

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

ST. LOUIS **Times** Express[®]

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Dear John Rothbarth,

First month of a new year and I already feel behind schedule. I've changed all the calendars, closed and cleared last year's annual files, resolved accounting issues and prepared some preliminary 2008 plans. None the less, there's much to do so let's get at it. May your New Year be filled with good health, prosperity, an abundance of peace...and productivity!

WHAT'S INSIDE

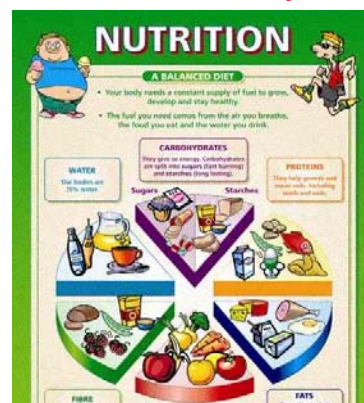
- ***New USDA Food Pyramid***
- ***Getting Communities on Track***
- ***Life Expectancy Up 14 Years For Some***
- ***Professional Group Meetings for 2008***
- ***Calendar Highlights***
- ***Employment Opportunities***
- ***Volunteer Opportunities***
- ***St. Louis Times***

This e-newsletter is a collaborative effort, so please submit your **free** calendar item(s), job vacancies, or volunteer opportunities to us at info@stlouistimes.com.

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 bi-state regional baby boomer / 60+ population. There are currently 1,801 subscribers.

NUTRITION TRENDS

New USDA Food Pyramid



Tufts University researchers have updated their Food Guide Pyramid for Older Adults to correspond with the new USDA food pyramid, now known as MyPyramid. The Tufts version is specifically designed for older adults and has changed in appearance and content. The Modified MyPyramid for Older Adults continues to emphasize nutrient-dense food choices and the importance of fluid balance, but has added additional guidance about forms of foods that could best meet the unique needs of older adults and about the importance of regular physical activity.

"Adults over the age of 70 have unique dietary needs," says first author Alice H. Lichtenstein, D.Sc., director of the Cardiovascular Nutrition Laboratory at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts (USDA HNRCA). "Older adults tend to need fewer calories as they age because they are not as physically active as they once were and their metabolic rates slow down. Nevertheless, their bodies still require the same or higher levels of nutrients for optimal health outcomes. The Modified MyPyramid for Older Adults is intended to be used for general guidance in print form or as a supplement to the MyPyramid computer-based program."

In 2005, the USDA debuted MyPyramid, an Internet- based program capable of dispensing individualized dietary guidance based on sex, age, height, weight, and exercise habits. Lichtenstein and colleagues were concerned about computer use among older adults and the adaptability of MyPyramid to print form. The Modified MyPyramid for Older Adults is available as a graphic print-out with icons representing foods in the following categories, and fluid and physical activity:

- Whole, enriched, and fortified grains and cereals such as brown rice and 100% whole wheat bread.
- Bright-colored vegetables such as carrots and broccoli.
- Deep-colored fruit such as berries and melon.
- Low- and non-fat dairy products such as yogurt and low-lactose milk.
- Dry beans and nuts, fish, poultry, lean meat and eggs.
- Liquid vegetable oils and soft spreads low in saturated and trans fat.
- Fluid intake.
- Physical activity such as walking, house work and yard work.

The Modified MyPyramid for Older Adults will be published in the January 2008 issue of the Journal of Nutrition. Added to the new pyramid is a foundation depicting physical activities characteristic of older adults, such as walking, yard work and swimming. "Regular physical activity is linked to reduced risk of chronic disease and lower body weights. Government statistics indicate that obesity in adults 70 years and older has been increasing. Physical activity is one way to avoid weight gain in later years and its adverse consequences," says Lichtenstein, also the Stanley N. Gershoff Professor at Tufts University's Friedman School of Nutrition Science and Policy. "In addition, regular physical activity can improve quality of life for older adults."

Emphasized in the Modified MyPyramid for Older Adults are icons depicting packaged fruits and vegetables in addition to fresh examples, forms that for a number of reasons may be more appropriate for older adults. These include, for example, bags of frozen pre-cut vegetables that can be resealed or single-serve portions of canned fruit. "These choices are easier to prepare and have a longer shelf life, minimizing waste. Such factors are important to consider when arthritis kicks in or dark, cold days mean it is less likely someone will go out to replenish their refrigerator stores," Lichtenstein says.

"We continue to emphasize the importance of consuming adequate amounts of fiber rich foods, which means choosing mainly whole grain products rather than highly refined forms, and whole fruits and vegetables rather than juices. The Modified MyPyramid for Older Adults is replete in good examples," Lichtenstein says. "Fresh, frozen, canned and dried fruits and vegetables are excellent sources of fiber, as well as a whole host of other nutrients. The increased availability of whole grain products lowers the barrier on making those choices."

The Modified MyPyramid for Older Adults stresses the importance of consuming fluids by having a row of glasses as its foundation. "As we age there can be a disassociation between how hydrated our bodies are and how thirsty we feel, this can be particularly of concern in the summer months," Lichtenstein says. The authors note food and beverages with high water content, such as lettuce, vegetable juice and soups, are important contributors of fluid in an older person's diet.

Also included as an integral part of the Modified MyPyramid for Older Adults is a flag at the top suggesting that older adults may need certain supplemental nutrients. "The need for calcium, vitamin D and vitamin B12 can increase as we age and some people find it difficult to get adequate amounts from food alone, especially when calorie needs go down," Lichtenstein says. "The flag at the top of the Modified MyPyramid for Older Adults serves as a reminder that some people may need to discuss this potential need with their health care providers. However, we continue to emphasize that the majority, if not all, of nutrients an older adult consumes should come from food rather than supplements."

The original Food Guide Pyramid for Older Adults, published by Tufts researchers in 1999, is widely used as an illustration in textbooks and manuals, featured in newsletters for older Americans, and in informational material prepared by the Departments of Elder Affairs in a number of states. Now that the USDA's Food Guide Pyramid has been redesigned to be computer based, the Tufts researchers felt it was important to update their version.

COMMUNITY AWARENESS

Getting Communities on Track for an Aging Population

America and its communities are aging and aging rapidly. As the Baby Boom generation- born between 1946 and 1964- reaches retirement age, the number of Americans over age 65 is expected to reach 71.5 million by 2030- twice their number in the year 2000. At that point, one out of every five people in the nation will be an older adult. The fastest growing segment of America's aging population are those people over the age of 85 who are most likely to need the support of family, friends and the community to remain living independently.



The vast majority of older Americans want to age in their homes and communities for as long as possible. However, the aging of the population will pose new challenges for the delivery of local services such as health care, recreation, housing, transportation, public safety, employment and education. While these services assist a broad segment of the population, they also have a major impact on the quality of life of older Americans. The aging of America will also present opportunities as the nation's communities realize the largest population of educated and skilled older adults in its history.

To help cities and counties better meet the needs of their aging population,

and to harness the experience and talent of their older citizens, five national organizations joined forces to identify ways to prepare for the aging of this population. Known as The Maturing of America - Getting Communities on Track for an Aging Population, the project is being led by the National Association of Area Agencies on Aging, in partnership with the International City/County Management Association, National Association of Counties, National League of Cities and Partners for Livable Communities. The initiative is funded by a grant from MetLife Foundation.

In the project's first phase, Maturing of America partners surveyed 10,000 local governments to:

- Determine their "aging readiness" to provide programs, policies and services that address the needs of older adults and their caregivers;
- To ensure that their communities are "livable" for persons of all ages; and
- To harness the talent, wisdom and experience of older adults to contribute to the community at large. The survey found that only 46 percent of American communities have begun to address the needs of the rapidly increasing aging population. The survey results show that although many communities have some programs to address the needs of older adults, few have undertaken a comprehensive assessment to make their communities "elder friendly" or livable communities for all ages.

Survey findings indicate that local governments generally offer basic health and nutrition programs, but as yet do not have the policies, programs or services in place to promote the quality of life and the ability of older adults to live independently and contribute to their communities for as long as possible.. These services might include job retraining, flextime and other job accommodations; home chore services, home modification and senior-friendly housing options, tax relief, roadway redesign or public transportation assistance as well as volunteer opportunities targeted to older adults.

The needs of older adults are often interrelated. For example, providing housing will not be sufficient if residents lack transportation to get to basic services such as medical offices, the pharmacy or grocery store. These interdependent needs of older adults may require a completely new comprehensive, holistic approach to service delivery organization and management. American's communities need to take a fresh look at their existing policies, programs and services to see if they address the needs of an aging population. Those communities who have already begun to test their "aging readiness" are now reaching out to their older citizens to engage them in discussions about what changes to local government services may be needed to enhance their quality of life and ensure that they can grow old successfully in the community.

Although some of the changes that may be necessary to respond to an aging population may take a significant investment, many potential quality-of-life improvements can be accomplished with little cost and some as part of the local governments regular maintenance schedules. Some examples include:

- Providing road signs and markings that are more visible and easily read by older drivers.
- Adjusting the timing on pedestrian crossings to accommodate the mobility impaired older adults.
- Changing zoning ordinances to allow smaller residences on smaller lots

to accommodate empty nesters.

For more information go to <http://www.aginginplaceinitiative.org>.

LONGEVITY

Lifestyle Changes Increase Life Expectancy 14 Years

Four behaviors which can add an average of 14 years life expectancy have been identified in a study led by Cambridge University.

The research, spearheaded by Dr. Kay-Tee Khaw at Cambridge's Institute of Public Health, found that those who exercised regularly, ate five portions of fruit and vegetables a day, didn't smoke, and had a moderate alcohol consumption lived an average of 14 years longer than those who adopted none of these behaviors.

The study's results are particularly important given the aging population of many European nations, including the UK. All four factors are achievable lifestyle changes which can improve quality of life for middle- aged and older people. 20,000 men and women aged 45-79 took part in the study. Between 1993 and 1997 they completed a questionnaire, which awarded them a score between 0 and 4.

A point was awarded for not smoking, an alcohol intake of between 1 and 14 units per week, a level of Vitamin C in the blood consistent with eating five portions of fruit and vegetables a day, and not being physically inactive. Physical inactivity was defined as having a sedentary job and not taking any form of exercise in leisure time. Deaths were then recorded in the subject group till 2006.

After taking account of the influence of age, the researchers found that, over the course of 11 years, those who had a score of zero were four times more likely to die than those with a score of four. They also found that those scoring zero had the same risk of dying as those who were 14 years older than them but scored four in the questionnaire. Both of these findings were independent of social class or Body Mass Index.

The Cambridge study, which is part of the European Prospective Investigation into Cancer and Nutrition, is unusual in focusing on the combined impact of these activities. While there is a great deal of evidence about the impact on health and life expectancy of these factors singularly, very little research has been conducted on their combined effect.

St. Louis / Illinois Aging-Focused Professional Groups

Breakthrough Coalition - Started 1991. Contact Information: Debbie Schuster, President. Phone: 314-872-2166. Email: dks_law2002@yahoo.com. Mission: The Breakthrough Coalition of senior care agencies and individuals, committed to a collaborative spirit, is dedicated to the life enhancement of older adults within the community. Approximately 180 organizations / 225+ individuals. Meetings are held on the first Tuesday of even numbered months (February, April, June, etc.) at 8:30 am at the Maryland Heights Community Center. Meetings include community education, keynote presentations, marketing events, etc. For additional information visit our website at www.brea kthroughcoalition.org.

Social Workers in Long Term Care - This organization began in the mid 1980's as an informal social work group to share ideas and concerns related to long term care nursing homes. The organization evolved into a professional group and in 1995 organized formerly to be a member of the Social Services Association of Missouri (SSAM). Contact information: Cathie Braasch, MSW, President. Phone (314) 649-4692. Email cbraasch@nlccsj.com. Purpose: Meetings provide an opportunity for social workers in retirement communities/nursing homes to focus on issues and concerns of elderly and disabled long term care residents. Each month there is an educational presentation offering one contact hour for LCSW social workers. The organization also has an associate membership for those members who demonstrate an interest in long term care social services such as vendors and marketing professionals. Social Work students are offered free membership. Organization has 100+ members and the meetings are held monthly on the 2nd Tuesday from 12:00pm to 2:00pm. Locations vary monthly at hosting facilities.

St. Louis Unit of the Midwest Chapter of the National Association of Professional Geriatric Care Managers - Started 2000. Contact Information: Judy Mange, PT, MBA, CMC. Phone: 314- 962-9115. Email: mangej@msn.com. Mission: To assist its members in the development, advancement and promotion of humane and dignified social, psychological and health care for the elderly and their families through assessment, counseling, treatment and the delivery of concrete services by qualified providers. The group is committed to assuring the highest quality of care for the elderly and their families through counseling, education, advocacy and standards of practice. Approximately 12 members. Meetings are held monthly. Send email for additional information.

The Society for Social Worker Leadership in Healthcare of Greater St. Louis , Inc. - Contact Information: Stacey Barton, MSW, LCSW (President) Phone: 314- 362-3471. Email: barton_staceyk@yahoo.com. Purposes of the Organization: To promote educational programs, to strengthen and develop social work leadership, to strengthen relationships with health care organizations and professional social work organizations in relation to social work in health care, to provide a forum for the interchange of ideas and dissemination of material relative to social work leadership, to promote standards and ethics for the delivery of social work in health care, and to strengthen field education for social workers in education. Group is open to MSWs, BSWs, and MSW or BSW students. Others without a social work degree who work in the field of healthcare social work, social work education, or related roles may also be accepted for membership. Approximately 50 members. Meetings are every other month, on the 2nd Tuesday from 5:30-8:00 pm. Please contact Stacey for additional information and details about meetings.

The **Continuum of Care Marketing Association** is an organization for Marketers who work for organizations that provide direct patient care and or services that directly affect patient care. The group meets on a quarterly basis and currently has 2 Chapters - St. Louis and Metro East in Illinois. For more information visit the website at www.cocma.org.

Alzheimer's Association, St. Louis Chapter - Started in 1981. Contact Information: 314-432-3422 or 800-980-9080. Email: helpline@alzstl.org. Mission: Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. We have 32 staff members providing support and services to 22,500 people annually, through our 24-hour Helpline, care consultations,

MedicAlert®+ Safe Return®, respite assistance program, and education classes for families and professionals. We host a FREE monthly opportunity, called Getting Connected, for newcomers to learn about our resources, services and other education courses. Class dates and times are available through our Web site, www.alzstl.org, or by calling 800-980-9080.

Senior Services Task Force of Healthy Communities St. Charles County - Contact Information: Heather Hagen, Healthy Communities Program Manager. Phone: 636-410-0382. Email: hhagen@hcscc.org. Mission: The Senior Services Task Force is dedicated to enhancing the quality of life for St. Charles County Seniors. This responsive group hosts a variety of events throughout the year such as: Town Hall Meetings, Educational Meetings, and a Resource Fair. The group also distributes a variety of beneficial information to seniors, caregivers, and professionals. The Task Force meets monthly on the fourth Tuesday of the month from 11:30am - 12:30pm at Lindell Bank in St. Peters, MO.

Calendar Highlights



Wednesday, January 16, 2008 - 10:00pm - 12:00pm *The Center for Mental Health Services Research and the Missouri Institute of Mental Health* invite you to attend an open forum, with a lecture by Betty A. Kitchener, University of Melbourne, Master of Nursing and Graduate Diplomas of Special Education and Community Counseling, Mental Health First Aid

(MHFA) Program Director. Event will be held in Goldfarb Hall, Room 132, George Warren Brown School of Social Work, Washington University. For more information contact Natalia Orear at 314-935- 5687 or send email to norear@gwbmail.wustl.edu.

Thursday, January 17, 2008 7:00pm - 9:00pm - the Alzheimer's Association will present *Understanding Related Dementias*. The free program will review the specifics and characteristics of different types of dementia including, but not limited to, vascular dementia, Lewy body dementia, Huntington's dementia and Pick's disease. Caregivers can learn supportive approaches to care for persons with non-Alzheimer's dementias. The program will be held at Sunrise Assisted Living, located at 7920 Clayton Rd. Richmond Heights, MO. Registration is required in advance. To register, call 800-980-9080.

Wednesday, January 23, 2008 12:00pm - 2:00pm *The Missouri End of Life Coalition* invites you to a meeting and luncheon at Brooking Park (located at 307 South Woods Mill Road in Chesterfield, MO). Due to space availability seating is limited to the first 75 respondents. There are times when The Missouri End of Life Coalition makes a positive move to empower people, and the upcoming national and statewide "Healthcare Decisions Day" is a perfect example of this. Please join us in learning how you and your agency can be the working mechanics of this flagship event; therefore, at the meeting you will be provided information on the "toolkits" to start the decision making phase, compassionate conversations, and documentation. This is offered in a holistic approach that marries the medical model to the psychosocial model of one's life and life choices. With asking better questions we can get better answers that best serve individuals and their loved ones. Please RSVP for the meeting

and lunch by contacting Susie Pekios, MA, MSW at 314- 412-6515 or pekioss@yahoo.com. Also, contact Susie if you are unable to attend but want to be included in future events.

Wednesday, January 23, 2008 - 3:00pm - 5:00pm the Alzheimer's Association will present *Practical Solutions for Caregivers program*, a free workshop, at Young in Spirit Adult Day Center, located at 6566 Manchester, St. Louis, MO. Registration is required in advance. To register, call 800-980-9080.

Wednesday, January 30, 2008; 9:30am - 11:00am, the Alzheimer's Association will be presenting *Setting Healthy Boundaries in Caregiving*. Caregiving for an aging loved one can be a trying time for individuals and families. Patti Bitter, LCSW, of Tapestry Counseling will share suggestions on setting realistic limits. Learn how to work with family members to reach reasonable and equitable solutions and hear tips for hosting a "family meeting." This class is ideal for family caregivers, professional caregivers, and anyone who may work with families in need of support and guidance. Please RSVP with Jennifer Phillips at 800-980-9080.

Wednesday, February 13, 2008; 9:00am - 11:00am, *Tapping Creativity: The Use of Creative Arts in Dementia Care*. The Alzheimer's Association Education Institute's professional educators will host a class on fun and exciting experiential learning in dementia care. Learn about the use of creative arts for caregivers and persons with dementia. Participants will have the opportunity to experience music, aromatherapy, massage and "snoozelen." The tuition fee is waived for active volunteers who have completed Basic Volunteer Training. Class will be held at the St. Louis Chapter office in Olivette. Please register with Jennifer Phillips at 800-980-9080 to be eligible for free tuition.

Wednesday, March 12, 2008; 8:00am - 5:00pm, *Memory Day 2008*. Travel to the Missouri capitol to meet your legislators and have your voice heard; then 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 pickup 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 please contact Jennifer Phillips at 800-980-9080.

Monday Noon Seminar Series: *Clinical Issues of Aging* presented by The Washington University Division of Geriatrics and Nutritional Science & the Center for Aging at 4488 Forest Park, Lower Level, Conference Room from 12:00 - 1:00pm. Please bring your lunch and join us!

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

Employment Opportunities



Saint Louis University, a Catholic, Jesuit institution dedicated to education, research and healthcare, invites applications for an assistant or associate professor position in the School of Public Health. The successful candidate will be

appointed in the Department of Community Health on a 9-month contract. Applicants must have a doctoral degree with advanced training in public health, public policy, or equivalent discipline. S/he should have at least 5 years of public health experience as a practitioner and a senior-level manager or director. Primary responsibilities for the position include managing the daily operations of the Department of Community Health, conducting independent research, teaching up to three graduate courses per year, advising graduate students, and providing professional and community service. Applications must submit a curriculum vitae and a letter of interest to <http://jobs.slu.edu> (registration number: 20070801). Additional information about this position can be obtained from: Terry L. Leet, PhD, Saint Louis University, School of Public Health, 3545 Lafayette Avenue Saint Louis, MO 63104. Send email inquiries to: LEETTL@SLLJ.EDU.

- **SarahCare Centre Adult Day Services has an immediate opening for a C.N.A. or Activity Assistant** .Will provide activities, companionship and personal care to seniors. The new SarahCare Adult Day Centre is adding a caring and responsible hourly employee (PT and gradually FT). Responsibilities include assisting participants with activities, food preparation, environmental safety and sanitation, ambulation and clerical. CNA preferred for assistance with vital signs, charting, ADLs, CPR/first aid and hygiene. Must be a self-starter and enjoy guiding activities. Flexible hours, off evenings and weekends, good working environment, paid semi- monthly. To apply, please send your resume to allenwg@att.net or fax to 314-968-2224.
- **St. Andrews Services for Seniors and Bethesda Health Group have formed a partnership to create St. Andrews and Bethesda Home Health, and are seeking a dynamic RN to serve as Clinical Director of this new start-up division..** The ideal candidate will assist with implementing, developing and promoting our home health services to the community. Other responsibilities include the overall clinical functions and general operations of the agency under the direction of the Executive Director. Must possess knowledge, experience and ability to effectively administer the clinical programs of the agency and provide direction, leadership to all staff to ensure compliance with all applicable Federal, State, & local laws, policies and regulations. Undergraduate degree required, Masters preferred. Minimum of two years progressive home health management experience. Requires excellent oral and written communication skills and computer skills. We offer an excellent total compensation package. Submit resume to: Mick Crawford, Executive Director, Bethesda Health Group, Inc., 1630 DesPeres Rd., Ste. 290, St. Louis, MO 63131. Fax: 314-800-1961. Apply on-line: www.bethesdahealth.jobs or email resume to gmolliges@bethesdahealth.org.
- **Area Agency on Aging of Southwestern Illinois is seeking a full-time Field Operations Specialist..** The Field Operations Specialist is responsible for monitoring of specific Older American Act service providers to assure proper service operation and utilization of resources. The Field Operations Specialist is responsible for on-site monitoring, follow-up, and implementation of Area Agency policies and procedures relative to the rules and regulations governing all programs in conjunction with the delivery of services by funded service providers. Required Qualifications for the Position: Preferrably a Master Degree in Human Service field with one (1) year of related experience; or Bachelor's Degree in Human Services with two (2) years experience in social services for older persons. Nutrition and Food Service certifications a plus. Benefits included are health, dental, 401k. Salary

range is between \$25,000 and \$31,000. For further information contact Wilma Schmitz at 618-222-2561 or send your resume to wschmitz@answersonaging.com.

- **The Jewish Community Center is in need of a full time paid driver position** with a CDL license (Class A or B with a passenger endorsement) who can occasionally lift 35-50 lbs. The position entails Senior Citizen transportation and meal delivery. Job consists of 35-40 daytime hrs. per week at \$8.50 - \$9.50 per hour, depending upon experience. Benefits will start when the person is given permanent status. Please call 314-442-3164 for interview or send email to Mike Stone at mstone@jccstl.org with your resume.
- **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 a part-time 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. We offer excellent salary and benefits, including 401K options. Knowledge of Second Language is not necessary. Interested candidates should send resume to: Bi- Lingual International Assistant Services, 8390 Delmar Blvd., Suite 210, St. Louis, MO 63124. EOE.
- **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.
- **Visiting Nurse Association Hospice Care is looking for full-time and PRN nurses that want to provide quality one on one care to the terminally ill.** We are a community based, non-profit well established corporation. Our nurses have 25+ years of nursing experience. Our staff turnover is less than 5% and most of our nurses have been on staff for 5+ years and some for more than 20 years. Hospice experience is preferred, but will consider other candidates with similar nursing backgrounds and a desire to commit to learning hospice through a mentoring program. We offer minimal on-call responsibilities, no weekends required for normal work week, competitive pay and generous benefits package. Please send resume to Visiting Nurse Association, Attention: Human Resources, 9450 Manchester Rd., Suite 206, St. Louis, MO 63119 or fax to 314-918-8053 or email to tstacy@vnastl-cmc.com.
- **St. Andrew's At-Home Services is seeking a PRN Eldercare Specialist Social Worker**, MSW degree preferred, to do in-home client assessments. Interested parties should email their information to tvaughn@standrews1.com.

- **Financial Freedom Senior Funding Corporation 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.
- **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: alisha@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. 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 flexible scheduling; 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.
- **Bayada Nurses, Home Care Specialists, has an immediate opening for a Clinical Liaison Registered Nurse** in our St. Louis, MO office. As Clinical Liaison RN, you will be responsible for generating referrals for home care by building relationships with hospital discharge planners, physicians, long term care, independent and assisted living facilities and other community resources. This position requires an individual who is highly motivated, results driven, and able to develop and build strong, lasting relationships. Excellent planning, organization and presentation skills are critical. Recent discharge planning or healthcare marketing experience in the St. Louis area is preferred. Familiarity with Medicare and Managed Care in the home care setting is a plus. A current Missouri RN license and 3-5 years of nursing experience is required. For inquiries, please call Marty Rhodes at 314-849-1188 or email mrhodes@bayada.com.
- **Beauvais Manor is looking for a dedicated, experienced and**

caring BSW to work at a long term care facility in St. Louis. PT to start with 2 days per week. If interested, please contact the HR department at 314-771-2990 ext: 202.

- **Apollo Medical, Inc. is seeking an LCSW to work part-time.** We provide home health services for the geriatric community and are looking for a social worker to pick up cases as needed. Position responsibilities include assessing patient's needs, setting up individualized plans of care and providing patients with community resources. Applicant needs case management and crisis intervention experience. Experience as a social worker in a home health care setting preferred. Interested candidates should send a resume to Apollo Medical, Inc. 8220 Delmar Blvd, Suite 230, St. Louis, MO 63124 or fax resume to: 314-237- 055.
- **St. Andrew's At-Home Services has a full-time position available for an ElderCare Specialist.** Qualifications required include ability to provide knowledge and experience in developing and expanding the program; assessment skills for older adults and family caregivers including psycho- social, mini mental, and functional assessments; knowledgeable of community resources for older adults and family caregivers; ability to develop methods of improving organizational effectiveness and ability to effectively communicate ideas, analyses, recommendations and decisions to staff, peers, vice president and clients. A Master's Degree a must along with prior experience working w/older adults. Send all inquiries to St. Andrew's At-Home Services, 6633 Delmar Boulevard, St. Louis, MO 63130 or call 314-726-5766 or send an email to TVaughn@standrews1.com.
- **Mid-East Area Agency on Aging seeks Special Projects Coordinator.** Part time, three days a week, some benefits, \$12.98 per hour. Coordinates and manages the agency program of volunteer recruitment and training. Supervises and develops various volunteer programs, including the Silver Haired Legislature, Tax Counseling for the Elderly and the Christmas Day Meals Project. Coordinates all health promotion and disease prevention projects. Call Cindy Wiggins, Human Resources, 636-207-0847, ext. 131, for more information. EOE.
- **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 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.

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Volunteer Opportunities



Help Future Generations! **The Alzheimer's Disease Research Center, Memory and Aging Project** at Washington University is seeking volunteers to participate in a study as a comparison to a group of people whose parents had Alzheimer's disease. The aim of the study is to determine tests that may help early diagnosis and future treatments for Alzheimer's disease. You may be eligible to participate if you are 1) Healthy, age 45-74 2) If both of your parents lived (or are still living) to age 70 or older and never developed Alzheimer's disease (dementia). There will be clinical assessment, psychometric testing, blood draws, MRI (Magnetic

Resonance Imaging) scan of the brain, lumbar puncture and PET scan (Positron Emission Tomography). Compensation is provided for time and effort. If you are interested, please call the study coordinator, Becky Fierberg at 314-286- 2683.

- **Pathways Community Hospice invites you to volunteer** and make a difference during life's final journey. Volunteers visit patients in homes or nursing homes, offer companionship and support, and some volunteers may sit with a home patient if the caregiver requires a short time away. Volunteers share approximately 2 hours per week in areas that are convenient for them. Training is provided and schedule flexibility is available. For more information, call Joyce Day, Volunteer Coordinator, at 636-733-7399 or email jday@pathwayshospice.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.
- **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.

- **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.
- **Senior Connections needs "companion volunteers,"** usually 50 years and older to become a friend to one or more lonely nursing home residents. The program trains free of charge to the volunteers, matches the volunteer and then monitors and supports the budding relationships. The next trainings are set for September 8 and 15, 2007 in St. Peters and November 3 and 10, 2007 in University City. For more information call Sandy at 314-727-9202 or email: singerinstitute@yahoo.com.
- **Mid-East Area Agency on Aging seeks Special Projects Coordinator.** Part time, three days a week, some benefits, \$12.98 per hour. Coordinates and manages the agency program of volunteer recruitment and training. Supervises and develops various volunteer programs, including the Silver Haired Legislature, Tax Counseling for the Elderly and the Christmas Day Meals Project. Coordinates all health promotion and disease prevention projects. Call Cindy Wiggins, Human Resources, 636-207-0847, ext. 131, for more information. EOE.
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- **Volunteers needed for Rebuilding Together - St. Louis.** We repair homes for low- income homeowners, particularly the elderly and disabled. Volunteers repair over 100 homes on one spring Saturday. We are looking volunteers to work throughout the year in our office. Individuals who are willing to work 4 hours/day for 1-2 days/week (morning or afternoon - flexible hours) with computer skills preferred. For more information call 314-918-9918 and ask for Lynne Rajani.
- **St. Louis Society for the Blind and Visually Impaired has opportunities 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.
- **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 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.
- **Lutheran Senior Services Volunteer Money Management Program, which is an interfaith partnership with Jewish Family & Children's Service, is looking for volunteers** 21 years and older to provide individualized, in-home money management assistance to older adults 60 years and older or adults 50 years and older with a disability living in St. Louis city, St. Louis county, St. Charles county, and Jefferson county. Volunteers help sort, organize, and record monthly bills and statements, reconcile monthly bank statements, and balance checkbooks. They also write checks for monthly bills with the client present. Clients sign their own checks. Two hours a month is all that is needed to help an older adult remain independent. To find out how you can make a difference, call Sally at

314-446-2474.

- 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. For more information on how you can make a difference in someone's life please contact Amy Klosterman at 314-918-2294.
- **Mid- East Area Agency on Aging seeks volunteers for its MEAAA Meals on Wheels program.** Weekdays, morning to mid-day only. Hours are flexible. Deliver once a month, once a week, daily, or fill in for a week or two while other volunteers take vacation. Routes open throughout the counties of St. Louis, Franklin, St. Charles and Jefferson. Must be 18 or older with your own vehicle and a big heart. MEAAA provides mileage reimbursement and excess liability insurance. Call Sarah McDonald, 636-207-0847, ext. 114, or 1-800- AGE-6060 for information.
- **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.
- 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.

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St. Louis Times

John Rothbarth /
Publisher



Since 1994, the *St. Louis Times* has been publishing media products and hosting events for the bi-state

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regions baby boomer / 60+ population. When it comes to reaching them, no one does it better! For more information about the [Information For Older Adults RESOURCE GUIDE](#), [St. Louis Times Geriatrics Symposium](#), [St. Louis Times FUNFEEST](#), 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](#).

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