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ST. LOUIS **Times** Express®

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March 15, 2008 Edition

Dear John Rothbarth,

As the political climate heats up in the search for our next President, this edition looks at a few factors specific to older adults and their interest and effect on national politics.

By now you should have received a postcard directing you to enter your 2008 **free** listing(s) in our upcoming *Information for Older Adults RESOURCE GUIDE*. If you haven't entered your information yet, please go to our website at www.stlouistimes.com and follow the link to enter your 2008 information.

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*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 over 1,800 subscribers. This e-newsletter is a collaborative effort, so please submit your **free** calendar item(s), job vacancies, or volunteer opportunities to us at express@stlouistimes.com.*

SENIOR INFLUENCE

The 'Third Rail' in Politics



In terms of voting power, the elderly are a major political force. When it comes to a presidential election in the U.S., for example, the proportion of the population over 65 who vote exceeds those under 45 by some 20%. Older people also tend to be more knowledgeable about

politics than younger people.

In various surveys the elders also report the highest level of interest in political campaigns and public affairs. They also make campaign contributions at higher rates. In the 2000 presidential campaign, for example, 14% of people age 65 and older contributed to a campaign. Among those age 35-64, 10% contributed, and among those 18-35, less than 3% gave money to a political campaign. In 2000 12% of all campaign workers were older people. A Congressman once called the senior citizens' political agenda, the 'third rail in politics' (referring to the train lines in which one would be electrocuted from touching the third rail).

So powerful is this population in its political potential that many worry they will favor only their special interests, possibly at the expense of those who are younger. There is little indication this is so. For the most part, the elderly do not vote as a bloc. As exit polls indicate, their votes are distributed among candidates in roughly the same proportion as those who are younger. The votes of the elderly are more likely to depend on their economic and social status, labor force participation, gender, ethnicity, and religion. Unless they are directly threatened, their voting patterns will continue to be split by other interests. Yet, the political power of the elders is like a lion: politicians are wise to feed it properly and avoid irritation at their peril.

HEALTHCARE

A Political Issue for 2008



Healthcare issues such as paying for medical expenses, universal healthcare and rising drug costs topped the list for seniors in a recent Lowrey Organ survey of 2000 LIFE Members (a nationwide music group sponsored by Lowrey). Participants ranged in age from 57-72 and were surveyed on a variety of topics including financial security and national issues such as terrorism, immigration, social security and

more. In addition to the healthcare concerns, respondents overwhelmingly rated immigration as their primary domestic issue (87%), over terrorism (63%) and social security (59%).

The healthcare issues come as no surprise to several of the 2008 presidential candidates, who presented detailed and workable healthcare plans as part of their campaign strategy. An approach to improved healthcare will likely be a mandate for candidates going forward as the latest census report detailed the upcoming boomer demographic: since January 1, 2006, a baby boomer has turned 60 every seven seconds. Every day 10,000 people turn 50. This transition will continue for the next 19 years.

Additionally, longevity is a given. The average life expectancy for a US resident at age 65 has increased four years since the mid-1960s, and Americans reaching age 65 today can expect to live an additional 17.9 years. Even better, the percent of those with chronic disability has dropped from 26.2% in 1982 to 19.7% in 1999. Affluence, medical technology and better self-care have created

an entirely new stage of life for millions of people. This means the average American turning 65 today can expect to live to age 78. The ones who don't smoke, but do exercise and eat right are likely to live well into their late 80s and beyond.

Most healthcare experts point to the fact that a walk a day and moderate weight training can sometimes help stave off osteoporosis, arthritis, and a host of other 'boomeritis' symptoms. But with all the hype over staying active, many overlook the fact that the brain too, shouldn't be neglected. Depression, loneliness, dementia, Alzheimer's, anxiety, and boredom are all threats to our mental health and can keep even the most physically fit person grounded. Worse, as millions hit retirement over the next several years, the so called 'third act' becomes fertile ground for retirees to become deeply stressed and depressed over losses of jobs, incomes, spouses through divorce or death, relocation and more.

HARRIS POLL

Most Americans Distrust Media



The Harris Poll recently looked at how Americans trust and use the media for political news and found older people - called "Matures" in Harris talk - are much more likely than younger generations to turn to their local television news, while the Baby Boomers chose cable television news. But, among all age groups, Harris found most Americans don't trust the media.

Harris says 83% of the Matures (those aged 63 and older) turn to their local television news all the time or occasionally.

Baby Boomers (those aged 44-62) responded saying 74% turn to cable television news, 74% local newspapers and 73% network television news. Baby Boomers are actually more likely than younger generations to use websites for national newspapers (40%) and the cable television networks (40%) all the time or occasionally.

Looking at the press in general, over half (54%) of Americans say they tend not to trust them, with only 30 percent tending to trust the press. Just under half (46%) of Americans say they do not trust television, while one-third (36%) do trust them.

Somewhat surprisingly, Internet news and information sites do slightly better as a plurality of Americans (41%) trust them while just one-third (34%) tend not to trust them. And, radio tends to do best among Americans as 44 percent say they tend to trust it and one-third (32%) tend not to trust radio.

These are some of the results of a nationwide Harris Poll of 2,302 U.S. adults surveyed online between January 15 and 22, 2008 by Harris Interactive®:

- Just over half of Democrats (51%) trust radio compared to 45 percent of Republicans

- 45 percent of Democrats tend to trust Internet news and information sites compared to 40 percent of Republicans
- Half of Democrats (50%) say they tend to trust television compared to three in ten (31%) Republicans
- When it comes to the press in general, a plurality of Democrats (43%) say they tend to trust them, but only one in five (19%) of Republicans say the same
- 70% turn to their local television news all the time or occasionally
- 66% turn to cable television news stations like CNN, MSNBC or FOX all the time or occasionally
- 32% say they never go to the websites for national newspapers for political news
- 28% turn to national newspapers such as The New York Times or USA Today for political news all the time or occasionally while the same number say they turn to weekly news magazines such as Newsweek or Time

"This political year is one of firsts - first female candidate and first African American candidate to have a chance at the White House. Both of these have definitely increased interest in political news. While the Internet is the source of many a political story, it is not where Americans are going for their political news, at least not yet. When we get to the 2012 presidential race, the shape of the media will most likely be very, very different and the Internet may have become the top source for political news," according to Harris.

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@hcsc.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



Saturday, April 5, 2008: GO! St. Louis - Mature Mile starts at 10:15am. Join Ron Jacober and other 60+ seniors as they walk a scenic mile in Forest Park. Every participant receives a free Mature Mile t-shirt, race bib, completion medal, refreshments and attendance prizes. \$10 registration fee. For more information

contact Cathy Thurwachter at 314-749- 6866 or cthurwachter@charter.net.

Saturday, April 12, 2008; The St. Louis Society for the Blind and Visually Impaired (SLSBVI) will be hosting their day-long seminar "*Low Vision: Causes, Treatments & Living Independently.*" The event will be held at the J.C. Penney Conference Center at the UMSL campus at One University Boulevard, St. Louis, MO. The day will begin with registration and coffee at 8:30am, following welcome remarks by David C. Ekin, President and CEO of SLSBVI at 9:00am and presentations starting at 9:15am. Morning topics will include "Everything You Need to Know About Age- Related Macular Degeneration," "The Cost of Vision Loss to the Community, Patients and the Family," and "The Importance of a Low Vision Exam." After lunch, attendees may choose from among six different break-out sessions with SLSBVI experts discussing important aspects of how people can deal with low vision and vision loss, and ways for visually-impaired people to live independently. Admission to the day- long seminar, including lunch and materials, is \$15 per person, or \$10 per person for more than two people. For more information, see the SLSBVI website <http://www.slsbvi.org> or call 314-968-9000.

Tuesday, April 29, 2008; "*Senior Lifestyle and Resource Expo*" presented by the University City SRT from 9:00am - 2:00pm at the University City Centennial Commons. Join us in providing your resource information to the University City and surrounding area senior community and raise awareness of your service or product that promotes healthy lifestyles and quality of life. Exhibit and sponsorship opportunities are available on a first- come first-serve basis. To get a registration form, flyers, or for more information, contact Mary Hart at 314-615-1676 or email mhart@stlouisco.com.

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. For more information please contact Mary Weis at 314- 286-2441 or weism@abraxas.wustl.edu. 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



Publisher's Note: CareerBuilder.com has launched PrimeCB.com, a job search site for retirees and experienced workers. According to a new

CareerBuilder.com survey, 22 percent of employers say given the shortage of qualified workers, they plan to rehire retirees from other companies in 2008; and 14 percent of employers plan to provide incentives for older workers to stay with the company longer. Luckily for them, nearly three out of five workers age 50 or older plan to look for work elsewhere after retiring from their present jobs. PrimeCB.com will allow retirees and other experienced workers to search for part-time, full-time and contract positions from CareerBuilder.com's database of over 1.6 million jobs. Users can also search by keyword, location, skills and job type and can sign up for job alerts that automatically e-mail positions based on search criteria.

- (1) **Missouri Foundation for Health** seeks a Program Associate to support Program Officers. Must be able to consolidate & research background information for health funding programs, review applications, analyze reports, & respond to inquires. Position manages a portfolio of proposals. Qualifications include a Master's Degree in appropriate discipline or profession preferred, plus 3- 5 yrs related experience (Post-Graduate 5yrs maximum) health related experience is a plus. Proficient in Microsoft Office. Strong verbal, written, analytical, interpersonal, research & presentation skills required plus a willingness to work in a team environment & travel 15%. If you enjoy working with culturally diverse groups, in a fluid, team environment, send resume, letter of interest and salary history in confidence to: Missouri Foundation for Health, Attn: HR, 1000 St. Louis Union Station, STE 400, St. Louis, MO 63103. Fax: 314-345-5599 or e-mail to amorton@mffh.org. Visit our website at www.mffh.org.
- (2) **All Family Care** is growing again! We are searching for qualified caregivers to service our private clients in their homes. Live-in and hourly positions are available, C.N.A.'s welcome. Requirements include: at least 1 year experience in home care either through another agency or provider, valid Social Security Card, valid Driver's License, proof of automobile insurance, and current background check. Be a part of the friendliest and fastest growing home care provider in St. Louis. Hourly positions pay between \$8 and \$10 an hour/ Live-in positions start at \$100 per day. We are accepting applications Monday through Thursday at 9903 Gravois Road, St. Louis, MO between the hours of 9:00am - 3:00pm. You may also fax us your resume to 314-333-4189 but copies of the above materials must be sent with your resume for further consideration.
- (2) **Bi-Lingual International Assistant Services (BIAS)** is looking to hire a Social Worker for part or full time employment to work with a dynamic team of multi-lingual professionals. Competitive salary , excellent benefits, 401K and opportunity to obtain Licensure through on-the-job supervision. Job requires flexibility in personal scheduling, some regional travel, and ability to work in a multi-cultural setting. We are looking for a dedicated self - starter, an independent professional who is able to conduct psychotherapy in nontraditional settings. Must have Masters in Social Work or Higher. Knowledge of a second language is desirable but not a requirement. Salary depends on Licensure, prior experience and ability to work with minimal supervision. For additional information or to apply, please contact Julia Ostropolsky at Juliaostropolsky@cs.com.
- (2) **Covenant House/CHAI Apartments**, a quality affordable housing community for seniors/mobility impaired individuals, invites applications for the position of Associate Director. Responsibilities include overseeing marketing & operations. Important elements are developing effective marketing strategy, supervising management, admissions, social service & some clerical staff. The Associate Director

will implement & supervise operations of caring support services for residents. The successful candidate will have earned a BA or BSW (required), MSW or MA preferred in Not for Profit Management or related field. Min 5 years related experience. We offer competitive total compensation package. Submit letter, resume, & salary requirements to Janet Weinberg: jweinberg@covchaistl.org or Fax: 314-432- 4058.

- (2)**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.
- (2)**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.
- (2)**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.
- (2)**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.
- (2)**Washington University** 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.

- **(2) 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.
- **(3) 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.
- **(3) 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.
- **(2) 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.
- **(2) 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.
- **(2) Friendship Village-West is looking to hire an Arts & Crafts**

Coordinator. It is part time, M-W-F day time hours (start time is somewhat flexible). Will work with residents in our Independent Living area on variety of projects such as sketching, needlepoint, painting, computer projects, music, arrange and coordinate trips and guest performers, games, etc. Must have experience working with elderly and be comfortable leading and developing activities. Rate of pay is dependent on experience. If interested please call Sally Taylor at Friendship Village-West 636-733- 0159 or send resume by fax to 636-733- 0181.

- (2)**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.
- (2)**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.
- (2)**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.
- (2)**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.
- (2)**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.

All Employment Opportunities listings run for three months, unless notified by the employer that the position has been filled. The number of times the listing has run precedes each listing. To submit Employment Opportunities for future issues of the *St. Louis Times Express*, please send all requests by email to express@stlouistimes.com.

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 Eileen Spinner at BJC Hospice to set up an interview at 314-953-1762, or send email to etr7873@bjc.org.
- **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.
- **The Jewish Community Center Adult Day Services** needs volunteers to assist in a variety of ways including: interest group leaders that would develop and lead a small group for a particular interest or activity on a weekly or every other week basis; entertainers that could come in to provide musical or other types of entertainment to supplement the professional entertainers that we have; assisting the activity department with special activities or arts and crafts projects. Volunteers will receive orientation and training. Come be a part of a very caring and professional staff and wonderful, loving adults with Alzheimer's and other dementias, developmental disabilities, social isolation, and other special needs. It is truly a rewarding experience. For more information please call Audrey Schneider, Activity Director, at 314-442-3249.
- Do you enjoy public speaking? Do you have a passion for helping families affected by memory loss? The **Alzheimer's Association** needs volunteers to present information to organizations in your area. They provide training and guidance each step of the way. Volunteers for this role typically have professional and/or family experience with memory loss. Professionals in the field of elder care (nurses, marketing professionals, social workers, doctors) are an especially strong match. Family members who have experienced the changes of Alzheimer's

disease in a family member are also well-suited. If you are familiar with the subject, an effective communicator, and interested in helping families, this is a tremendous opportunity. If you are not confident about the subject matter, training and support is provided. To learn more, please email or call Jennifer Phillips, Alzheimer's Association, St. Louis Chapter at jennifer.phillips@alzstl.org or 314-801-0414.

- **Odyssey HealthCare is currently accepting Volunteer applications** from those who wish to make a difference, by becoming part of a Professional Hospice Team. Odyssey is a hospice agency that serves terminally ill adult patients and their families in 7 counties within Missouri; by providing Clinical, Medical, Psychological, Spiritual and Social Services. Many different opportunities are available for the interested volunteer; Companion Visits, Clerical Assistance, Craft Groups, Pet Therapy, Music Therapy, Story Tellers Program, Family Archive Website, Santa visits, helping to deliver dreams and many more. Volunteer Trainings are held on a regular basis, schedules can be flexible and new volunteers are needed for an ever increasing census. Please call, Pam Ryan, Manager of Volunteer Services at 314-275- 6100 or e-mail pryan@odsyhealth.com to schedule an interview or request more information.
- **Step out in 2008 by Becoming a Ten Toe Express Walk Leader!** Here is your chance to step into a healthier lifestyle in 2008 by becoming a volunteer Ten Toe Express Walk Leader for the spring session. Citizens for Modern Transit will kick off the Spring 2008 Ten Toe Session in mid-May by linking walking with public transit, specifically Metrolink and MetroBus, for a more active and healthy lifestyle. Each participant who registers for the program will receive a FREE pedometer, coupon book, walking and eating logs, sample walking tours, and opportunities for weekly group walking tours as a few benefits. Right now, we are looking for volunteer walk leaders to help lead weekly walks for 12 weeks beginning the week of May 15. As a walk leader, you receive training on leading weekly walks and receive a free leader's kit. Good candidates for walk leaders are those people who enjoy walking for exercise, like leading groups of people, have the ability to walk one mile, and have a willingness to use public transit. We hope you will take this opportunity to volunteer and make this program a success! Email info@cmt-stl.org or call 314-231-7272 if you are interested in volunteering.
- **The Alzheimer's Association is seeking fun, energetic, and dedicated committee members to help grow Memory Walk participation in your area.** Committee volunteers are needed in St. Louis, Southeast Missouri, St. Charles County, Franklin County, and Edwardsville/Collinsville, Illinois. A variety of roles are available including assistance with logistics, promotions and publicity, securing corporate sponsors, and recruiting teams and walkers. Whether you are a seasoned walker or new to the event, please contact Jennifer Phillips at 314-801- 0414 or jennifer.phillips@alzstl.org for more information.
- **The Long Term Care Ombudsman Program has a unique volunteer opportunity: Volunteer Ombudsman.** Volunteers visit nursing home residents, educate them about their resident rights, and advocate on behalf of residents to resolve complaints and disputes. Requires 12 hours of formal training and six hours of mentor supervised experience which is provided by the Long Term Care Ombudsman Program. Volunteers are expected to spend a minimum of four hours per week in the program. Call 314-918-8222 or email info@ltcop-stl.org for more information.
- **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.
- **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 Rebecca Marvin, 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.

To submit 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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Contact Information

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