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# ST. LOUIS **TIMES**<sup>®</sup> Express

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Since 1993**

**April 15, 2008 Edition**

**Dear John Rothbarth,**

If your tax filing is behind you, congratulations! Before you jump into your next project though, why not enter your organization's information in our upcoming **2008 Information for Older Adults RESOURCE GUIDE**. We've made the process easier this year and moved it online, so please go to our website at [www.stlouistimes.com](http://www.stlouistimes.com) and follow the link to enter your 2008 information.

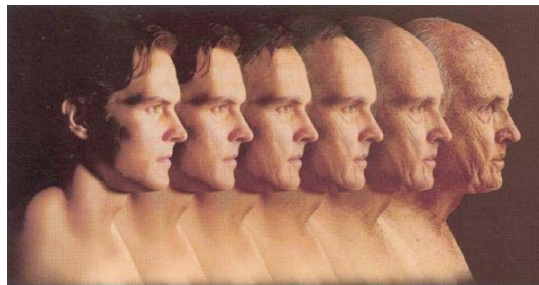
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*The St. Louis Times Express is a free monthly business-to-business e-newsletter published on the 15th of each month for the purpose of enriching the marketing and communication resources of all organizations and individuals who serve the bi-state 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](mailto:express@stlouistimes.com).*

## HEALTHCARE

### **Older Americans: Key Indicators of Well-Being**



Average life expectancy continues to increase, and today's older Americans enjoy better health and financial security than any previous generation. However, rates of gain are inconsistent between the genders and across age brackets, income levels and racial and ethnic groups. Some

critical disparities also exist between older Americans and older people in other industrialized countries. These and other trends are reported in *Older Americans 2008: Key Indicators of Well-Being*, a unique, comprehensive look

at aging in the United States from the Federal Interagency Forum on Aging-Related Statistics.

Older Americans 2008, the fourth chartbook prepared by the Forum since 2000, provides an updated, accessible compendium of indicators, drawn from the most reliable official statistics about the well-being of Americans primarily age 65 and over. The indicators are categorized into five broad areas—population, economics, health status, health risks and behaviors and health care. The 160-page report contains data on 38 key indicators—and a one-time special feature on health literacy.

The Forum—a consortium representing 15 agencies with responsibilities for Federal data collection or aging programs—collects, interprets and updates these data and makes them available to government agencies, policymakers, the media and the public.

Highlights from Older Americans 2008 include:

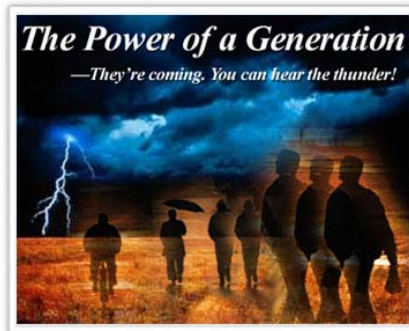
- **Population** - The demographics of aging in the United States continue to change dramatically, as the baby boomers accelerate growth in the percentage and numbers of older people and other important parameters change. In 2006, an estimated 37 million people in the United States—12 percent of the population—were 65 and older. Projections forecast that by 2030, approximately 71.5 million people will be 65 and older, representing nearly 20 percent of the total U.S. population.
- **Economics** - More older people enjoy increased prosperity than any previous generation, with an increase in higher incomes and a decrease in the proportion of older people with low incomes and in poverty. However, major inequalities continue to exist for older blacks and for people without high school diplomas, who report smaller economic gains and fewer financial resources.
- **Health Status** - Americans' longevity continues to increase, although life expectancy at age 65 in the United States is lower than that of other industrialized countries. While older people experience a variety of chronic health conditions that often accompany aging, the rate of functional limitations among people age 65 and older has declined in recent years.
- **Health Risks and Behaviors** - Factors affecting the health and well-being of older Americans, such as smoking history, influenza and pneumonia vaccinations and mammogram screenings, are key indicators that have shown long-term improvements but no significant change in recent years.
- **Health Care** - Health care costs, particularly for prescription drugs, have risen dramatically for older Americans. Between 1992 and 2004, average inflation-adjusted health care costs for older Americans increased from \$8,644 to \$13,052. Costs varied by race and ethnic group, income and health status.
- **Housing**. Most older people live in adequate, affordable housing. However, a significant percentage has housing-related issues that can pose problems to an older person's physical or psychological well-being. In 2005, 41 percent of households with people over age 65 had significant housing-related problems, such as housing cost burden (expenditures on housing and utilities that exceed 30 percent of household income), physically inadequate housing and crowded housing.
- **Use of Time**. The proportion of leisure time that older Americans spent

socializing and communicating-such as visiting friends or attending social events-declines by age, from 13 percent in those ages 55 to 64 to 10 percent for those 75 and over. The proportion of leisure time devoted to sports, exercise, recreation and travel also declines with age. On an average day, most Americans age 65 and older spent at least half of their leisure time watching television. Americans age 75 and older spent a higher proportion of their leisure time reading, relaxing and thinking than did those ages 55 to 64.

- **Health Literacy.** Among older Americans, the average level of health literacy-the extent to which people can obtain, process and understand basic health information and services-was lower than that of any other age group, and it continued to decrease with age. Thirty-nine percent of people age 75 and over had below basic health literacy, compared with 23 percent of people ages 65 to 74 and 13 percent of people ages 50 to 64.

## MARKETING

### Baby Boomer Buying Patterns Are Changing



Boomer consumers are roaring into their 60's, defying the stereotypes of aging and providing a demographic goldmine for marketers. But how long can it last? A new study of 1,100 baby boomers by FH Boom and NMI gives marketers new insight into the boomer consumer at age 70.

In brief, today's baby boomers predict that when they turn 70:

- 74% still won't be describing themselves as old.
- 86% will be more practical and pragmatic in their purchases, and much less concerned about trendiness and indulgences.
- 76% will be using technology to stay connected with family and friends.
- 93% will have more time to do things like travel, dine out and pursue hobbies.
- 63% will be making some kind of move, but only nine percent of boomers now in their 50's or older imagine themselves at 70 still in search of "the dream home."

The study also reveals that the baby boomer generation, which has a reputation for acting from dissatisfaction with the status quo, now perceives itself as being on track to unprecedented levels of satisfaction, happiness and thankfulness. A full 75 percent of boomers anticipate that "their best years are ahead of them."

## LOCAL NEWS



### ***Safe Sex is for Everyone*** by Mandy Stinnett Adkins, MSW Candidate

Believe it or not, 10 to 15% of new diagnoses of HIV are in people over the age of 50. Older adults are actually more likely to have unprotected sex, which places them at greater risk for contracting HIV and

other sexually transmitted diseases. In addition, older adults are less likely to discuss sexual activity, which, in turn, restricts the discussion of safe sexual practices. If older adults do have sexually transmitted diseases, they are less likely to disclose that information to sexual partners, friends and family, or healthcare providers.

One of the contributing factors to the lack of public awareness surrounding this issue is that society believes certain myths about older adults and sexual activity. These myths range from assumptions that older adults no longer have the desire for sex and are not able to perform sexually, to the belief that older adults are no longer attractive or desirable, which reserves sex as an activity for the young. Yet, contrary to society's opinion, older adults report regular sexual activity in later life. According to a recent AARP survey, 30% of men and 24% of women between the ages of 60 and 74 report having sex once a week.

Since the older adult population is unaware that HIV contraction is a problem, and society at large is unwilling to discuss sexual activity in older adults, nothing is being done about the spread of HIV in older adults - and the numbers of new diagnoses are increasing.

The hopeful news is that **Saint Louis Effort for AIDS** has developed a new educational campaign to address the prevalence of HIV/AIDS in older adults and the need for prevention through safe sexual practices. The goal of the campaign is to curb the spread of HIV in St. Louis' older adult population. The campaign will fill the gap in the provision of HIV/AIDS services to the older adult community and increase awareness on a public health topic that is important to every age group.

*For more information, to schedule a community presentation, or to request informational brochures, contact Mandy Stinnett Adkins, Program Coordinator, Saint Louis Effort for AIDS at 314-645-6451.*

### **Odyssey HealthCare Offers Program for COPD Patients**

St. Louis patients who suffer from end-stage chronic obstructive pulmonary disease (COPD) will benefit from Odyssey CareBeyond, a new hospice program designed to meet the unique needs of these patients.

"According to the American Lung Association, more than 1 million visits each year to the Emergency Room are related to COPD. Respiratory disease is also the fourth leading cause of death in the U.S. The quality of life during the end stages of COPD could be greatly improved with admission into 'CareBeyond,' said Dr. Gregory Zydiak, MD, medical director for Odyssey's St. Louis program. "This program will enable patients who have experienced repeated hospitalizations to remain at home or in their place of residence and still receive excellent care."

The CareBeyond clinical staff, including RNs, Social Workers and Spiritual care staff among others, is available 24/7 to assess and address symptoms, and to visit the patient, if needed. Respiratory Therapists are available for consults and visits as needed. CareBeyond helps these patients avoid hospitalization in most cases."

*To learn more about Odyssey CareBeyond and the many benefits of hospice for COPD patients, contact Odyssey HealthCare - St. Louis at 314-275-6100.*

## *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](mailto: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](http://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](mailto: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](mailto: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](mailto: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](http://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](mailto: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](http://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](mailto: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



**Wednesday, April 16, 2008** - St. Alexius Hospital & Bethesda Healthcare Care presents: *1st Annual National Health Care*. The event runs from 7:30 am to 1:00 pm with speakers and C.E.U.'s available. Limited space available. Fee: \$10 (conference attendees only). For more information contact Maria Miskovic at [Maria.Miskovic@sahstl.com](mailto:Maria.Miskovic@sahstl.com) or call 314-865-7048.

**Thursday, April 17, 2008** - *2008 Joanne Parrish Knight Caregiver Conference* at The Crowne Plaza St. Louis Airport, I-70 and Lindbergh South, 11228 Lone Eagle Dr., St. Louis, MO. The Alzheimer's Association, St. Louis Chapter, presents Keynote Speaker: Coach Frank Broyles. Former coach and athletic director for the Arkansas Razorbacks & author of Coach Broyles' Playbook for Alzheimer's Caregivers: a Practical Tips Guide. Emcee: St. Louis Rams Coach Linehan. Join us for this inspirational and educational presentation. Coach Broyles' personal testimony will help caregivers learn practical tips for caregiving by sharing his "playbook" for caring for a person with dementia. Free copies of Coach's book will be available for all families who attend the conference. Space is limited. Please call the Alzheimer's Association St. Louis Chapter registration line at 800-980-9080 to reserve your space or register online at [www.alzstl.org](http://www.alzstl.org). \$10 registration fee.

**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](mailto:mhart@stlouisco.com).

**Tuesday, April 29, 2008** - *Senior Healthcare 2008 Conference: Forecasting the Medical & Political Landscape* at The Gatesworth, One McKnight Place. The purpose of this conference is to enable these professionals to proactively anticipate possible changes in the way they deliver service to seniors, within their particular area of expertise. Ultimately this will culminate in a higher service level and improved life quality for seniors. Registration/Breakfast 7:30 am - 8:30 am. Program 8:30 am - 5:00 pm. Register at 314-862-4663.

**Tuesday, May 13, 2008** - *Alzheimer Disease: Environmental Risk Factors, Prevention and Early Intervention* at the Crowne Plaza Hotel and Conference Center, right off Interstates 55 & 72 at Exit 94 in Springfield, Illinois. Faculty include course co- directors, Tom Ala, MD and Ron Zec, PhD, and guest faculty Lynn Buettner, PhD, LRT, CTRS from the University of North Carolina at Greensboro, Sandy Burgener, PhD, APRN-BC, F.A.A.N. from the University of Illinois College of Nursing at Urbana, Art Kramer, PhD from the University of Illinois at Urbana- Champaign, and Martha Clare Morris, ScD from Rush University in Chicago. To register click [REGIS TER](#) and for more information click [I NFORMATION](#).

**Monday, May 19 - Tuesday, May 20, 2008** - *18th Annual Conference On Aging with Developmental Disabilities*. The AADD educates individuals, families, caregivers, employers, support service workers, professionals and the community in the varying issues and needs facing the aging population. AADD provides education through seminars, speaking engagements, an annual conference, individual assistance and referral services. This two- day annual conference will be held at the Holiday Inn Southwest and Viking Conference Center, 10709 Watson Road, St. Louis, MO. For more information visit their website at [www.agingwithdd.org/](http://www.agingwithdd.org/) or call 314-647-8100.

**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](mailto: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](mailto:express@stlouistimes.com).**

## *Employment Opportunities*



**(1) Jewish Federation of St. Louis is looking to hire a Volunteer Coordinator.** The Volunteer Coordinator is responsible for the recruitment, training and management of

volunteers in order to assist older adults with minor home repair, home assistance and computer assistance, and to provide volunteer opportunities to older adult residents of the NORC. Position is full-time with benefits. Please send resume to: Director, Human Resources: Shelly Chanitz, Jewish Federation of St. Louis, 12 Millstone Campus Drive, St. Louis, MO 63146. Or email to: [schanitz@jfedstl.org](mailto:schanitz@jfedstl.org).

- (1) **Continuum Care is looking to hire a PRN.** The position provides assessments and counseling to older adults in their homes. LCSW required. If interested please call 314-686-4451 or fax resume to 314-863-9918.
- (3) **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.
- (3) **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](mailto:LEETTL@SLLJ.EDU).
- (3) **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](mailto:allenwg@att.net) or fax to 314-968-2224.
- (3) **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.
- (3) **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.

- (1) **St. Johns Mercy Home Care has a part time social worker position available** in their Washington office. This position would cover the Franklin, Gasconade, and Warren Counties. The position is paid hourly, with a flexible, or as needed arrangement. Any social worker interested in this position should call Susan Cameron at 636-239- 8696
- (3) **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](mailto:tstacy@vnastl-cmc.com).
- (3) **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.
- (3) **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](http://www.slarc.org). Resumes can be sent to [vamsinger@slarc.org](mailto:vamsinger@slarc.org) or faxed to 314-569- 0778. Please put "HR-Times" on all correspondence.
- (2) **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](mailto:amorton@mffh.org). Visit our website at [www.mffh.org](http://www.mffh.org).
- (3) **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.

- **(3)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](mailto:Juliaostropolsky@cs.com).
- **(3)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](mailto:jweinberg@covchaistl.org) or Fax: 314-432- 4058.
- **(3)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](mailto:mrhodes@bayada.com).
- **(3)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.

- (3) **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.
- (3) **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@arts.wustl.edu](mailto:aging@arts.wustl.edu).

**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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 training sessions are set for Saturday, May 24 and 31st, 2008 in University City from 9:00 am - 1:00 pm. For more information call Sandy at 314-727-9202 or email: [singerinstitute@yahoo.com](mailto: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](mailto: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](mailto:pryan@odsyhealth.com) to schedule an interview or request more information.
- **Step out in 2008 by Becoming a Ten Toe Express Walk Leader!** Citizens for Modern Transit is gearing up for the spring session of the Ten Toe Express program. The purpose of the Ten Toe Express program is to encourage older adults to link walking with the use of MetroLink and MetroBus to result in a healthier, more active lifestyle. The first two sessions of the Ten Toe Express program ran in 2007 with over 1500 participants registered in the program. Participation in the Ten Toe Express program is FREE! Participants in the Ten Toe Express program receive a free walking kit which includes a pedometer, weekly walking logs, coupon book, food diary, safety tips, sample walking tours and other promotional items. Official Ten Toe Express Walking Tours will be scheduled once a week for participants to step out and enjoy different locations in St. Louis by foot, MetroLink and bus. To register for the program, please visit one of our registration sites listed below or join us for our kick-off event in Memorial Park in Clayton (41 S. Central Clayton, MO 6310) 11:30 am- 1:30 pm on May 15Th . Call (314)570-9652 or visit [www.cmt-stl.org](http://www.cmt-stl.org) for more information. A list of all of the Ten Toe Express walking groups will be

available online after April 15th.

- **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](mailto: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](mailto: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.
- **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](mailto: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](mailto:express@stlouistimes.com).**

## ***St. Louis Times***

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Since 1994, the *St. Louis Times* has been publishing media products and hosting events for the bi-state regions baby boomer / 60+ population. When it comes to reaching them, no one does it better! For more information about the [Information For Older Adults RESOURCE GUIDE](#), [St. Louis Times Geriatrics Symposium](#), [St. Louis Times FUNFEEST](#), or the [St. Louis Times Express](#), call John Rothbarth at 636-225-2442 or send an email requesting the *St. Louis Times 2007 Media Kit*.

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