- As a result of their responsibilities, some 60% of all caregivers report their health has deteriorated since they began providing care, and 69% describe feeling overwhelmed by caregiving.

Family life is also impacted by caregiving, with 39% of respondents reporting conflicts with other family members about the care recipient. A significant number also report financial hardship and difficulty maintaining their own homes and family.

RETIREMENT

Forced Into Early Retirement

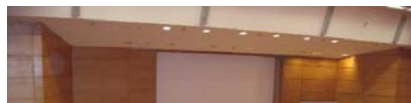


More than one-fifth of all American retirees are forced into retirement earlier than planned. Not only are many Americans financially unprepared for retirement, but a recent survey by Sun Life Financial (NYSE: SLF, TSX: SLF) of individuals forced to retire reveals that 22% of all retirees are forced into retirement several years before

they had anticipated. The forced retirements have not only left retirees well short of their financial goals, but 69% of respondents also stated their overall retirement plans have been affected either a great deal or somewhat, requiring them to reduce expenses and change their lifestyles to adjust to their new status. Moreover, 55% of all respondents also say they were ineligible for Social Security benefits when they were forced to leave the workforce.

"Not only are Americans not saving enough for their planned retirement, but our survey found that more than one in five will retire an average of eight years before they expected," said Mary Fay, Vice President & General Manager, Annuities of Sun Life Assurance Company of Canada (U.S.). "Pre-retirees and Baby Boomers need to re-evaluate their retirement plans and prepare a contingency plan in case they are forced to undergo an unplanned retirement."

Calendar & Entertainment Highlights



The Washington University Division of Geriatrics and Nutritional Science & the Center for Aging offer Monday Noon

Seminar Series: *Clinical Issues of Aging* at 4488 Forest Park, Lower Level, Conference Room from 12:00 - 1:00pm. Please bring your lunch and join us! **1/15/07**: No Seminar (Martin Luther King, Jr. Day). **1/22/07**: Steven Lawrence, MD, MSc Topic: Avian Influenza: Assessing the Risks. **1/29/07**: Stanley Birge, MD Topic: Dementia: A Geriatrician's Perspective. **2/5/07**: Journal Club. Topics: (TBA). **2/12/07**: Journal Club. Topics: (TBA). **2/19/07**: In Recognition of Black History Month and In Remembrance of the Tuskegee Syphilis Trial. Topic: Video: The Deadly Deception (running time is 60 minutes; video will start promptly at 12noon). **2/26/07**: Stephanie Rohlfs-Young, MSW, Angela Fiedler, BSN, & Betty Klazynski, RN Topic: Services and Programs of the Alzheimer's Association, Bon Vivant Adult Day Club Services, and The Nurse Betty Lift. **3/05/07**: Journal Club. Topics: (TBA). **3/12/07**: Journal Club. Topics: (TBA). **3/19/07**: Jay Piccirillo MD, FACS, Topic: Comorbidity Prognostic Impact in Elderly Cancer Patients. **3/26/07**: Raymond Slavin, MD & Sari Frieden, (non-CME activity). Topic: Aging & Art (A look at famous artists and how their art changed with age). **4/02/07**: Journal Club. Topics: (TBA). **4/09/07**: Journal Club. Topics: (TBA). **4/16/07**: James Galvin, MD, MPH, Topic: Office Evaluation of Cognitive Impairment in the Older Adult: Combining Brief Informant and Performance Measures. **4/23/07**: Georges Karam, MD, Topic: Suicide in the Elderly. **4/30/07**: Journal Club. Topics: (TBA). **5/07/06**: Journal Club. Topics: (TBA). **5/14/07**: Margaret Olsen, Ph.D., MPH, Topic: Surgical Site Infections in the Elderly. **5/21/07**: Journal Club. Topics: (TBA). **5/28/07**: No Seminar/ Memorial Day **06/11/07**: Journal Club. Topics: (TBA). **06/18/07**: Journal Club. Topics: (TBA). CME: Washington University is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. Washington University designates this educational activity for a maximum of 1 hour in Category 1 credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours of credit that he/ she actually spent in the education activity. This program is sponsored by Washington University School of Medicine, Continuing Medical Education.

Wednesday, January 31, 2007: 11:00am - 1:00pm, *Advocating for People with Dementia*. Learn about some of the safety concerns family members have when a loved one with dementia has a hospital visit, important things to think of ahead of time, and ways to handle the variety of situations that may occur when a loved one faces medical issues or specialized care. This course is ideal for everyone serving families affected by dementia. Presenter: Janis McGillick, MA, NHA; Education Director, Alzheimer's Association presenting on behalf of a collaboration with the Washington University School of Medicine's Alzheimer's Disease Research Center. Registration: Pre-registration is required. Lunch will be provided for Alzheimer's Association volunteers**. To reserve your space, please contact Jennifer Phillips at (314) 801-0414 or Jennifer.Phillips@alzstl.org **Lunch is available to community guests and non-volunteers for \$10 You must specify when registering if you would like lunch.

Tuesday, February 13, 2007: 6:30pm - 8:00pm, *Unique Challenges and Resources for Persons Diagnosed with AD before Age 65*. There is a growing number of persons being diagnosed with AD before age 65. Learn about the care needs, challenges, and resources that are unique to persons and their loved ones affected by Early Onset Alzheimer's disease. For more information call Jennifer Phillips at the Alzheimer's Association at 314-801-0414.

Thursday, March 1, 2007 at Noon – 1:30pm or **Monday, March 5, 2007** from 5:30 - 7pm, *Public Policy Issues/Advocacy Training*. Join us for our annual advocacy training that is ideal for people attending Memory Day or people who want to learn more about issues affecting seniors and those with

AD. For more information call Jennifer Phillips at the Alzheimer's Association at 314-801-0414.

Tuesday, March 13, 2007: 8:00am - 5:00pm, *Memory Day 2007*. Travel to the Missouri capitol to meet your legislators and have your voice heard; there is no better time than now! Join us for our annual advocacy visit to fight for the rights of seniors, and critical issues in AD services and research. Transportation is provided from a variety of areas (Southeast MO, St. Charles, Olivette, St. Louis City, Chesterfield), and training is provided en route. Please include \$15 for transportation and lunch. For more information call Jennifer Phillips at the Alzheimer's Association at 314- 801-0414.

During 2006 the **Jewish Family & Children's Service** facilitated an exciting and uplifting program for seniors called "Live On The Sunny Side Of Your Life". For 2007 they will be working with Long Term Care facilities, Senior Independent housing apartments and Senior congregation groups. The program is based on Mind/Body, Happiness/Positive Psychology, and Aging Issues research and a 10 point Well Being scale. They meet in groups of about 20 persons and read and talk about issues related to positive aging with an emphasis on Quality of Life. For more information please call Esther Scharf at 314-812-9325, to learn more about this program and the possibility of customizing it for your facility or group.

To submit calendar and entertainment items for future issues of the *St. Louis Times Express*, please send all requests by email to express@stlouistimes.com.

Employment & Volunteer Opportunities



West County Retirement Community is seeking a bus driver for occasional day or evening trips, including some weekend trips as well. Requires CDL and ability to drive 15 passenger bus (passenger endorsement). Position offers very flexible hours- work around your busy school, home or full time work schedule. Please call Sally Taylor at Friendship Village-West for more information or to

schedule an appointment at 636-733-0159.

- **Affordable in-home medication preparation services:** Registered Nurse available to provide regular in-home visits to prepare medications, order and pick-up refills and send updates on vital signs and problems noted to the physician at an affordable rate. Call Lorraine at 314- 313-0834.
- **Bi-Lingual International Assistant Services** is seeking an LCSW to work in an exciting multi-cultural agency. We provide social work and mental health services to foreign- born and American elderly and disabled. We need a motivated self-starter who has knowledge of community resources, case management and crisis intervention experience, is organized, and willing to work in a fast paced growing agency. The candidate will be supervised by an LCSW and there is

opportunity to work to licensure. We offer excellent salary and benefits, including 401K options. Knowledge of Second Language is not necessary. We are also looking to fill a Coordinator position which requires a Bachelor degree. Interested candidates should send resume to: Bi-Lingual International Assistant Services, 8390 Delmar Blvd., Suite 210, St. Louis, MO 63124. EOE.

- There is a great need for “companion volunteers” usually 50 years and older to become a friend to one or more lonely nursing home residents. The goal of **The Singer Institute’s Senior Connections Program** provides caring companionship for all nursing home residents in the St. Louis Region who receive few or no visitors from outside the facility where they live. The program training is free of charge to the volunteers, matches the volunteer with residents, and then monitors and supports the budding relationships. In almost all cases the quality of life is improved for all concerned. The next training is November 4 & 11, 2006 at the County office in University City from 8:30-12:00 both mornings. For more information call Sandy at 314-727-9202 or send email to: singerinstitute@yahoo.com. We ask those to be trained to commit minimally one year to the program – usually about an hour a week with their friend, complete nine hours of pre training and attend periodic group meetings. Note: Senior Connections is our new program name (formerly called The Community Connections Program).
- **Odyssey Healthcare** seeks a Patient Care Manager (PCM). Ideal candidate would have a minimum of 5 years of supervisory experience with at least 1 year in hospice as an RN. Good assessment skills required, home health or hospice background preferred. Please contact Joe Miller at 314-991- 6693.
- The **Saint Louis County Department of Human Services County Older Resident Programs (CORP)** needs volunteers to assist older adults with a variety of services, including transportation to doctors, grocery shopping and respite (relief time for caregivers). Retired professionals are needed to provide free income tax assistance, non-litigation legal consultations and notarize documents. Administrative volunteers are needed to set up income tax appointments and assist in CORP’s Legal Services and Home Care and Repair offices. CORP volunteer positions are located throughout St. Louis County. Training and mileage reimbursements are offered, as well as flexible hours and short-term commitments for some positions. CORP services are available free of charge to St. Louis County residents, 60 years and older, who live independently in the community. For information regarding CORP volunteer opportunities and/or services, please call 314/615-4516, TTY 314/615- 4425, or email esherman@stlouisco.com.
- **Mid-East Area Agency on Aging** seeks Job Developer/Computer Lab Assistant. Description: Works with program service area participants and employers to develop unsubsidized placements for participant in the Senior Community Service Employment Program (Title V). Coordinates computer labs and class scheduling. Assists program coordinator with preparing lesson materials for Title V computer classes as needed. Acts as assistant to Title V coordinator and assists with that person’s duties as assigned. The Senior Community Service Employment Program (Title V), provides training for subsidized, limited-term employment for people 55 and over. Participants must meet income guidelines and live in St. Louis, Jefferson, Franklin or St. Charles counties. MEAAA administers this program. Requirements: Education and Experience: High School education. Knowledge, Abilities, and Skills: General filing, filing personnel files, copying and typing as needed. Ability to effectively interact with agency personnel, computer lab students and the general

public. Basic computer skills, excellent telephone etiquette, organizational and people skills required. Hours: 24 per week. Contact: Sharon Clark Posley, Title V Coordinator, 636-207-0847, ext 117.

- **Homewatch Caregivers** is opening a new office in St. Charles and we are looking for a full time Staffing Coordinator/Marketing Assistant. This position will be based out of our new office in St. Charles near Main Street. Candidate will be responsible for interviewing and hiring caregivers as well as marketing services in St. Charles. Must have excellent computer and management skills. Bachelors degree preferred. Please email resume to gman1958_2000@yahoo.com
- **Saint Louis University** researchers are recruiting volunteers to participate in a study that tests a medication to treat mild to moderate Alzheimer's disease. The research will be conducted at the Wohl Memorial Institute, 1221 S. Grand Blvd., and will involve about 355 participants from up to 85 centers in 11 countries. Saint Louis University expects to enroll 10 study volunteers. Participants will be randomly divided into five groups. For three months, they will receive one of three doses of an investigational medication; another medication currently used to treat Alzheimer's disease; or a placebo. This portion of the study includes eight visits. Those who qualify for the study can't be taking a medication for memory problems or cognitive impairment, must be at least 50 and must be accompanied by a caregiver for study appointments. George Grossberg, M.D., Samuel W. Fordyce Professor and director of geriatric psychiatry at Saint Louis University, is the principal investigator. For information, call 314-268-5385.
- Volunteers needed for 'Aging-in-Place' Program for Seniors. An hour of your time could make all the difference in an older adult's life. The **Naturally Occurring Retirement Community (NORC) Project**, a non-denominational program of the Jewish Federation of St. Louis, has exciting opportunities for you to help others in your community. Volunteers may help older adults with transportation, minor home repairs, yard work, computer training, friendly visits and more. There are also openings for help with special events and office assistance. Training will be provided. For more information please contact Traci Lato at 314.442.3808 or tlato@jfedstl.org.
- **Professional Home Health** is seeking candidates to fill newly created positions including full/part-time case management RN, physical therapists and physical therapy assistants. Ideal candidates should possess excellent communication, decision making and multi-tasking skills and a desire to truly make a difference on a daily basis. Interested candidates may fax resume to 636-946- 5039 for consideration.
- **Veterans Home Care, LLC** (formerly Horizons Care Coordinators, LLC) is seeking a full- time Case Manager. This position requires qualifying potential clients who may be eligible to receive a VA pension they could utilize to receive home care. Social worker with skills in computer use consisting of email, Internet use, and Microsoft Word. Good typing and reading skills, with an eye and mind for details. Good math and calculator skills. Good organizational skills are required. Should have excellent communications skills, the desire to work with the elderly who are under severe medical and difficult financial conditions. Great attitude and personality. Get along with others well, and enjoy marketing ones services. Along with working with our clients you would also interact with our home care provider organizations, and the various other organizations who refer or have the potential to refer clients to us for help. This position would require day traveling in the MO/IL area and would require a vehicle. A mileage based compensation would be given for travel. Occasional overnight trips may be necessary,

would also be compensated for. For more details call Howard or Bonnie Laiderman at 314-514-2444 or toll free at 1-877-390-6377.

- **BJC Hospice** is looking for volunteers. "If you want to experience the most rewarding work that you've ever done," says Dolores Schulte of Florissant, "try volunteering with families like those I've helped." Schulte, now 75, is a hospice volunteer for BJC Hospice and has been for seven years. She visits with adults in hospice care in their home to give their caretakers (usually other family members) a chance to go to the store, run other errands or take some needed time for themselves. If you think you would enjoy this type of volunteer opportunity, one that is flexible to your availability, and with a commitment as small as one time a month, please call Sherry Messinger at BJC Hospice to set up an interview at 314-953-1762.
- **OASIS** is looking for a few good ears! Volunteers needed for Person-to-Person Peer Counselor Program. OASIS Person to Person is recruiting volunteers age 50+ interested in becoming peer counselors for underserved older adults in the metro area. Training and ongoing supervision for the Person-to-Person program is provided by a licensed clinical social worker. For more information or to register for the training sessions, call 314-862-7571, ext. 1.
- **Washington Univerisity** has a PREP Project - Parents & Children Preparing for Aging - that is looking for people age 60 and over to participate in an education program and research project that looks at how families make decisions together as parents grow older. In this project families learn what issues they'll need to address as parents age; whether parents and children agree on plans for the future; how to communicate on important decisions; and what community resources are available. To participate you should be at least 60 years old, be unmarried (widowed, single, etc.) and have at least 2 adult children in the St. Louis area. The project involves filling out a brief mail survey and then coming to Washington University with your children (at any time you choose) to discuss your answers with each other. The total time for the project is less than two hours. You and your family will be paid \$80 in total for your participation. If you are interested, or for more information, please contact Dr. Brian Carpenter, PREP Project, at 314- 935-6173 or send an email to aging@artsci.wustl.edu.
- **Trail Watch Volunteers Make a Difference** - An area-wide orientation training session will be offered to prospective Trail Watch volunteers on Wednesday, August 23rd at Queeny Park in the Greensfelder Recreation Center, 550 Weidman Rd. 63011. Taught by St. Louis County Park Rangers, the training class will take place from 7 to 9 pm. There will also be another Training Session on Thursday, September 21st at the Visitors Center in Jefferson Barracks Park, 345 North Rd. 63125 For more information or to register, call 314-638-2100 or email khartzke@stlouisco.com.
- The **Jewish Community Center Adult Day Services** has two Activity Assistant positions available. One full-time with excellent benefits and one part- time with flexible scheduling. Experience in working with older adults is preferred. Please email your resume to jweissman@jccstl.org.
- Do you know someone who recently had a fractured hip or hip replacement surgery? Many of these patients do not return to full function. **Researchers at Washington University School of Medicine** are conducting studies for seniors age 65 and older who had hip surgery within the past four months. They are investigating the effects of exercise combined with testosterone replacement therapy on improving physical function and bone density. Patients who lived

independently in the community before the surgery are eligible to participate. Transportation to the medical center is available at no charge. For more information call Toni at 314-286-2716.

- **Right At Home of St. Louis** has immediate positions open for Caregivers, C.N.A.'s, Live-ins and LPN's. Right at Home services the St. Louis and St. Charles Metropolitan areas. All we do is Private Duty! Day, Evening, Overnight, Weekend and Live-In shifts available. You name it, we have it! Come work for the fastest growing and most extraordinary home care company in the St. Louis area! Must be at least 21 years of age to apply. Retirees welcome! Walk-ins accepted to fill out employment applications between 10am – 3pm M-F at 10411 Clayton Rd. Suite 209 in Le Chateau Village. Or, fax resume to: 314-567- 5354. Email: maria@rightathome-stl.net. Employment Hotline with directions and more information: 866-732-8020.
- **Jewish Family & Children's Service** is seeking a part-time Social Worker, 19-25 hours per week. LCSW, skilled in DSM-IV diagnosis, to conduct home based assessments and case management for the elderly. EOE M/F/D/V. Send resume to: Martha Kreipke, Jewish Family & Children's Service, 10950 Schuetz Road, St. Louis 63146.
- **The St. Louis Arc** provides the highest quality services to help individuals with developmental disabilities and their families achieve their goals. Be an innovative force of positive change in the lives of others! We value dedicated employees and we are currently seeking Direct Support Professionals to support individuals in both their homes and in the community. We offer schedules that may be arranged to meet your needs; a chance to show creativity in assisting individuals with developmental disabilities as they learn new skills; a competitive salary; excellent benefits; and on-the- job training. Visit our website at www.slarc.org. Resumes can be sent to vamsinger@slarc.org or faxed to 314-569- 0778. Please put "HR-Times" on all correspondence.
- **Alpha Care, Inc.** is seeking a full time marketing/community relations director. The position requires a individual who has marketing and /or community relations experience in the home health care. We require a self motivated individual with computer skills in Microsoft Office. Candidate should have good organizational skills, a self starter, a team player and a creative mind. Alpha Care, Inc. has thirty years of operations in St. Louis with an excellent reputation. Compensation is competitive and an excellent benefits package which includes health insurance and liberal earned time policy. For additional information call Gary Olshansky at 314-993- 2273 to set up an interview.
- **St. Louis Society for the Blind and Visually Impaired** offers opportunities throughout the metropolitan area for volunteer service with one-to- one matches. Times are flexible and the volunteer assists the individual through friendly visits, reading mail and for pleasure and helping with correspondence, shopping, walking in the neighborhood, and transportation to appointments. Volunteers are matched based upon which tasks they are willing to perform and proximity to their home. If interested, please contact Karen Skender, Volunteer Coordinator at 314-968-9000.
- **Cooperative Home Care** is a new, 20- year old home care company serving the entire St. Louis area. We also have offices in St. Charles, St. Clair, Herculaneum and Swansea, Illinois. We are seeking compassionate and experienced caregivers and CNAs to join our Private Services Team. All home care companies are not the same! Contact us and learn about our unique team approach to training! Our openings are for Private Services Professionals to fill 12-hour awake and overnight shifts, and smaller shifts through all Missouri offices. We

offer predictable schedules as well as opportunities to be on-call certain days of the week. To complete an application, visit our St. Louis office at 1924 Marconi Monday through Friday, from 9 a.m. to 3 p.m., or call/e-mail Julie at 314-772-8585 extension 359 or Julie@cooperativehomecare.com.

- **Mid-East Area Agency on Aging**, Jefferson County, has an opening for an Information and Assistance Specialist/Case Manager. 40 hours/week, minimum \$11.52/hr. Any combination of education and experience equivalent to bachelor's degree plus one year experience in human services. Call Cindy Wiggins, Human Resources, 636-207-0847, ext. 131, after 9:30 a.m. for more information. EOE.
- **The Alzheimer's Association**, St. Louis Chapter is urgently seeking new volunteers to assist with Helpline telephone support. Helpline volunteers answer calls from families and professionals requesting information about Alzheimer's disease and related dementias, chapter services and community resources. Many Helpline volunteers have cared for a loved one with Alzheimer's disease or work in the field of aging. However, anyone interested is encouraged to call. Training and guidance are provided, and Helpline volunteerism is one of the most rewarding positions we offer. Helpline volunteers work one 3-4 hour shift per week during normal business hours. If you are interested (or know of someone who may be interested) please contact Jennifer Phillips at 314- 801-0414 or jennifer.phillips@alzstl.org for more information.
- **Veterans Home Care, LLC** (formerly Horizons Care Coordinators, LLC) is seeking a full- time Administrative Assistant/Receptionist. The position is with a small rapidly growing company in the home care industry working primarily with the elderly and their families. Must be able to multi-task in a fast paced environment. Answer phones, fax, copy, file documents, and contact vendors. Will be coordinating services with home care agencies and clients. Fielding calls, along with client service issues. Good Computer and typing skills; Microsoft Word, Excel, and Outlook Express. Experience with Maximizer, QuickBooks, and Internet Explorer is helpful. Ability to pick up new software helpful. Excellent phone and communication skills a must. Ability to work with the elderly. Strong desire to grow with a company and build a career. For more details call Howard or Bonnie Laiderman at 314-514-2444 or toll free at 1-877-390-6377.
- Are you 55 years of age? Can you volunteer at least a few hours every week? Enjoy working with others to solve community problems? If you said yes to any of these questions you are a good candidate to become an RSVP volunteer in the **RSVP Program of Cardinal Ritter Senior Services**. RSVP is a nationwide volunteer program that invites adults age 55 and over to use their life experience and skills to answer the call of their neighbor in need. RSVP volunteer's tutor and mentor children, counsel small business, assist at health clinics and teach other seniors to use the Internet. Others distribute food to the homeless or volunteer at a variety of one-time community events. They want to keep active in ways that make a difference for those in need. Last year this nationwide program tutored more than 100,000 kindergarten through 12th grade students. The volunteers also distributed nearly 40 million pounds of food, feeding over 2.5 million people and provided health care services to more than 5 million individuals. Cardinal Ritter Senior Services has administered this program locally since 1971 and has 150 sites in which people can volunteer. For more information on how you can make a difference in someone's life please contact Amy Klosterman at 314- 918-2294.
- **Financial Freedom Senior Funding Corporation**, a subsidiary of

IndyMac Bank, F.S.B., is looking to add Reverse Mortgage Specialists. As a Reverse Mortgage Specialist, you will be responsible for the business development and loan production within an exclusive marketing territory. Your daily activities will include meeting with seniors to advise them on how our financial products may meet their financial needs, building a professional referral network, administering your territory's marketing program, making group presentations to financial professionals and senior groups, and following-up on leads both self-generated and company provided. You will report directly to the Regional Manager, Alice Miceli. Requires a B.A. or B.S. degree in business/finance/marketing or equivalent experience. Must have excellent written communication and interpersonal skills, computer proficiency, and experience with contact management software. A highly professional appearance is a must. Send resumes to amiceli@financialfreedom.com.

To submit employment and volunteer opportunities for future issues of the *St. Louis Times Express*, please send all requests by email to express@stlouistimes.com.

St. Louis Times

John Rothbarth /
Publisher
john@stlouistimes.com



Since 1994 the *St. Louis Times* has been publishing media products and providing Events for the St. Louis regional baby boomer / 60+ population. When it comes to reaching them, no one does it better! For more information about the *St. Louis Times*, the *St. Louis Times* RESOURCE GUIDE, or the *St. Louis Times Express*, call John Rothbarth at 636-225-2442 or send an email requesting the *St. Louis Times* 2007 Media Kit.

Contact Information

email: express@stlouistimes.com
phone: 636-225-2442
web: <http://www.stlouistimes.com>

Join our mailing list!

[Forward email](#)

SafeUnsubscribe®

This email was sent to express@stlouistimes.com by express@stlouistimes.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



St. Louis Times | P.O. Box 456 | Valley Park | MO | 63088