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ST. LOUIS **TIMES**[®] Express

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Dear John Rothbarth,

Since when do April showers continue through May? Obviously, things aren't always as predictable as we would like. On the other hand, it is time (for those who haven't yet) to 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 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.*

TECHNOLOGY

Robots as Caregivers?



Researchers at the University of Massachusetts Amherst have developed a robotic assistant that can dial 911 in case of emergencies, remind clients to take their medication, help with grocery shopping and allow a client to talk to loved ones and health care providers.

Concerned family members can access the unit and visit their elderly parents from any Internet connection, including navigating around the home and looking for Mom or Dad, who may not hear the ringing phone or may be in need of assistance. Doctors can perform virtual house calls, reducing the need for travel.

"For the first time, robots are safe enough and inexpensive enough to do meaningful work in a residential environment," says computer scientist Rod Grupen, director of UMass Amherst's Laboratory for Perceptual Robotics, who developed project ASSIST with computer scientists Allen Hanson and Edward Riseman.

There is no mistaking the uBot-5 for a person, but its design was inspired by human anatomy. An array of sensors acts as the robot's eyes and ears, allowing it to recognize human activities, such as walking or sitting. It can also recognize an abnormal visual event, such as a fall, and notify a remote medical caregiver. Through an interface, the remote service provider may ask the client to speak, smile or raise both arms, movements that the robot can demonstrate. If the person is unresponsive, the robot can call 911, alert family and apply a digital stethoscope to a patient, conveying information to an emergency medical technician who is en route.

The uBOT-5 carries a Web cam, a microphone, and a touch-sensitive LCD display that acts as an interface for communication with the outside world. "Grandma can take the robot's hand, lead it out into the garden and have a virtual visit with a grandchild who is living on the opposite coast," says Grupen, who notes that isolation can lead to depression in the elderly.

The researchers wanted to create a personal robot that could provide many services, such as a medical alert system, or the means to talk to loved ones, all in one human-like package, according to Grupen. To evaluate the effectiveness of potential technologies, the research team worked with social workers, members of the medical community and family members of those in elder care.

The collaborative effort, dubbed project ASSIST, involved researchers from the Smith College School for Social Work, the Veteran's Administration (Connecticut Health Care System, West Haven campus) and elder care community centers in western Massachusetts. Through focus groups, the researchers learned about the preferences of potential users.

MENTAL HEALTH

With Age Comes Happiness



Americans grow happier as they grow older, according to a University of Chicago study that is one of the most thorough examinations of happiness ever done in America. The study also found that baby boomers are not as content as other generations, African Americans are less happy than whites, men are less happy than women, happiness can rise and

fall between eras, and that, with age the differences narrow.

"Understanding happiness is important to understanding quality of life. The happiness measure is a guide to how well society is meeting people's needs," said Yang Yang, Assistant Professor of Sociology at the University of Chicago and author of the article, "Social Inequalities in Happiness in the United States, 1972-2004: An Age-Period-Cohort Analysis," published in the April issue of the *American Sociological Review*, the official journal of the American Sociological Association.

The research relies on data that social scientists consider the gold standard of happiness research- responses to questions about contentment with overall life gathered in the General Social Survey of the National Opinion Research Center, which the National Science Foundation supports at the University of Chicago.

Since 1972, the GSS has asked a cross section of Americans the same question: "Taken all together, how would you say things are these days-would you say that you are very happy, pretty happy, or not too happy?" The question was administered in face-to-face interviews of population samples that ranged from about 1,500 to 3,000.

Yang charted happiness across age and racial groups and found that among 18-year-olds, white women are the happiest, with a 33 percent probability of being very happy, followed by white men (28 percent), black women (18 percent) and black men (15 percent).

Differences vanish over time, however, as happiness increases. Black men and black women have just more than a 50 percent chance of being very happy by their late 80s, while white men and white women are close behind.

The increase in happiness with age is consistent with the "age as maturity hypothesis," Yang said. With age comes positive psychosocial traits, such as self-integration and self-esteem; these signs of maturity could contribute to a better sense of overall well-being. Second, group differences in happiness decrease with age due to the equalization of resources that contribute to happiness, such as access to health care, Medicare and Medicaid, and the loss of social support due to the deaths of spouses and friends, Yang added.

The length of the survey also helped determine how different people in the same generational group fared. The baby boom generation (born from 1946-1964) were the least happy among those surveyed.

"This is probably due to the fact that the generation as a group was so large, and their expectations were so great, that not everyone in the group could get what he or she wanted as they aged due to competition for opportunities. This could lead to disappointment that could undermine happiness," Yang said.

On another measure, Yang found that happiness in the country is not static. Looking over the study's 33-year period, she noticed definite upticks when the nation flourished economically. For example, she found that 1995 was a very good year on the happiness scale.

HOUSING

By Cal Halvorsen,
Washington University,
George Warren Brown
MSW Candidate 2008

A New Housing Option for Older Adults in St. Louis



Developers in the St. Louis Metropolitan Area are utilizing an innovative strategy in the financing and development of high quality rental housing for older adults. These housing developments, financed through Low-Income Housing Tax Credits (LIHTCs), offer a mixture of affordable and market rate rental

apartments for independently living older adults. While promising, LIHTC developments would benefit by increased attention to social service programming.

LIHTCs were created to encourage the private market to invest in affordable rental housing. The U.S. Department of Housing and Urban Development (HUD) awards tax credits to qualified developers, who then sell these credits to investors to raise money for the housing developments. By lowering the cost of development, credits enable developers to maintain profitability while charging lower rents. Investors are rewarded as well: they receive tax credits against their Federal tax liability. The Missouri Housing Development Commission has also adopted a tax-credit system for affordable housing to complement the Federal credits.

From 2000 to 2005, 5,675 senior units were awarded tax-credits in Missouri, which comprised 26.7% of all units that were awarded credits. Notable senior housing tax-credit projects in the St. Louis area include River Roads in St. Louis County, Gentemann in O'Fallon, Wyndham Park in St. Peters, and South Grand Senior Apartments in St. Louis City. Amenities often include large multi-purpose rooms, fitness rooms, and doctor's offices and examination rooms.

LIHTC developments offer many benefits. The most apparent benefit upon viewing an LIHTC property is the high-quality construction; in fact, many of these low- and mixed-income housing projects are indistinguishable from market rate housing. As the tax credits provide a lower cost of borrowing, the developers choose to spend more money on higher-quality finishing, such as brick exteriors and interior molding. Additionally, a number of studies have associated quality affordable housing with positive health and educational attainment, lower homelessness, and fewer law enforcement issues.

However, LIHTCs have their problems. Although Section 202 senior housing covers the salaries of social service coordinators to help older adult residents remain independent, LIHTC developments are not eligible for this funding. For seniors who have difficulty with specific tasks but otherwise are able to live independently, social service coordinators provide the missing link for sustained independent living. The Missouri Housing Development Commission became aware of the needs for social service coordination during focus group meetings held in 2007 but has not yet funded additional coordinator programs.

For healthy, independent living older adults, Low- Income Housing Tax Credit apartments may offer an option for high quality homes at subsidized rates. To sustain the independence of seniors and to encourage aging-in-place, both Missouri and the Federal government must look into social service coordinator funding. By offering these additional services, LIHTC's could further the progress and increased interest in subsidized housing that they have spawned in recent years.

LOCAL NEWS

Lack of Medical Interpretation Prepared by Bilingual International Assistant Services

A lack of interpreters in health care settings has created a large barrier to equal access to health care. The foreign-born now account for an estimated 3.6% of Missouri's population and more than 1/8th of the state's annual population growth. These New Americans and individuals with LEP (limited-English proficiency) are unable to acquire necessary health care services due to language and cultural barriers; when they do seek services, they are unable to fully benefit from such services as a result of these barriers. Many smaller medical practices in Missouri do not provide interpreters and since they are not reimbursed for interpretation services often do not serve non-English speaking clients.

The proposed solution: The State of Missouri will begin reimbursing professional medical interpretation in MD offices through a federal matching grant by August 2009.

New, Upscale Adult Day Services Center Opens in St. Louis County

As of May 5, Mark Tamboli and Barth Holohan hope to change that perception. The two competitors in the home care industry have joined forces to open Family Partners Adult Day Services, a new adult day care center in West St. Louis County. The first center of its kind in the St. Louis area, Family Partners will provide an upscale, home-like setting for functioning adults over age 50 who suffer from memory loss or dementia.

"Many family members feel extreme guilt when confronted with the thought of putting their loved one in 'day care,'" said Holohan, who is also president of Continuum, a St. Louis company that provides private duty home care, nursing, retirement community programs, personal emergency medical response systems and geriatric care management. "It is Mark and my dream to create a place that both our clients and their caregivers can feel good about, and that also meets a currently underserved need.

Located at 12880 Manchester Road in Des Peres in the former Villa Lighting/Faro building, the nearly 4,000-square-foot center is staffed by nurses and other licensed professionals and includes comfortable living rooms with flat screen televisions, a juke box, salon services, kitchen facilities and other home-like furnishings and amenities.

Standard day rates at Family Partners range from \$70 to \$75. The center accommodates up to 40 participants daily.

"Compared to the cost of in-home care or nursing home care, which can range from \$150 to \$300 a day, this is an affordable alternative," said Holohan. "It's also good for individuals who currently live independently, but need a little

extra supervision or help."

Family Partners operates from 7 am to 6 pm, Monday through Friday.

St. Louis / Illinois Aging-Focused Professional Groups

Breakthrough Coalition - Started 1991. Contact Information: Debbie Schuster, President. Phone: 314-872-2166. Email: dks_law2002@yahoo.com. Mission: The Breakthrough Coalition of senior care agencies and individuals, committed to a collaborative spirit, is dedicated to the life enhancement of older adults within the community. Approximately 180 organizations / 225+ individuals. Meetings are held on the first Tuesday of even numbered months (February, April, June, etc.) at 8:30 am at the Maryland Heights Community Center. Meetings include community education, keynote presentations, marketing events, etc. For additional information visit our website at www.brea kthroughcoalition.org.

Social Workers in Long Term Care - This organization began in the mid 1980's as an informal social work group to share ideas and concerns related to long term care nursing homes. The organization evolved into a professional group and in 1995 organized formerly to be a member of the Social Services Association of Missouri (SSAM). Contact information: Cathie Braasch, MSW, President. Phone (314) 649-4692. Email cbraasch@nlccsj.com. Purpose: Meetings provide an opportunity for social workers in retirement communities/nursing homes to focus on issues and concerns of elderly and disabled long term care residents. Each month there is an educational presentation offering one contact hour for LCSW social workers. The organization also has an associate membership for those members who demonstrate an interest in long term care social services such as vendors and marketing professionals. Social Work students are offered free membership. Organization has 100+ members and the meetings are held monthly on the 2nd Tuesday from 12:00pm to 2:00pm. Locations vary monthly at hosting facilities.

St. Louis Unit of the Midwest Chapter of the National Association of Professional Geriatric Care Managers - Started 2000. Contact Information: Judy Mange, PT, MBA, CMC. Phone: 314- 962-9115. Email: mangej@msn.com. Mission: To assist its members in the development, advancement and promotion of humane and dignified social, psychological and health care for the elderly and their families through assessment, counseling, treatment and the delivery of concrete services by qualified providers. The group is committed to assuring the highest quality of care for the elderly and their families through counseling, education, advocacy and standards of practice. Approximately 12 members. Meetings are held monthly. Send email for additional information.

The Society for Social Worker Leadership in Healthcare of Greater St. Louis , Inc. - Contact Information: Stacey Barton, MSW, LCSW (President) Phone: 314- 362-3471. Email: barton_staceyk@yahoo.com. Purposes of the Organization: To promote educational programs, to strengthen and develop social work leadership, to strengthen relationships with health care organizations and professional social work organizations in relation to social work in health care, to provide a forum for the interchange of ideas and dissemination of material relative to social work leadership, to promote standards and ethics for the delivery of social work in health care, and to strengthen field education for social workers in education. Group is open to MSWs, BSWs, and MSW or BSW students. Others without a social work degree who work in the field of healthcare social work, social work education,

or related roles may also be accepted for membership. Approximately 50 members. Meetings are every other month, on the 2nd Tuesday from 5:30-8:00 pm. Please contact Stacey for additional information and details about meetings.

The **Continuum of Care Marketing Association** is an organization for Marketers who work for organizations that provide direct patient care and or services that directly affect patient care. The group meets on a quarterly basis and currently has 2 Chapters - St. Louis and Metro East in Illinois. For more information visit the website at www.cocma.org.

Alzheimer's Association, St. Louis Chapter - Started in 1981. Contact Information: 314-432-3422 or 800-980-9080. Email: helpline@alzstl.org. Mission: Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. We have 32 staff members providing support and services to 22,500 people annually, through our 24-hour Helpline, care consultations, MedicAlert®+ Safe Return®, respite assistance program, and education classes for families and professionals. We host a FREE monthly opportunity, called Getting Connected, for newcomers to learn about our resources, services and other education courses. Class dates and times are available through our Web site, www.alzstl.org, or by calling 800-980-9080.

Senior Services Task Force of Healthy Communities St. Charles County - Contact Information: Katie MacLean, Alzheimer's Association. Phone: 314-432-3422. Email: katie.maclea@alzstl.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



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/ or call 314-647-8100.

Wednesday, May 21, 2008; 9:00 am - 11:00am, *Understanding Memory Loss*. This program provides a thorough overview of memory loss, dementia and Alzheimer's disease while including information about research, treatments and how to get a diagnosis. This program forms the foundation for all other education programs and everyone is encouraged to attend before participating in other programs. Registration is required in advance. To register call 800-980-9080.

Wednesday, May 28, 2008; 11:30 am - 1:30 pm, *Resources for Caregivers in Illinois and Missouri*. Ever feel like you need a hand in referring families to the right services and social agencies? Don't let this chance to update yourself and your family caregivers pass you by! Please join us as representatives from the St. Louis Area Agency on Aging, Mid-East Area Agency on Aging and the Area Agency on Aging of Southwestern Illinois provide updates on programs and services for caregivers and older adults in Missouri and Illinois. This program is a vital update for caregivers and anyone in the field of aging. Participants will receive a copy of the St. Louis Times Information for Older Adults Resource Guide and lunch will be provided from Great Harvest Bread Company. Guests must register in advance to ensure proper head count for lunch. To register call Jennifer Phillips at 314-801-0414.

Thursday, June 5, 2008; 10:00 am - 10:45 am, *Updates on Programs for Older Adults*. Volunteers and students are welcome to join the first portion of our monthly Program Service Staff meeting when we will host two staff members from Senior and Disability Services and from Family Support Division (MO Health Net) to talk to us about updates on programs for older adults. The program will be about 45 minutes, and volunteers are welcome to join us for the program before the regular meeting is held. The speakers are: Sharon Minoff, Correspondence and Information Specialist for the MO Family Support Division, and Rhonda Simms with Senior and Disability Services. Currently this opportunity is limited to the first 10 volunteers or students to respond. Please call Jennifer Phillips at 314-801- 0414 to reserve your space.

Thursday, June 19th, 2008; 8:00 am - Noon, *3rd UMSL Gerontology Colloquium - Vision, Perception & the Aging Driver: Advising Patients & Clients to Promote Safety*. Featuring: Dr. David Carr, Washington University, Dr. Leanna Depue, Missouri Department of Transportation, Dr. Kathleen Boland, UM - St. Louis, and other expert presenters. Pre-registration is required online at: https://tomsawyer.umsl.edu/webapps/CE/register_options.cfm?prog=9085&fy=2008 Cost \$50 / First 40 students from any college/university attend FREE! Optometry, Social Work, & NH Admin Credits Available. All attendees will receive certificates of attendance.

Monday Noon Seminar Series: *Clinical Issues of Aging* presented by The Washington University Division of Geriatrics and Nutritional Science & the Center for Aging at 4488 Forest Park, Lower Level, Conference Room from 12:00 - 1:00pm. For more information please contact Mary Weis at 314- 286-2441 or weism@abraxas.wustl.edu. Please bring your lunch and join us!

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

Employment Opportunities



(1) **Unity Hospice has a full time job**

opening for a Social Worker in their Collinsville, Illinois, office. For more information please contact Debbie Pasternak at 618-978-7955.

- (1) **Memory Care Home Solutions is looking for a full-time Community Outreach Director.** The Community Outreach Director is responsible for developing and executing marketing plans; building and maintaining partnerships with agency resources; organizing community outreach activities; broadening visibility of Memory Care Home Solutions through creation of publicity materials; and tracking outreach data to meet funding and reporting requirements. Candidates must have one to two years experience in marketing/public relations, preferably in a healthcare setting; be a self-starter and highly organized; motivate and guide potential referral sources, conduct polished presentations; and have strong interpersonal skills. Please send resume and cover letter to Lisa Baron, Executive Director, 1526 S. Big Bend Blvd., St. Louis, MO 63117 314-645-6247, fax 314-645-6249; lbaron@memorycarehs.org.
- (1) **Bi-Lingual In-Home Assistant Services is seeking to fill a part-time RN or LPN position** to deliver home - based assessment and medical evaluation visits for a Home Care program focused on meeting the needs of elderly diverse populations. Flexible schedule, competitive pay, opportunity for a full time employment, and an interpreter are available to meet the needs of those we serve. You do not need to be bilingual to make a positive difference in the life of another. For more information contact Julia Ostropolsky at 314-692- 9010.
- (2) **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) **Missouri Foundation for Health** seeks a Program Associate to support Program Officers. Must be able to consolidate & research background information for health funding programs, review applications, analyze reports, & respond to inquires. Position manages a portfolio of proposals. Qualifications include a Master's Degree in appropriate discipline or profession preferred, plus 3- 5 yrs related experience (Post-Graduate 5yrs maximum) health related experience is a plus. Proficient in Microsoft Office. Strong verbal, written, analytical, interpersonal, research & presentation skills required plus a willingness to work in a team environment & travel 15%. If you enjoy working with culturally diverse groups, in a fluid, team environment, send resume, letter of interest and salary history in confidence to: Missouri Foundation for Health, Attn: HR, 1000 St. Louis Union Station, STE 400, St. Louis, MO 63103. Fax: 314-345-5599 or e-mail to amorton@mffh.org. Visit our website at www.mffh.org.
- (2) **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.
- (2) **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.

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

Volunteer Opportunities



Help Future Generations! **The Alzheimer's Disease Research Center, Memory and Aging Project** at Washington University is seeking volunteers to participate in a study as a comparison to a group of people whose parents had Alzheimer's disease. The aim of the study is to determine tests that may help early diagnosis and future treatments for Alzheimer's disease. You may be eligible to participate if you are 1) Healthy, age 45-74 2) If

both of your parents lived (or are still living) to age 70 or older and never developed Alzheimer's disease (dementia). There will be clinical assessment, psychometric testing, blood draws, MRI (Magnetic Resonance Imaging) scan of the brain, lumbar puncture and PET scan (Positron Emission Tomography). Compensation is provided for time and effort. If you are interested, please call the study coordinator, Becky Fierberg at 314-286- 2683.

- **Pathways Community Hospice invites you to volunteer** and make a difference during life's final journey. Volunteers visit patients in homes or nursing homes, offer companionship and support, and some volunteers may sit with a home patient if the caregiver requires a short time away. Volunteers share approximately 2 hours per week in areas that are convenient for them. Training is provided and schedule flexibility is available. For more information, call Joyce Day, Volunteer Coordinator, at 636-733-7399 or email jday@pathwayshospice.com.
- **Saint Louis University researchers are recruiting volunteers** to participate in a study that tests a medication to treat mild to moderate Alzheimer's disease. The research will be conducted at the Wohl Memorial Institute, 1221 S. Grand Blvd., and will involve about 355 participants from up to 85 centers in 11 countries. Saint Louis University expects to enroll 10 study volunteers. Participants will be randomly divided into five groups. For three months, they will receive one of three doses of an investigational medication; another medication currently used to treat Alzheimer's disease; or a placebo. This portion of the study includes eight visits. Those who qualify for the study can't be taking a medication for memory problems or cognitive impairment, must be at least 50 and must be accompanied by a caregiver for study appointments. George Grossberg, M.D., Samuel W. Fordyce Professor and director of geriatric psychiatry at Saint Louis University, is the principal investigator. For information, call 314-268-5385.
- **Volunteers needed** for 'Aging-in-Place' Program for Seniors. An hour

of your time could make all the difference in an older adult's life. The **Naturally Occurring Retirement Community (NORC) Project**, a non-denominational program of the Jewish Federation of St. Louis, has exciting opportunities for you to help others in your community. Volunteers may help older adults with transportation, minor home repairs, yard work, computer training, friendly visits and more. There are also openings for help with special events and office assistance. Training will be provided. For more information please contact Traci Lato at 314.442.3808 or tlato@jfedstl.org.

- **BJC Hospice is looking for volunteers.** "If you want to experience the most rewarding work that you've ever done," says Dolores Schulte of Florissant, "try volunteering with families like those I've helped." Schulte, now 75, is a hospice volunteer for BJC Hospice and has been for seven years. She visits with adults in hospice care in their home to give their caretakers (usually other family members) a chance to go to the store, run other errands or take some needed time for themselves. If you think you would enjoy this type of volunteer opportunity, one that is flexible to your availability, and with a commitment as small as one time a month, please call Eileen Spinner at BJC Hospice to set up an interview at 314-953-1762, or send email to etr7873@bjc.org.
- **Trail Watch Volunteers Make a Difference** - An area-wide orientation training session will be offered to prospective Trail Watch volunteers on Wednesday, August 23rd at Queeny Park in the Greensfelder Recreation Center, 550 Weidman Rd. 63011. Taught by St. Louis County Park Rangers, the training class will take place from 7 to 9 pm. There will also be another Training Session on Thursday, September 21st at the Visitors Center in Jefferson Barracks Park, 345 North Rd. 63125 For more information or to register, call 314-638-2100 or email khartzke@stlouisco.com.
- **Senior Connections needs "companion volunteers,"** usually 50 years and older to become a friend to one or more lonely nursing home residents. The program trains free of charge to the volunteers, matches the volunteer and then monitors and supports the budding relationships. The next 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.
- **The Jewish Community Center Adult Day Services** needs volunteers to assist in a variety of ways including: interest group leaders that would develop and lead a small group for a particular interest or activity on a weekly or every other week basis; entertainers that could come in to provide musical or other types of entertainment to supplement the professional entertainers that we have; assisting the activity department with special activities or arts and crafts projects. Volunteers will receive orientation and training. Come be a part of a very caring and professional staff and wonderful, loving adults with Alzheimer's and other dementias, developmental disabilities, social isolation, and other special needs. It is truly a rewarding experience. For more information please call Audrey Schneider, Activity Director, at 314-442-3249.
- Do you enjoy public speaking? Do you have a passion for helping families affected by memory loss? The **Alzheimer's Association** needs volunteers to present information to organizations in your area. They provide training and guidance each step of the way. Volunteers for this role typically have professional and/or family experience with memory loss. Professionals in the field of elder care (nurses, marketing professionals, social workers, doctors) are an especially strong match. Family members who have experienced the changes of Alzheimer's

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

- **Odyssey HealthCare is currently accepting Volunteer applications** from those who wish to make a difference, by becoming part of a Professional Hospice Team. Odyssey is a hospice agency that serves terminally ill adult patients and their families in 7 counties within Missouri; by providing Clinical, Medical, Psychological, Spiritual and Social Services. Many different opportunities are available for the interested volunteer; Companion Visits, Clerical Assistance, Craft Groups, Pet Therapy, Music Therapy, Story Tellers Program, Family Archive Website, Santa visits, helping to deliver dreams and many more. Volunteer Trainings are held on a regular basis, schedules can be flexible and new volunteers are needed for an ever increasing census. Please call, Pam Ryan, Manager of Volunteer Services at 314-275- 6100 or e-mail pryan@odsyhealth.com to schedule an interview or request more information.
- **Step out in 2008 by Becoming a Ten Toe Express Walk Leader!** 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 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 for more information.
- **The Long Term Care Ombudsman Program has a unique volunteer opportunity: Volunteer Ombudsman.** Volunteers visit nursing home residents, educate them about their resident rights, and advocate on behalf of residents to resolve complaints and disputes. Requires 12 hours of formal training and six hours of mentor supervised experience which is provided by the Long Term Care Ombudsman Program. Volunteers are expected to spend a minimum of four hours per week in the program. Call 314-918-8222 or email info@ltcop-stl.org for more information.
- **Volunteers needed for Rebuilding Together - St. Louis.** We

repair homes for low- income homeowners, particularly the elderly and disabled. Volunteers repair over 100 homes on one spring Saturday. We are looking volunteers to work throughout the year in our office.

Individuals who are willing to work 4 hours/day for 1-2 days/week (morning or afternoon - flexible hours) with computer skills preferred. For more information call 314-918-9918 and ask for Lynne Rajani.

- **St. Louis Society for the Blind and Visually Impaired has opportunities for volunteer service** with one-to-one matches. Times are flexible and the volunteer assists the individual through friendly visits, reading mail and for pleasure and helping with correspondence, shopping, walking in the neighborhood, and transportation to appointments. Volunteers are matched based upon which tasks they are willing to perform and proximity to their home. If interested, please contact Karen Skender, Volunteer Coordinator at 314-968-9000.
- **Lutheran Senior Services Volunteer Money Management Program, which is an interfaith partnership with Jewish Family & Children's Service, is looking for volunteers** 21 years and older to provide individualized, in-home money management assistance to older adults 60 years and older or adults 50 years and older with a disability living in St. Louis city, St. Louis county, St. Charles county, and Jefferson county. Volunteers help sort, organize, and record monthly bills and statements, reconcile monthly bank statements, and balance checkbooks. They also write checks for monthly bills with the client present. Clients sign their own checks. Two hours a month is all that is needed to help an older adult remain independent. To find out how you can make a difference, call Sally at 314-446-2474.
- Are you 55 years of age? Can you volunteer at least a few hours every week? Enjoy working with others to solve community problems? If you said yes to any of these questions you are a good candidate to become an **RSVP volunteer in the RSVP Program of Cardinal Ritter Senior Services**. RSVP is a nationwide volunteer program that invites adults age 55 and over to use their life experience and skills to answer the call of their neighbor in need. RSVP volunteer's tutor and mentor children, counsel small business, assist at health clinics and teach other seniors to use the Internet. Others distribute food to the homeless or volunteer at a variety of one-time community events. They want to keep active in ways that make a difference for those in need. Last year this nationwide program tutored more than 100,000 kindergarten through 12th grade students. For more information on how you can make a difference in someone's life please contact Amy Klosterman at 314-918-2294.
- **Mid- East Area Agency on Aging seeks volunteers for its MEAAA Meals on Wheels program**. Weekdays, morning to mid-day only. Hours are flexible. Deliver once a month, once a week, daily, or fill in for a week or two while other volunteers take vacation. Routes open throughout the counties of St. Louis, Franklin, St. Charles and Jefferson. Must be 18 or older with your own vehicle and a big heart. MEAAA provides mileage reimbursement and excess liability insurance. Call Rebecca Marvin, 636-207-0847, ext. 114, or 1-800- AGE-6060 for information.
- **Researchers at Washington University School of Medicine** are conducting studies for seniors age 65 and older who had hip surgery within the past four months. They are investigating the effects of exercise combined with testosterone replacement therapy on improving physical function and bone density. Patients who lived independently in the community before the surgery are eligible to participate. Transportation to the medical center is available at no charge. For more

information call Toni at 314-286-2716.

- The **Saint Louis County Department of Human Services County Older Resident Programs (CORP)** needs volunteers to assist older adults with a variety of services, including transportation to doctors, grocery shopping and respite (relief time for caregivers). Retired professionals are needed to provide free income tax assistance, non-litigation legal consultations and notarize documents. Administrative volunteers are needed to set up income tax appointments and assist in CORP's Legal Services and Home Care and Repair offices. CORP volunteer positions are located throughout St. Louis County. Training and mileage reimbursements are offered, as well as flexible hours and short-term commitments for some positions. CORP services are available free of charge to St. Louis County residents, 60 years and older, who live independently in the community. For information regarding CORP volunteer opportunities and/or services, please call 314/615-4516, TTY 314/615- 4425, or email esherman@stlouisco.com.

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

St. Louis Times

John Rothbarth /
Publisher
john@stlouistimes.com



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*.

Contact Information

email: express@stlouistimes.com
phone: 636-225-2442
web: <http://www.stlouistimes.com>

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