

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

ST. LOUIS **TIMES**[®] Express

April 15, 2007 **Volume 2 Issue 11**

Dear John Rothbarth,

We need your help in publishing the best regional resource guide for older adults our community has ever seen.

The St. Louis Regional Edition of the *St. Louis Times* RESOURCE GUIDE is being worked on virtually seven days a week and will continue until published in August 2007. This publication will present more consolidated data for older adults than has ever been published for our community before. Information for five Missouri counties and seven counties in Illinois will be included. Endorsements for the publication are lengthy, including the Missouri Attorney General, the Area Agencies on Aging, CORP, OASIS, Breakthrough Coalition, and more. The listings are free of charge, with funding supported through paid advertising. If you haven't returned your completed 2007 Category Listing document to us yet, please do so soon. If you don't have this document but want to have your organization's services and/or products included, please send your request to info@stlouistimes.com.

WHAT'S INSIDE

- **Centenarians Share Contemporary Interests**
- **Fitness Important in Retirement Housing**
- **Many Workers Are Staying on Past 65**
- **Life Expectancy in Iceland**
- **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

Centenarians Share Contemporary Interests



Who knows better how to age

successfully than people who are 100 years old? To capture the attitudes of the oldest-old, 100 centenarians (70 women and 30 men) responded to a telephone interview. Most (70%) of the respondents lived at home, either alone or with a spouse.

Keeping up with the times, 72% said they have eaten at a fast food restaurant, 11% have ordered coffee at Starbucks and 9% have eaten sushi. For entertainment, 31% have watched a reality TV show and 27% percent have watched MTV or music videos. Nearly a quarter have purchased a music CD, and one in 7 has played a video game. Six percent said they have been on the Internet and four percent said they have listened to music on an iPod.

For news, 68% rely on television and 40% on newspapers. To hear the truth, centenarians trust their spiritual leader, with 34% saying they believed a priest, rabbi or preacher is the person most likely to tell the truth when given a choice that included their doctor or nurse (28%) and a police officer (8%).

"As Americans strive for healthier, longer lives, the [survey] provides us with a prescription for longevity from those who have aged successfully, and finds that tuning in to trends and current events, leading healthy lifestyles and holding faith and spirituality in high regard are key themes," said Dr. John Mach, CEO of Evercare.

SOURCE: Evercare (April 3, 2007).

HOUSING TRENDS

Interest Growing in Fitness at Adult Communities

Active adult communities are planned developments that usually require at least one adult to be 55 years or older. What do home buyers want in an active adult community? Developer Del Webb surveyed 5,138 current and prospective residents to find out. Respondents were asked to rate their levels of interest in an activity using a 10-point scale, with 10 as most important.

Under sports and outdoor adventure, activities ranked as "extremely important" were swimming (55.2%), golf (49.2%), bowling (34.4%), fishing (30.1%) and canoeing/kayaking (26.2%). Increasing in popularity were hiking/climbing/rappelling (18.0%), river rafting (17.8%), downhill skiing (9.1%), rollerblading (7.3%), competitive running (6.1%) and hang gliding/parasailing/parachuting (6.0%).



Approximately 77% of respondents indicated they exercised at least 3 days per week; fewer than 6% indicated they work out zero days per week. Among health and fitness related activities, walking (82%) and cardiovascular equipment (treadmills, etc.) workouts (78.8%) topped the list, followed by strength/weight training equipment workouts (67.4%), water aerobics exercise classes/water-based fitness (63.0%) and swimming (62.5%).

Rising in popularity are biking (56.7%) and balance training programs such as Pilates, Tai Chi and yoga (51.3%).

Among passive recreation activities, general computer technology ranked highest with approximately 45% of respondents indicating it was extremely important. Most popular creative outlets were ceramics/pottery/clay works, painting and drawing, and wood crafting. Scrap booking is on the rise within the group, with 16% of respondents indicating it was extremely important.

"Although interest in many passive recreation activities still exists, demand for more active forms of lifestyle programming has emerged as a top priority among current residents and prospective homebuyers," commented Judy Julison, national director of lifestyle operations. "Programming that encompasses multiple dimensions of health and wellness and responds to new trends and interests that may emerge is a focus for today, especially as the baby boomer generation continues to move in to our communities and helps to mold the current and future programming options."

SOURCE: Pulte Homes (April 4, 2007).

EMPLOYMENT

Many Workers Are Staying on Past 65



Almost a fifth of the small businesses in a recent survey say their older workers are staying on past the usual retirement age of 65. More than a third of these businesses reported employees are still working because they can't afford to retire. To be sure, twice that many said employees were staying past 65 because they liked working or enjoyed the extra income.

"Either way, these older employees represent both an opportunity, thanks to their valuable experience, and a huge challenge, because small businesses have to start getting ready now for the graying work force," said Milan P. Yager, executive vice president of the National Association of Professional Employer Organizations. The trade association surveyed almost 400 of the small businesses its members serve for a timely and unusual glimpse of how they're contending as the baby boomers approach retirement, transforming the labor market, the economy and even the quality of life for millions of Americans.

Five percent of American workers are between 60 and 64 years old, or almost 7 million people. That number jumped nearly a quarter from five years ago. Many, experts say, have not saved enough to retire.

Small businesses, of course, face the same problems, the survey shows - but with fewer resources. Almost 16 percent of the small businesses responding to the NAPEO survey said 5 percent or more of their employees are between 60 and 64. That, too, jumped from five years ago, when it was 9 percent.

MORTALITY

Life Expectancy in Iceland

In 2006 1,901 persons died in Iceland, 959 men and 942 women. The crude death rate was 6.2 per 1,000 population. Mean life expectancy for Icelandic women is now 83.0 years, 79.4 years for men. Icelandic men can now expect to live longer than men in any other country. In the case of women, life expectancy is highest in Japan (84.9). A few European societies have higher life expectancy for women than Iceland, in particular Spain (83.8) and Switzerland (83.6).

Infant mortality in Iceland is now lower than in any other country of the world. The average of 2001-2006 reveals infant mortality of 2.4 per 1,000 live births. In the other Nordic countries infant mortality is slightly higher than in Iceland, but low in a European perspective. On the global level Japan and Sweden come closest to Iceland with an infant mortality rate of 3.0 and 3.1 (in 2004).

Calendar & Entertainment Highlights



Tuesday's and Wednesday's in April and May: Classes for "*Over 50, Fit and Sharp*" are held at Reintegrative Health Institute at 6:00pm in Des Peres for men and women who want to learn more about how to practice staying active and bright. The one hour classes for April and May are: Sharp Memory

Over Fifty, Migraines and Headaches Gone But Not Forgotten, Keeping the Brain Trained for Focus. Call 314-984-8412 for more information. Classes are free but limited.

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.

Friday, April 27, 2007 from 11:30am to 1:00 pm the *St. Louis Council of Directors of Volunteer Services (CVD)* monthly education/networking meeting. CVD is a professional organization that promotes and enhances the field of volunteer administration for its members in the metropolitan St. Louis area. If you work directly with volunteers and would like to learn more about how membership in CVD can help you in your job, please consider attending. To be held at Brentwood Congregational UCC, 2400 S. Brentwood Blvd., St. Louis, MO. The \$15 meeting fee includes lunch. Reservations are required.

Please RSVP by noon, April 25, to Kate Howell, CVD Program Committee Co-Chair howellk@iistl.org or call 314-773-9090 x189.

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>.

Friday, May 18, 2007 the 31st annual MEAAA Senior Fair from 9:00am to 3:00pm at Northwest Plaza. Mid-East Area Agency on Aging presents live music, games, booths and health screenings. Admission is free. Terry Thompson and his swinging band play your favorite dance tunes. The Cameo Club Dancers and Tommy Goldenberg with Pete Keiser also entertain. The fair features more than 100 vendor booths, door prizes, casino-style games, plus free health screenings and information. For more info, or to find out how you can reserve a booth, call John Gamache at 636-207-0847, ext. 106, 1-800-AGE-6060 or e-mail info@mid-eastaaa.org.

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*. 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. Please rsvp with Jennifer at the Alzheimer's Association at 314- 801-0414.

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.

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.

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

- **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- 237-0055.
- **St. Andrew's At-Home Services has a full-time position available for an ElderCare Specialist.** Qualifications required include ability to provide knowledge and experience in developing and expanding the program; assessment skills for older adults and family caregivers including psycho- social, mini mental, and functional assessments; knowledgeable of community resources for older adults and family caregivers; ability to develop methods of improving organizational effectiveness and ability to effectively communicate ideas, analyses, recommendations and decisions to staff, peers, vice president and clients. A Master's Degree a must along with prior experience working w/older adults. Send all inquiries to St. Andrew's At-Home Services, 6633 Delmar Boulevard, St. Louis, MO 63130 or call 314-726-5766 or send an email to TVaughn@standrews1.com.
- **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.

- **Mid- East Area Agency on Aging seeks volunteers for its MEAAA Meals on Wheels program.** Weekdays, morning to mid-day only. Hours are flexible. Deliver once a month, once a week, daily, or fill in for a week or two while other volunteers take vacation. Routes open throughout the counties of St. Louis, Franklin, St. Charles and Jefferson. Must be 18 or older with your own vehicle and a big heart. MEAAA provides mileage reimbursement and excess liability insurance. Call Sarah McDonald, 636-207-0847, ext. 114, or 1-800- AGE-6060 for information.
- **Researchers at Washington University School of Medicine** are conducting studies for seniors age 65 and older who had hip surgery within the past four months. They are investigating the effects of exercise combined with testosterone replacement therapy on improving physical function and bone density. Patients who lived independently in the community before the surgery are eligible to participate. Transportation to the medical center is available at no charge. For more information call Toni at 314-286-2716.
- **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.
- **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.
- **Friendship Village-West has a part time position available for an LPN or RN** in our Resident Services department. The position is for the night shift. Residents served by this department are independent and need occasional assistance, assistance with a medication or treatment etc. Hours are 11:00pm - 7:30am alternate weekends and may add a weeknight shift if desired. Please contact Sally Taylor at 636-733-0159 for information or an appointment or just stop by and complete an application. Please specify "Resident Services" if you come in and complete an application.
- **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.
- **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.

- **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 a Volunteer Transportation Coordinator in O'Fallon, MO.** 8:00am -4:30pm, Monday-Friday, full benefits, \$12.58 per hour. Qualifications include four year degree in human service field or equivalency; two years in the human service delivery field; basic computer skills; previous public speaking experience; ability to analyze data, organize changing priorities and communicate effectively, and a valid driver's license. Call Cindy Wiggins, Human Resources, 636- 207-0847, ext. 131, for more information. EOE.
- **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

John Rothbarth /
Publisher
john@stlouistimes.com



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

Contact Information

email: express@stlouistimes.com

phone: 636-225-2442

web: <http://www.stlouistimes.com>

Join our mailing list!

[Forward email](#)

SafeUnsubscribe®

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

Email Marketing by



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