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ST. LOUIS **TIMES**[®] Express

**February 15,
2007**

Volume 2 Issue 9

Dear John Rothbarth,

This month's issue has some changes that came from you in response to last month's request on ways to improve the quality of the *St. Louis Times Express*. Nothing meaningful ever gets done in a vacuum, so thanks for sharing! By the way, we must be doing something right because our subscriber base just broke 850 people strong!

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- ***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 St. Louis regional baby boomer / 60+ population.

HUMAN SEXUALITY

The 'Sexual Revolution' Generation is Alive and Well

Eons, the 50- plus media company for loving life on the flipside of 50, created by Jeff Taylor, today announced the results of its first annual Eons Sex & Intimacy Survey. The survey sampled the opinions of more than 4,000 respondents age 50 and over, forming a portrait of a generation that is emotionally intimate with their partner (82 percent say they are somewhat or very emotionally close to their significant other) and as interested as ever about sex (58 percent say sex is very or extremely



important in their lives).

"Boomers are the 'Sexual Revolution' generation; this is part of the boomer DNA," said Taylor. "As they bound into their 50s and 60s today, they're graduating to what they are defining as prime time for intimacy, romance and sex. Our survey is shattering myths about the health, sex drive and prowess of this generation. They're not settling into a sexual rut. They're experimenting and celebrating their health and close relationships."

Among the "myth busters" revealed by the survey:

- Boomers are having sex with myth busting frequency - 59 percent are having sex at least once a week.
- Boomers are adventurous and open to new sexual experiences - 86 percent would be open to trying something new.
- Boomers are emotionally closer now to their partners than they have ever been, and expect to be closer still as they get older - 57 percent responded that they feel very close, and 41 percent expect to be even closer to their partners in 5 years.
- Couples understand the importance of fun time (outside the bedroom) as key to satisfying, fully rounded relationships - 84 percent spend time together as a couple having fun.
- Menopause does little to slow down boomer sexual activity - only 15 percent say menopause has affected their sex life "a lot."
- After sex, most boomers want to keep the intimacy growing - 69 percent like to cuddle and talk after sex.
- Single boomers are increasingly turning to the Web to meet new people - 20 percent turn to the Internet as the best way to meet someone.

"You can see the legacy of the 60s generation in today's boomers, said Taylor. "According to the survey, 50-plus singles are making sex a part of their relationships very soon, with 49 percent willing to have sex on or before the third date. And, as you'd expect from children of the 'Free Sex' era, they've had plenty of experience, with 47 percent telling us they've had more than 10 sexual partners in their lives."

Dr. Robert Butler, president and CEO of the International Longevity Center-USA and co-author of *The New Love and Sex After 60* (Ballantine Books, 2002), says the public should be better-educated on the importance of sexuality for health, quality of life and the human experience. "As we live longer and more healthily, we are capable of more years of sexual and intimate expression," Dr. Butler said. "We need to revolutionize our thinking about what it means to be older. It is time we have a frank discussion about sexual preferences or problems and promote sexual self-awareness in later life."

The Eons Sex & Intimacy Survey, which consists of 46 questions, yielded a general consensus about the elements necessary for greater intimacy, as well as some tips for increasing the frequency of sex in couples over 50.

Top five romance basics:

1. Talk with and express your appreciation for your partner.
2. Take better care of your body.
3. Have fun as a couple and laugh together.
4. Relive your first moments together.
5. Show more non-sexual affection.

Top five tips for getting more after 50:

1. Get the kids out of the house.
2. Rethink the size of your bed. (Boomers who sleep in queen-sized beds have sex more often).
3. Try sleeping naked.
4. Suggest a new sexual position or place to have sex.
5. Cuddle before and after sex.

"We found that people over 50 don't mind talking about their sexual attitudes with their spouses and partners," added Taylor. "We asked a very interesting question in our survey, 'How many of your answers to this survey would you be willing to share with your partner?' We were pleased to find that 84 percent of respondents would discuss all their answers. This generation grew up talking about sex, and they're still at it."

EMPLOYMENT TRENDS

Boomers' Work Plans Good News for Economy



A tidal wave of baby boomers will begin turning 62 next year, making them eligible for Social Security. How to keep this swell of beneficiaries from swamping the country's retirement system looms as one of the toughest questions confronting the new 110th Congress.

The answer hinges partly on how long boomers are willing to work and the incentives to keep them on the job. If they

follow their parents' path to early retirement, the number of workers per retiree will plummet, reducing the tax base and squeezing budgets for Social Security and all other government programs.

New research suggests that aging boomers plan to work longer than people born just a dozen years earlier. If they do, the economy will pump out more goods and services and mitigate the economic pressures created by an aging population. This good news bucks a century-long trend toward earlier retirement, which petered out about 20 years ago. Labor force participation rates for men 65 and older fell from 84 percent in 1870 to 46 percent in 1950 to 16 percent in 1990. In 2005, they inched back up to 20 percent. Economic, demographic and social changes are transforming retirement incentives. Social Security reforms have boosted the normal retirement age to 67, deep-sixed penalties for Social Security beneficiaries who work past the normal retirement age and bolstered benefits for those who catch the Social Security train a bit farther down the line. All make work more lucrative.

Meanwhile, changes in employer-provided retirement benefits also promote employment. Between 1992 and 2004, the share of workers ages 51 to 56 with traditional pension plans fell from 40 percent to 31 percent while the share with 401(k)-type plans increased from 33 percent to 46 percent.

Traditional pension plans discourage work by making participants sacrifice a

month of benefits for every month worked past the plan's retirement age. The 401 (k) plans have no such penalty. And nobody needs to remind workers that employer-sponsored retiree health benefits have plunged recently, raising the cost of stopping work before Medicare eligibility kicks in at 65.

Fewer physically demanding jobs also have an effect. As the manufacturing sector shrinks and workplace computerization continues, the demand for physical work lessens, making it easier for older workers to stay on the job longer. An educated work force also tends to delay retirement; in 2004, 37 percent of workers ages 51 to 56 had completed college, up from 22 percent in 1992.

Small wonder older Americans aren't all planning the shortest route to retirement. The National Institute on Aging's Health and Retirement Study for years has been popping the question about how likely respondents will be to work full-time at older ages. In 1992, 47 percent ages 51 to 56 planned to work until 62; in 2004, 51 percent did.

When asked about working full-time past age 65 -- so long the magic pivot point -- the percentages leapt from 27 to 33 percent. Of course, the way to underfunded retirement is paved with good intentions; many healthy boomers may yet bail out of the work force before turning 65. And layoffs may force others into early retirement.

Congress can help with reforms that encourage older people to work longer and employers to hire them. For example, it can make older workers cheaper by allowing Medicare to pick up their costly health care tab, instead of forcing employers to foot the bill for workers older than 65. And it could help displaced older workers find new jobs by better targeting job training and job search services.

Congress could also promote phased retirement programs -- which could allow older workers to collect pensions while remaining on the job -- by clarifying the rules governing them. Many older Americans say they want to remain employed, but they want part-time, flexible work, preferably with their current employers where they can contribute the most. However, to cover living expenses on a shorter workweek, they must be able to dip into their pensions. Few employers have set up programs for these types of phased retirements, partly out of fear that they will run afoul of ambiguous government regulations.

The boomers' current work plans alone won't best all the challenges an aging population poses. But they bode well indeed for stronger economic growth, higher government revenue and better financial security at older ages.

Richard W. Johnson and Gordon B.T. Mermin are research associates at the Urban Institute in Washington. www.ui.urban.org.

DISABILITY

Older Americans Disability Declines

Chronic disability among older Americans has dropped dramatically, and the rate of decline has accelerated during the past two decades, according to a new analysis of data from the National Long-Term Care Survey (NLTC). The study found that the prevalence of chronic disability among people



65 and older fell from 26.5 percent in 1982 to 19 percent in 2004/2005. The findings suggest that older Americans' health and function continue to improve at a critical time in the aging of the population.

In addition to a drop in the percentage of older Americans reporting disability, the analysis found that the average annual rate of the decline has accelerated. The decline in disability averaged 1.52 percent annually over the 22-year time span, but the rate of change shifted gradually from 0.6 percent in 1984 to 2.2 percent in 2004/2005.

"This continuing decline in disability among older people is one of the most encouraging and important trends in the aging of the American population," says NIA Director Richard J. Hodes, M.D.

The report is an eagerly anticipated update of the last assessment of NLTC data in 2001. "The challenge now is to see how this trend can be maintained and accelerated especially in the face of increasing obesity," says Richard Suzman, Ph.D., director of NIA's Behavioral and Social Research Program. "Doing so over the next several decades will significantly lessen the societal impact of the aging of the baby-boom generation."

The analysis also showed that from 1982 to 2004/2005:

- Chronic disability rates decreased among those over 65 with both severe and less severe impairments, with the greatest improvements seen among the most severely impaired. The researchers note that environmental modifications, assistive technologies and biomedical advances may be factors in these declines.
- The proportion of people without disabilities increased the most in the oldest age group, rising by 32.6 percent among those 85 years and older.
- The percentage of Medicare enrollees age 65 and older who lived in long-term care institutions such as nursing homes dropped dramatically from 7.5 percent to 4.0 percent. The emergence of assisted-living options, changes in Medicare reimbursement policies and improved rehabilitation services may have fueled this decrease in institutionalization.

If they continue as anticipated, the downward trends in chronic disability rates among older adults could help bolster the Medicare program's fiscal health, the researchers suggest.

Funded through a cooperative agreement between the NIA and Duke University, the NLTC is a periodic federal government survey of approximately 20,000 Medicare enrollees.

ALZHEIMER'S RESEARCH

Loneliness Associated with Increased Risk of Alzheimer's



Lonely individuals may be twice as likely to develop the type of dementia linked to Alzheimer's disease in late life as those who are not lonely, according to a study by researchers at the Rush Alzheimer's Disease Center. The study

is published in the February issue of Archives of General Psychiatry.

Previous studies have shown that social isolation, or having few interactions with others, is associated with an increased risk of dementia and cognitive decline. However, little was known about the emotional isolation, which refers to feeling alone rather than being alone.

Robert S. Wilson, PhD, and his colleagues, analyzed the association between loneliness and Alzheimer's disease in 823 older adults over a four year period. Participants underwent evaluations that included questionnaires to assess loneliness, classifications of dementia and Alzheimer's disease, and testing of their thinking, learning and memory abilities. Loneliness was measured on a scale of one to five, with higher scores indicating more loneliness. The data was collected between November 2000 and May 2006.

At the first examination, participants' average loneliness score was 2.3. During the study period, 76 individuals developed dementia that met criteria for Alzheimer's disease. Risk for developing Alzheimer's disease increased approximately 51 percent for each point on the loneliness score, so that a person with a high loneliness score (3.2) had about 2.1 times greater risk of developing Alzheimer's disease than a person with a low score (1.4). The findings did not change significantly when the researchers factored in markers of social isolations, such as a small network and infrequent social activities.

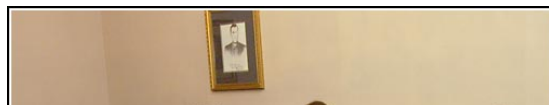
According to Wilson, loneliness is a risk factor for Alzheimer's disease, not an early sign of the disease. Autopsies were performed on 90 individuals who died during the study. Loneliness during life was not related to any of the hallmark brain changes associated with Alzheimer's disease, including nerve plaques and tangles, or tissue damaged by lack of blood flow.

"Humans are very social creatures. We need healthy interactions with others to maintain our health," said Wilson. "The results of our study suggest that people who are persistently lonely may be more vulnerable to the deleterious effects of age-related neuropathology."

The mechanism that does link dementia and loneliness is unclear. Wilson encourages more study to look at how negative emotions cause changes in the brain. "If loneliness is causing changes in the brain, it is quite possible that medications or changes in behavior could lessen the effects of these negative emotions and reduce the risk of Alzheimer's disease," said Wilson.

The researchers are extremely grateful for the remarkable dedication and altruism of the volunteers participating in the Rush Memory and Aging Project. The research was supported by grants from the Illinois Department of Public Health and the National Institutes on Aging, which leads the Federal effort to support and conduct basic, clinical, and social and behavioral studies on aging and on Alzheimer's disease.

Calendar & Entertainment Highlights



Thursday, February 22, 2007 from 9:00 - 11:00am at the St. Louis Chapter Office,

located at 9374 Olive Blvd. St. Louis, MO. *Understanding Memory Loss* is the core education program of the Alzheimer's Association of St. Louis. This program provides a thorough overview of memory loss, dementia and Alzheimer's disease while including information about research, treatments and how to get a diagnosis. This program forms the foundation for all other education programs and everyone is encouraged to attend before participating in other programs. Registration is required in advance. To register call 800-980-9080.

Friday, February 23, 2006 from 9:30am - 3:30pm *The Saint Louis Council of Directors of Volunteer Services* is pleased to announce their Annual Conference featuring internationally recognized speaker on volunteer management, Martin J. Cowling of People First, Total Solutions of Australia. Make Your Volunteer Program SOAR will include three workshops, Saying YES! to a Pro- Volunteer Organization; Am I In Sync? Finding Your Work/Life Balance; and Sabotage! Five Lethal Factors Managers of Volunteers Employ to Undermine Their Programs. Location: Humane Society of Missouri, Administration Building 1201 Macklind Avenue, Saint Louis, MO 63110. Cost: \$60 for CVD members, \$85 for non-members. Space is limited to the first 150 people to register. Reserve your spot by emailing Kate Howell at howellk@iistl.org or call 314-773-9090 x189.

Monday, February 26, 2007 from 6:00 - 8:00pm: *Practical Solutions for Caregivers*. The Alzheimer's Association of St. Louis will present a FREE workshop that covers developing a care plan, finding resources and the practical "how-tos" of caring for a person with dementia. This program helps caregivers find resources and assistance in caring for loved ones with Alzheimer's disease or other dementias. To be held at Sunrise Assisted Living, located at 13460 Manchester, Des Peres, MO. Registration is required in advance. To register call 800-980-9080.

Thursday, March 1, 2007 from 1:00 - 3:00pm at The Villa at Riverwood, located at #1 Pratt Place, Florissant, MO. *Understanding Memory Loss* is the core education program of the Alzheimer's Association of St. Louis. This program provides a thorough overview of memory loss, dementia and Alzheimer's disease while including information about research, treatments and how to get a diagnosis. This program forms the foundation for all other education programs and everyone is encouraged to attend before participating in other programs. Registration is required in advance. To register call 800-980-9080.

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.

Tuesday, April 17, 2007 at 12:00 - 1:30pm (includes lunch): *Elder Abuse:*

Legal Issues and Case Studies. Join us for a review of current legal issues facing the elder population and an overview of changes in the past year. Discuss case studies about elder abuse issues such as fraud and identity theft, and gain direction on what can be done to protect the interests of those we serve. Advance registration required; lunch will be served. For more information call Jennifer Phillips at the Alzheimer's Association at 314-801-0414.

Wednesday, May 23, 2007: *Annual Knight Caregiving Conference*, reception and book signing begins at 5:30pm /Program 6:15pm – 9:30 pm. The Alzheimer's Association St. Louis Chapter presents David Troxel, MPH, co-author of *A Dignified Life: The Best Friends Approach to Alzheimer's Care* as our keynote speaker for the 2007 Joanne Parrish Knight Caregiving Conference. This inspirational presentation will help participants in caring for someone with dementia using the groundbreaking Best Friends approach. Caregivers will learn how the elements of friendship - respect, empathy trust, and humor – will enhance the caregiving relationship. David Troxel, MPH has become nationally and internationally known for his writing and teaching in the fields of Alzheimer's disease and long-term care. He has co-authored four influential books (most notably, *The Best Friends Approach to Alzheimer's Care*, on Alzheimer's care as well as numerous articles relating to Alzheimer's disease care and training. His latest book on activities was published in 2004. This year's conference will be held at The Crowne Plaza St. Louis–Clayton Hotel located at 7750 Carondelet, St. Louis, MO 63105. Please call the Alzheimer's Association St. Louis Chapter registration line at 800- 980-9080 to reserve your space. \$10.00 registration fee.

For 2007 the Jewish Family & Children's Services offers their program "Live On The Sunny Side Of Your Life" to 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.

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 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



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 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.
- **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.
- **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. 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.
 - **Veterans Home Care, 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. 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. 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 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.

- **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 May 5 & 12, 2007, two Saturday mornings from 8:30- 12:30pm in University City. 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.
- **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 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.

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

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