

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

ST. LOUIS **TIMES**[®] Express

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Dear John Rothbarth,

It's time to get outside and I've got just the right opportunity. The Spirit of St. Louis Marathon and Family Fitness Weekend invites you to participate in a unique St. Louis experience: THE MATURE MILE.

Join KMOX Sports Director Ron Jacober and hundreds of older adults for the third annual Mature Mile on Saturday, April 14, 2007 at 10:00am in Forest Park. The Mature Mile challenges people 60 and older to walk one mile. The course begins near the History Museum and is a flat, shaded course. At the completion of the mile, participants will enjoy plenty of free refreshments and a chance to win several attendance prizes. Everyone that enters will receive a Mature Mile tee shirt and a beautiful medal commemorating their accomplishment. The cost of this event is \$10.00 before April 1st or \$12.00 on race day. For information, call the St. Louis Marathon office in Clayton at 314-727-0800 or register on line at www.stlouismarathon.com.

WHAT'S INSIDE

- **Baby Boomers vs. Their Predecessors?**
- **Older Women - Victims of Violence**
- **The Rising Burden of Health Spending**
- **The Basics of the Missouri Rx Plan**
- **Calendar Highlights**
- **Jobs & 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 St. Louis regional baby boomer / 60+ population.

HEALTH

Are Baby Boomers in Worse Shape Than Their Predecessors?



Americans in their early to mid-50s today report poorer health, more pain and more trouble doing everyday

physical tasks than their older peers reported at the same age in years past, a recent analysis has shown. The research, published in print and online this week by the nonprofit National Bureau of Economic Research (NBER), was supported by the National Institute on Aging (NIA), a component of the National Institutes of Health.

Using a summary health index developed for their analysis, the researchers compared the overall, self-reported health of people in three birth-year groups — those born in 1936-41 (now ages 66 to 71), 1942-47 (now ages 60 to 65) and 1948-53 (now ages 54 to 59). The data came from the Health and Retirement Study (HRS), a nationwide, NIA-sponsored survey of more than 20,000 Americans over age 50 that began in 1992. It draws from survey respondents' answers to questions about their health and well-being when they were all between the ages of 51 and 56. The researchers' health index blended HRS participants' ratings of their health, difficulty with physical mobility and agility, and perception of physical pain.

The study showed:

- The two younger groups were less likely than the oldest group to have said their health was “excellent or very good” at 51 to 56 years of age.
- The youngest group reported having more pain, chronic health conditions, and drinking and psychiatric problems than people who were the same age 12 years earlier.
- Compared with the oldest group, the youngest group was more likely to have reported difficulty in walking, climbing steps, getting up from a chair, kneeling or crouching, and doing other normal daily physical tasks.

This new analysis provides some initial data raising the question of whether today's pre-retirees could reach retirement age in worse shape than their predecessors, with individuals potentially in poorer health than current retirees and possibly increasing health care costs for society.

Researchers and policymakers are vitally interested in whether this trend will continue, accelerate or decelerate with the retirement of the baby boom, a critically important question in planning for health, housing and other needs of this wave of retirees, who begin to turn 65 in 2011.

ELDER ABUSE

Many Older Women Are Victims of Partner Violence



About one in four women older than 65 has been the victim of physical, sexual or psychological violence at the hands of a spouse or other intimate partner, according to a study done in two northwestern states. About 3.5 percent of the women surveyed had suffered violence in the past five years, and 2.2 percent in the past year.

“Intimate partner violence is not a problem only for younger women,” said Amy Bonomi, lead author of the study and associate professor of

human development and family science at Ohio State University.

The results showed that 26.5 percent of the women surveyed reported violence by an intimate partner over their lifetimes. Of those who reported abuse, most were the victims of multiple types.

About 18 percent reported sexual or physical abuse and 22 percent were the victims of psychological abuse, including being threatened, called derogatory names or having their behavior controlled by their partner.

In spite of the breadth and depth of violence in this group of women, only 3 percent said they had been asked by a health care provider about physical or sexual violence by an intimate partner since age 18. "Not enough doctors and other health care professionals are screening women for intimate partner abuse," said Amy Bonomi, lead author of the study and associate professor of human development and family science at Ohio State University.

Intimate partner violence takes not only a personal toll, but a financial one as well, according to Bonomi. In an earlier study by Bonomi and her colleagues, findings showed the health care costs for abused women were 19 percent higher than for non-abused women. "We found that health care costs for abused women were still higher even five years after the abuse stopped," Bonomi said. "This underscores the need to pay attention to the issue of intimate partner violence in health care settings."

The Group Health Cooperative was the health care system whose members were surveyed for the study. The study was supported by the federal Agency for Health Research and Quality.

CONSUMER SPENDING

The Rising Burden of Health Spending on Seniors



The United States spends about 17 percent of its national income on health care, the highest in the world. Some have wondered how high spending can go and what difference it will make. In thinking about that question, the experience of our senior citizens provides a vital clue.

Today, more than two of every five dollars of total potential consumption by the elderly (43 percent) is health care.

In just 17 years (by 2024), health care will equal 50 percent of seniors' total consumption.

- For the oldest seniors — age 75 and older — health care already makes up more than half of all they consume.

Much of seniors' health spending is paid not by seniors themselves, but by public and private third parties like Medicare, Medicaid and previous employers. However, as spending on their health care rises, seniors will be asked to devote an increasing share of their own incomes to pay for it, crowding out other items like food, housing and travel.

- Today, seniors spend 17.2 percent of their cash incomes on health care, on the average, including out-of-pocket expenditures, as well as premiums for Medicare and individually purchased Medigap insurance.
- That level will grow to almost one out of every four dollars of income (23.5 percent) by 2030, and by midcentury seniors will potentially spend almost one-third of their cash incomes (31.4 percent) on health care.

Since Social Security represents such a large portion of seniors' retirement income — particularly for older seniors — examining health spending as a percentage of Social Security benefits is also informative:

- Today's seniors spend from their own resources an amount equal to 44.5 percent of their Social Security benefits on health care.
- That amount will almost double (to 81.3 percent) by midcentury.

If health care spending rises as expected, seniors will likely be called upon to share the burden. That means current and future workers will need to extend their time in the labor market — or save and invest more money while working — to prepare for the higher expected health care costs waiting for them in retirement.

This story was reported from the National Center for Policy Analysis Report: "The Rising Burden of Health Spending on Seniors" For more information go to: <http://www.ncpa.org>.

MISSOURI Rx PLAN

The Basics of the Missouri Rx Plan



"Helping Missourians Stay Healthy" is the goal of the new State Pharmacy Assistance Program, the Missouri Rx Plan. In response to the rising cost of prescription medications and to assist members fill the coverage gap with Medicare Prescription Drug Plan coverage. The Missouri Rx Plan (MoRx) has been implemented to assist more Missourians with out-of-pocket expenses of the Medicare

Prescription Drug (Part D) Program. MoRx is the State Pharmacy Assistance Program that provides prescription drug assistance to qualifying elderly and disabled Medicare beneficiaries. MoRx replaces the former Senior Rx Program and is administered by the Department of Social Services, Division of Medical Services.

On November 1, 2006, the Missouri Rx Plan (MoRx) began open enrollment to assist more low-income Missourians with out of pocket expenses associated with the Medicare Prescription Drug (Part D) program. There is no enrollment fee, and once enrolled members do not have to enroll again.

Since the implementation of the Medicare Prescription Drug Plan (Part D) on January 1, 2006, Missouri Rx has been providing coverage to approximately 160,000. An additional 10,000 people have joined MoRx since open enrollment began in November 2006.

Eligibility requirements for MoRx include the following:

- Medicare beneficiaries with incomes at or below: \$19,600 annual

income for an individual or \$26,400 annual (combined) income for a married household.

- Missouri resident.
- Members must be enrolled in a Medicare Prescription Drug Plan.

Individuals enrolled in both Medicaid and Medicare are automatically enrolled in the MoRx plan. Also, automatically covered on January 1, 2006, were the former 2005 Senior Rx Program members.

MoRx enrollment will continue year-round, with no requirements for annual re-enrollment. There is no cost or fee to join. The easy to complete one page application can be found at pharmacies, Area Agencies on Aging, County Health Departments, Department of Revenue offices and City/County Libraries or by contacting the MoRx Plan Helpdesk toll-free at 1-800-375-1406.

Calendar & Entertainment Highlights



Starting April 5th and continuing for 10 consecutive weeks, *Home Instead Senior Care* is pleased to announce the second season of its **St. Louis Senior Bridge League**, proudly sponsored by Purcell & Amen, LLC estate planning attorneys. The league was formed to give back to our seniors by providing them with a fun, FREE and exciting weekly

event every Thursday afternoon to exercise their mind while playing the great game of bridge! The schedule will rotate around town from several local independent living communities and municipality recreation complexes. The current list of participating communities include: Garden Villas West, Meramec Bluffs, the Hallmark of Creve Coeur, the Villa at Riverwood, Maryland Heights Community Center, the Sarah Community, Surrey Place and Sunrise Assisted Living of Des Peres. To be a part of this fun event or if you know someone that would love to play, please call Home Instead at 314-862-4663 to sign up and get a schedule.

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.

Tuesday, May 8, 2007: Washington University Center for Aging hosts the *7th Annual Friedman Conference* from 8:30am to 5:00pm, with registration starting at 7:30am. This year's theme is *Physical Space and Aging: Spatial and Architectural Design for Elders*. Seating is limited and pre-registration is required. This free event includes lunch. It will be held at the Eric P. Newman Education Center, Washington University School of Medicine, 320 S. Euclid, St. Louis, MO. See <http://epnec.wustl.edu> for directions. For information and to register go to: <http://wucfa.wustl.edu>.

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.

Wednesday, June 20, 2007 from 9:00am - 12:00pm, *Basic Dementia Care*. Aimed at our volunteers who are also professional caregivers, come and learn the skills and information necessary to care for persons with dementia. Content covers Alzheimer's disease and other dementias, communication, behaviors, ADLs, and working with families. The normal \$40 tuition fee is waived for active volunteers who have completed Basic Volunteer Training. Class will be held in St. Charles and the location will be announced later this spring. Please rsvp with Jennifer at the Alzheimer's Association at 314-801-0414.

Tuesday, July 17, 2007 from 6:30pm - 8:00pm (Rescheduled from February 2007 due to storms) *Unique Challenges and Resources for Persons Diagnosed with AD before Age 65*. Please rsvp with Jennifer at the Alzheimer's Association at 314- 801-0414. There is a growing number of persons being diagnosed with AD before age 65. Learn about the care needs, challenges, and resources that are unique to persons and their loved ones affected by early onset Alzheimer's disease.

September 17 - 19, 2007: *The 4th Annual Missouri Show Me Summit on Aging and Health*, sponsored by the Missouri Alliance of Area Agencies on Aging in collaboration with the Missouri Department of Health and Senior Services, will be held at Tan-Tar-A Resort in Osage Beach, MO. This year's theme, "ReShape-ReThink-ReDesign Missouri Aging" will focus on making Missouri 'ReMarkable' as Missouri searches for new, exciting, and smart ways to address the needs of older Missourians! For more information and to download forms for "The Call for Presentations" log onto the Summit's website at www.showmeaging.com.

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!

OWL seeks nominations for Women of Worth Awards . Nominations are being sought for the year 2007 Women of Worth Awards to be presented in October by the Gateway chapter of OWL - the voice of mid-life and older women. The awards dinner will be held October 10, 2007, at the Missouri Athletic Club downtown. The awards are given in either of two categories 1) a woman who has made a difference for midlife and older women or 2) a midlife or older woman who has made a difference in the community. The deadline for submission of nominations is May 7, 2007. This will be the seventeenth year for the Women of Worth Awards. To date 148 women have been presented with the award. To obtain a nomination form or more information please call the OWL office at 314-725-5862.

St. Andrew's Resources for Seniors is now accepting nominations for *Ageless—Remarkable St. Louisans*. On November 11, 2007, Ageless honorees will be celebrated during our 5th Annual Gala, spotlighting St. Louis' dynamic senior population. Do you know a St. Louis-area resident who is 75 or older and currently plays an active role in making a positive difference in our community, and/or the lives of others? Nominations due by April 2, 2007. For more information call Miriam Stevens at 314- 802-2184.

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



Martha's Hands has two, full-time positions open for our growing company family. If you know someone who is looking, please have them come in to our office and apply at 11906 Manchester Road, Suite 204, Des Peres, MO between 8am-4pm, Monday-Friday.

Afternoon Staffing Coordinator - Assist the Staffing Team with scheduling caregivers into client shifts using our computerized scheduling software, document caregiver work history, address client & caregiver issues and market our services to potential clients. Work Schedule: 11am- 7pm, Monday-Friday.

Receptionist/Office Assistant - Greet everyone who contacts Martha's Hands, whether by phone or in-person, with a pleasant disposition, inquiring about their needs, and

directing them to the appropriate team member along with other duties as assigned. Work Schedule: 8am- 3pm, Monday-Friday. Both positions are hourly positions with benefits including health care, dental, vision, life insurance and paid time off. Schedule of benefits upon hire.

Memory Care Home Solutions seeks a part-time (15 hours a week) Assistant Program Coordinator to assist in outreach activities to local physicians, social workers and other client referral sources, as well as deliver our unique caregiver training/service program through home visits and follow-up phone and/or email consultation. Major responsibilities to the client include hands-on consultation and training, care plan development and

distribution, evaluation and data collection and community resource referral. \$17- \$20/hr. negotiable. Education: Current professional with Bachelors degree in Social Work or related degree preferred; OR Graduate student in Social Work or Gerontology. Experience/Qualifications: (a) Strong communication, organizational, and interpersonal skills (b) Ability to work independently (c) Ability to travel within the St. Louis Metro area (d) Previous experience with service/program delivery to older adults is highly desired (e) Knowledge and/or experience with dementia care a plus (f) Experience working with family caregivers a plus (g) Must be proficient in MS Word, MS Excel and MS Access. Send resume and cover letter to: Memory Care Home Solutions 10784 Indian Head Ind. Blvd, St. Louis MO or email: lbaron@memorycarehs.org, or fax: 314-426- 6249. Memory Care Home Solutions is an equal opportunity employer.

- **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.
- **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.

- **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.

- **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.
- **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.

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

St. Louis Times

John Rothbarth /
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