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

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**Dear John Rothbarth,**

Rising temperatures remind us that summer is around the corner. Time to revitalize, enjoy our families, stretch our legs, and jump into our season specific interests and hobbies. You're never too old to embrace this rhythm, nor too young to include an older adult as a playmate in yours.

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This e-newsletter is a collaborative effort, so please submit your **free** calendar item(s), job vacancies, or volunteer opportunities to us at [info@stlouistimes.com](mailto:info@stlouistimes.com).

The *St. Louis Times Express* is a free monthly business-to-business e-newsletter published on the 15th of each month for the purpose of enriching the marketing and communication resources of all organizations and individuals who serve the St. Louis regional baby boomer / 60+ population.

## DEMOGRAPHIC CHALLENGES

By Bill Eggers

### **Serving the Aging Citizen: A U.S. Perspective**

By 2011, when the Baby Boom generation begins to reach retirement age, government agencies in the United States will face new challenges. As the population and workforce age, policymakers will have to examine how the growing number of elderly will impact the design and mix of services they offer, the funding sources they rely on, and the delivery channels they use for citizen services. As a first step, government agencies need to thoroughly understand how they will be impacted by approaching demographic trends and the factors likely to shape these trends.



Demographic trends. One statistic that summarizes the problem of the aging population is the dependency ratio: the ratio of the economically dependent part of the population- children (0-14 years) and the elderly (65+ years)-to the working-age population (15 -65 years). Florida, Maine, Wyoming and New Mexico will see their old-age dependency ratios rise from one elderly person per four working-age persons in 2000 to one for every two in 2030. By 2030, many states will look demographically similar to how Florida looks today. Several factors impact old-age dependency ratios: the rate of immigration and migration; fertility rates; and the workforce participation rate among elderly.

- Immigration and migration. Immigration and domestic migration are two major factors in the makeup of regional populations. Whereas immigrants tend to cluster in the gateways (such as New York and California), established residents often move away from the gateways to other regions (states like Georgia and Arizona). The implications of the existing pattern in population shifts are that the elderly will age in place and some regions will age faster than others.
- Fertility rates. In the developed world, fertility rates (measured by the average number of children born to a woman of reproductive age) have fallen to dramatically low levels. The United States is better positioned than most Western, industrialized countries with fertility rate just a tad shy of the replacement rate of 2.1.
- Average retirement age. Another way to impact old- age dependency rates is by encouraging the elderly to stay in the workforce longer. Since the early 1960s, the average retirement age-the youngest age at which at least half of the population exits the labor force-fell steadily in the industrialized countries. In the US, it recently edged up from 62 to 63, putting it in a slightly better position compared to much of the European Union, where the figure is still in the high 50s. Realistically, however, an increase in the average retirement age can provide only part of the solution to the revenue problem that governments face due to aging.

Financing services. As the number of elderly increases and a declining percentage of individuals assume the bulk of the tax burden, governments will need to determine how they can generate the revenue to finance the range of services they provide. In this regard, four trends will likely become more prominent in the next few decades:

1. Governments will have to modernize their tax systems to reduce their dependency on personal income tax revenues. This means fewer exemptions that poke holes in the tax base and a shift away from narrow-based, idiosyncratic tax structures.
2. The erosion of the tax base for income and payroll taxes can be offset to some extent by extending the average retirement age. The older Americans are when they retire, the less they will draw on Social Security, Medicare and Medicaid and the more tax revenues they will pay into government coffers. However, a meaningful increase in retirement age is unlikely without significant changes on the demand side.
3. A reliance on user fees will continue to grow.
4. The emergence of a vastly bigger and more sophisticated nonprofit sector will create new opportunities for partnering and also for leveraging private dollars for public causes. The changing service mix. The rise in the elderly population will drive changes in the composition of government services: many services catering to the elderly will rise while, with fewer school-age children, demand for education and youth and child welfare services will fall in some countries.

The early experience in health care provides some insight into the kinds of changes we can expect in government services due to the growing number of elderly people. Demand for nursing home care has fallen steadily over the last decade while demand for home health care grew dramatically over the same period. Cost savings from home-based health care over nursing home care are no longer a subject of dispute, and technology can help reduce costs further. Governments are examining how they can strengthen this trend by helping families that provide support to the elderly.

Service innovations for elderly citizens. Leading private companies are fundamentally altering their product and service offerings to meet the critical needs of the elderly. What about government? How will the aging citizen affect how the public sector delivers services and programs? How can governments simultaneously meet the very different service channel preferences of aging citizens and the younger digital generation-without heaping on huge new costs? How can they shift citizens to lower cost channels at the same time that the population cohort least comfortable with such channels is growing rapidly?

Governments will need to find a way to strike a balance between demand and cost considerations as the population ages. To do so, public agencies will need to acquire a deeper understanding of three critical areas :

1. Customer segments. Who are the agency's customers now, and how might they change in the future?
2. Customer preferences. What do different customer segments need and desire, and what types of solutions are they looking for?
3. Delivery channels. What is the full range of service delivery channels-both high and low cost-available to agencies? Can customer preferences for delivery channels be changed over time, and how can they be influenced?

The rise in the old-age dependency ratio could lead to a wide gap between government expenditure and revenue. Three factors-a greater openness to immigration, high fertility rates, and increases in average retirement ages-could somewhat mitigate the potential problems in the United States. Even if these trends increase, the aging population will still prove quite challenging. The sooner local, state and federal agencies come to grips with the emerging challenges posed by an aging population, the more options they will have.

## RETIREMENT

### Retired Mothers Have Different Perspective Than Their Daughters



Do mothers serve as role models for their daughters planning for retirement? Telephone interviews with 1,267 women with a household income of \$40,000 or greater (\$20,000 for the oldest respondents) looked at the attitudes of women toward their years after work. The 510 mothers were retired and an average age of 65.5

years. Their working daughters (757) were an average 45.3 years. The majority of mothers (75%) and daughters (80%) were married.

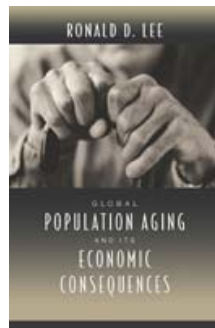
Three quarters of mothers retired before the traditional retirement age of 65, yet only 37% of their daughters predict they will retire before then. Married women in both age groups were more likely to retire earlier than unmarried women.

Nearly 9 in 10 mothers (90%), but just 75% of daughters, report Social Security as a current or future source of retirement income. By contrast, 77% of daughters, compared with 46% of mothers, indicate their retirement will be funded by an employer-sponsored retirement plan. "Today's younger women clearly do not see themselves staying home, caring for the house and relaxing and their mothers agree," said Sandra Timmermann, EdD, director, MetLife Mature Market Institute. "These findings point the way to lifestyle changes for tomorrow's older women and may influence the growth and direction of the education sector and the travel industry. We'll find more people traveling, taking courses and volunteering. There will also be an increased number of older people in the workplace, unless the younger generations' predictions for themselves are overly ambitious."

*SOURCE: MetLife Mature Market Institute (May 2007)*

## BOOK

### Global Population Aging and Its Economic Consequences



Global population aging is an inevitable feature of the final stages of the demographic transition, a worldwide combination of low fertility and low mortality that result in older, more slowly growing (or even shrinking) populations. This trend raises two concurrent concerns: the risk of rising "dependency ratios" of the elderly on the working-age population, and falling global saving rates as the growing retired population begins to dissave after a lifetime of working.

These are genuine concerns, but there are also factors that will ameliorate them. Although the burden of the dependency ratio will fall on public programs such as pensions and health care, it will occur in such a gradual fashion that resources can be effectively redirected over time. Moreover, the smaller labor force in an aged society can be more productive with a small pool of capital as resources per worker increase. *Global Population Aging and Its Economic Consequences* explains how the risks of global aging can be contained with a combination of foresight and prudent public policy. It also considers how these trends will affect the developing countries that have too often been neglected in discussions of global aging.

*Ronald D. Lee is the Edward G. and Nancy S. Jordan Family Professor of Economics and professor of demography at the University of California, Berkeley, and director of the Center on Economics and Demography of Aging. Lee is also a research associate of the National Bureau of Economic Research.*

## Calendar & Entertainment Highlights



**Wednesday, May 23, 2007 to Wednesday, August 15, 2007** *Ten Toe Express Program* begins with a series of Ten Toe Express Walking Tours to help increase the number of individuals who integrate walking with public transit use and avail of the associated health and well-being benefits. The Ten Toe Express Walking Tours are free each Wednesday for persons 55 years of age or better, interested in stepping out to enjoy different St. Louis destinations by foot, train and bus. Register online at [www.cmt-stl.org](http://www.cmt-stl.org) or call Citizens for Modern Transit at 314-231-7272 for more information.

**Wednesday, June 20, 2007** from 9:00am - 12:00pm, *Basic Dementia Care*. Aimed at our volunteers who are also professional caregivers, come and learn the skills and information necessary to care for persons with dementia. Content covers

Alzheimer's disease and other dementias, communication, behaviors, ADLs, and working with families. The normal \$40 tuition fee is waived for active volunteers who have completed Basic Volunteer Training. Class will be held in St. Charles and the location will be announced later this spring. Please rsvp with Jennifer at the Alzheimer's Association at 314-801-0414.

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

**Thursday, August 16th, 2007** from 3:00pm - 6:00pm, *Understanding Dementia: Quality Care Basics*. Aimed at our volunteers who are also professional caregivers, come and learn the skills and information necessary to care for persons with dementia. Content covers Alzheimer's disease and other dementias, communication, behaviors, ADLs, and working with families. The normal \$40 tuition fee is waived for active volunteers who have completed Basic Volunteer Training. Class will be held at the St. Louis Chapter office in Olivette. Please register with Jennifer Phillips to be eligible for free tuition by calling 314-801-0414.

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

**For 2007 the Jewish Family & Children's Services** offers their program "*Live On The Sunny Side Of Your Life*" to Long Term Care facilities, senior independent housing apartments and senior congregation groups. The program is based on Mind/Body, Happiness/Positive Psychology, and Aging

Issues research and a 10 point Well Being scale. They meet in groups of about 20 persons and read and talk about issues related to positive aging with an emphasis on quality of life. For more information please call Esther Scharf at 314-812- 9325, to learn more about this program and the possibility of customizing it for your facility or group.

**Monday Noon Seminar Series: *Clinical Issues of Aging*** presented by The Washington University Division of Geriatrics and Nutritional Science & the Center for Aging at 4488 Forest Park, Lower Level, Conference Room from 12:00 - 1:00pm. Please bring your lunch and join us!

**Starting April 5th** and continuing for 10 consecutive weeks, *Home Instead Senior Care* is pleased to announce the second season of its **St. Louis Senior Bridge League**, proudly sponsored by Purcell & Amen, LLC estate planning attorneys. The league was formed to give back to our seniors by providing them with a fun, FREE and exciting weekly event every Thursday afternoon to exercise their mind while playing the great game of bridge! The schedule will rotate around town from several local independent living communities and municipality recreation complexes. The current list of participating communities include: Garden Villas West, Meramec Bluffs, the Hallmark of Creve Coeur, the Villa at Riverwood, Maryland Heights Community Center, the Sarah Community, Surrey Place and Sunrise Assisted Living of Des Peres. To be a part of this fun event or if you know someone that would love to play, please call Home Instead at 314-862-4663 to sign up and get a schedule.

**To submit calendar and entertainment items for future issues of the *St. Louis Times Express*, please send all requests by email to [express@stlouistimes.com](mailto:express@stlouistimes.com).**

## *Employment & Volunteer Opportunities*



**Bi-Lingual International Assistant Services (BIAS) needs volunteers** to assist with their citizenship program for new Americans. Involves tutoring homebound elderly to pass the citizenship and english language test, and sharing the civics and history of the United States. The bias coordinator will be in charge of the program, but additional volunteers could

allow us to serve more individuals. Previous tutoring or teaching experience is a plus. BA level education or higher; police checks are performed. Please contact Julie Ostropolsky at [Juliaostropolsky@cs.com](mailto:Juliaostropolsky@cs.com), or call 314-692- 9010 for more information.

- **West County Retirement Community is seeking a bus driver** for occasional day or evening trips, including some weekend trips as well. Requires CDL and ability to drive 15 passenger bus (passenger endorsement). Position offers very flexible hours-work around your busy school, home or full time work schedule. Please call Sally Taylor at Friendship Village-West for more information or to schedule an appointment at 636-733-0159.
- Affordable in-home medication preparation services: **Registered**

**Nurse** available to provide regular in-home visits to prepare medications, order and pick-up refills and send updates on vital signs and problems noted to the physician at an affordable rate. Call Lorraine at 314- 313-0834.

- **Bi-Lingual International Assistant Services is seeking an LCSW** to work in an exciting multi-cultural agency. We provide social work and mental health services to foreign-born and American elderly and disabled. We need a motivated self-starter who has knowledge of community resources, case management and crisis intervention experience, is organized, and willing to work in a fast paced growing agency. The candidate will be supervised by an LCSW and there is opportunity to work to licensure. We offer excellent salary and benefits, including 401K options. Knowledge of Second Language is not necessary. We are also looking to fill a Coordinator position which requires a Bachelor degree. Interested candidates should send resume to: Bi-Lingual International Assistant Services, 8390 Delmar Blvd., Suite 210, St. Louis, MO 63124. EOE.
- There is a great need for "**companion volunteers**" usually 50 years and older to become a friend to one or more lonely nursing home residents. The goal of **The Singer Institute's Senior Connections Program** provides caring companionship for all nursing home residents in the St. Louis Region who receive few or no visitors from outside the facility where they live. The program training is free of charge to the volunteers, matches the volunteer with residents, and then monitors and supports the budding relationships. In almost all cases the quality of life is improved for all concerned. The next training is May 5 & 12, 2007, two Saturday mornings from 8:30- 12:30pm in University City. For more information call Sandy at 314-727-9202 or send email to: [singerinstitute@yahoo.com](mailto:singerinstitute@yahoo.com). We ask those to be trained to commit minimally one year to the program - usually about an hour a week with their friend, complete nine hours of pre training and attend periodic group meetings. Note: Senior Connections is our new program name (formerly called The Community Connections Program).
- **Odyssey Healthcare seeks a Patient Care Manager (PCM)**. Ideal candidate would have a minimum of 5 years of supervisory experience with at least 1 year in hospice as an RN. Good assessment skills required, home health or hospice background preferred. Please contact Joe Miller at 314-991- 6693.
- The **Saint Louis County Department of Human Services County Older Resident Programs (CORP) needs volunteers** to assist older adults with a variety of services, including transportation to doctors, grocery shopping and respite (relief time for caregivers). Retired professionals are needed to provide free income tax assistance, non-litigation legal consultations and notarize documents. Administrative volunteers are needed to set up income tax appointments and assist in CORP's Legal Services and Home Care and Repair offices. CORP volunteer positions are located throughout St. Louis County. Training and mileage reimbursements are offered, as well as flexible hours and short-term commitments for some positions. CORP services are available free of charge to St. Louis County residents, 60 years and older, who live independently in the community. For information regarding CORP volunteer opportunities and/or services, please call 314/615-4516, TTY 314/615- 4425, or email [esherman@stlouisco.com](mailto:esherman@stlouisco.com).
- **Mid-East Area Agency on Aging seeks a Volunteer Transportation Coordinator in O'Fallon, MO**. 8:00am -4:30pm, Monday-Friday, full benefits, \$12.58 per hour. Qualifications include four year degree in human service field or equivalency; two years in the human service delivery field; basic computer skills; previous public

speaking experience; ability to analyze data, organize changing priorities and communicate effectively, and a valid driver's license. Call Cindy Wiggins, Human Resources, 636- 207-0847, ext. 131, for more information. EOE.

- **Volunteers needed for Rebuilding Together** - St. Louis repairs 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.
- **Mid-East Area Agency on Aging, Jefferson County, has an opening for an Information and Assistance Specialist/Case Manager.** 40 hours/week, minimum \$11.52/hr. Any combination of education and experience equivalent to bachelor's degree plus one year experience in human services. Call Cindy Wiggins, Human Resources, 636-207- 0847, ext. 131, after 9:30 a.m. for more information. EOE.
- **The Alzheimer's Association, St. Louis Chapter is urgently seeking new volunteers** to assist with Helpline telephone support. Helpline volunteers answer calls from families and professionals requesting information about Alzheimer's disease and related dementias, chapter services and community resources. Many Helpline volunteers have cared for a loved one with Alzheimer's disease or work in the field of aging. However, anyone interested is encouraged to call. Training and guidance are provided, and Helpline volunteerism is one of the most rewarding positions we offer. Helpline volunteers work one 3-4 hour shift per week during normal business hours. If you are interested (or know of someone who may be interested) please contact Jennifer Phillips at 314- 801-0414 or [jennifer.phillips@alzstl.org](mailto:jennifer.phillips@alzstl.org) for more information.
- **Friendship Village-West has a part time position available for an LPN or RN** in our Resident Services department. The position is for the night shift. Residents served by this department are independent and need occasional assistance, assistance with a medication or treatment etc. Hours are 11:00pm - 7:30am alternate weekends and may add a weeknight shift if desired. Please contact Sally Taylor at 636-733-0159 for information or an appointment or just stop by and complete an application. Please specify "Resident Services" if you come in and complete an application.
- **Memory Care Home Solutions seeks a part- time (15 hours a week) Assistant Program Coordinator** to assist in outreach activities to local physicians, social workers and other client referral sources, as well as deliver our unique caregiver training/service program through home visits and follow-up phone and/or email consultation. Major responsibilities to the client include hands-on consultation and training, care plan development and distribution, evaluation and data collection and community resource referral. \$17-\$20/hr. negotiable. Education: Current professional with Bachelors

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

- **Shepherd's Center of Webster/Kirkwood, Inc. has an opening for an Administrative Assistant.** This is a part time position working three days a week from 8:30 to 3:00. Must oversee the clerical tasks, mailings, volunteers and organization of the office. Maintains a professional and welcoming office atmosphere. Is an ambassador of our Shepherd's Center and enjoys working with older adults. Computer skills, office organization and volunteer management are requisites of the position. Please call Gayle McHenry at 961-2661 for more information or to apply.
- **Apollo Medical, Inc. is seeking an LCSW to work part-time.** We provide home health services for the geriatric community and are looking for a social worker to pick up cases as needed. Position responsibilities include assessing patient's needs, setting up individualized plans of care and providing patients with community resources. Applicant needs case management and crisis intervention experience. Experience as a social worker in a home health care setting preferred. Interested candidates should send a resume to Apollo Medical, Inc. 8220 Delmar Blvd, Suite 230, St. Louis, MO 63124 or fax resume to: 314- 237-0055.
- **St. Andrew's At-Home Services has a full-time position available for an ElderCare Specialist.** Qualifications required include ability to provide knowledge and experience in developing and expanding the program; assessment skills for older adults and family caregivers including psycho- social, mini mental, and functional assessments; knowledgeable of community resources for older adults and family caregivers; ability to develop methods of improving organizational effectiveness and ability to effectively communicate ideas, analyses, recommendations and decisions to staff, peers, vice president and clients. A Master's Degree a must along with prior experience working w/older adults. Send all inquiries to St. Andrew's At-Home Services, 6633 Delmar Boulevard, St. Louis, MO 63130 or call 314-726-5766 or send an email to [TVaughn@standrews1.com](mailto:TVaughn@standrews1.com).
- Are you 55 years of age? Can you volunteer at least a few hours every week? Enjoy working with others to solve community problems? If you said yes to any of these questions you are a good candidate to become an **RSVP volunteer in the RSVP Program of Cardinal Ritter Senior Services.** RSVP is a nationwide volunteer program that invites adults age 55 and over to use their life experience and skills to answer the call of their neighbor in need. RSVP volunteer's tutor and mentor children, counsel small business, assist at health clinics and teach other seniors to use the Internet. Others distribute food to the homeless or volunteer at a variety of one-time community events. They want to keep active in ways that make a difference for those in need. Last year this nationwide program tutored more than 100,000 kindergarten through 12th grade students. For more information on how you can make a

difference in someone's life please contact Amy Klosterman at 314-918-2294.

- **Financial Freedom Senior Funding Corporation is looking to add Reverse Mortgage Specialists.** As a Reverse Mortgage Specialist, you will be responsible for the business development and loan production within an exclusive marketing territory. Your daily activities will include meeting with seniors to advise them on how our financial products may meet their financial needs, building a professional referral network, administering your territory's marketing program, making group presentations to financial professionals and senior groups, and following-up on leads both self-generated and company provided. You will report directly to the Regional Manager, Alice Miceli. Requires a B.A. or B.S. degree in business/finance/marketing or equivalent experience. Must have excellent written communication and interpersonal skills, computer proficiency, and experience with contact management software. A highly professional appearance is a must. Send resumes to [amiceli@financialfreedom.com](mailto:amiceli@financialfreedom.com).
- **Mid- East Area Agency on Aging seeks volunteers for its MEAAA Meals on Wheels program.** Weekdays, morning to mid-day only. Hours are flexible. Deliver once a month, once a week, daily, or fill in for a week or two while other volunteers take vacation. Routes open throughout the counties of St. Louis, Franklin, St. Charles and Jefferson. Must be 18 or older with your own vehicle and a big heart. MEAAA provides mileage reimbursement and excess liability insurance. Call Sarah McDonald, 636-207-0847, ext. 114, or 1-800- AGE-6060 for information.
- **Researchers at Washington University School of Medicine** are conducting studies for seniors age 65 and older who had hip surgery within the past four months. They are investigating the effects of exercise combined with testosterone replacement therapy on improving physical function and bone density. Patients who lived independently in the community before the surgery are eligible to participate. Transportation to the medical center is available at no charge. For more information call Toni at 314-286-2716.
- **Right At Home of St. Louis has immediate positions open for Caregivers, C.N.A.'s, Live-ins and LPN's.** Right at Home services the St. Louis and St. Charles Metropolitan areas. All we do is Private Duty! Day, Evening, Overnight, Weekend and Live-In shifts available. You name it, we have it! Come work for the fastest growing and most extraordinary home care company in the St. Louis area! Must be at least 21 years of age to apply. Retirees welcome! Walk-ins accepted to fill out employment applications between 10am - 3pm M-F at 10411 Clayton Rd. Suite 209 in Le Chateau Village. Or, fax resume to: 314-567- 5354. Email: [maria@rightathome-stl.net](mailto:maria@rightathome-stl.net). Employment Hotline with directions and more information: 866-732-8020.
- **Jewish Family & Children's Service is seeking a part-time Social Worker,** 19-25 hours per week. LCSW, skilled in DSM-IV diagnosis, to conduct home based assessments and case management for the elderly. EOE M/F/D/V. Send resume to: Martha Kreipke, Jewish Family & Children's Service, 10950 Schuetz Road, St. Louis 63146.
- **The St. Louis Arc** provides the highest quality services to help individuals with developmental disabilities and their families achieve their goals. We value dedicated employees and we are currently **seeking Direct Support Professionals** to support individuals in both their homes and in the community. We offer 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.

- **Mid-East Area Agency on Aging seeks Special Projects Coordinator.** Part time, three days a week, some benefits, \$12.98 per hour. Coordinates and manages the agency program of volunteer recruitment and training. Supervises and develops various volunteer programs, including the Silver Haired Legislature, Tax Counseling for the Elderly and the Christmas Day Meals Project. Coordinates all health promotion and disease prevention projects. Call Cindy Wiggins, Human Resources, 636-207-0847, ext. 131, for more information. EOE.
- **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).
- **Professional Home Health is seeking candidates to fill newly created positions including full/part-time case management RN, physical therapists and physical therapy assistants.** Ideal candidates should possess excellent communication, decision making and multi-tasking skills and a desire to truly make a difference on a daily basis. Interested candidates may fax resume to 636-946- 5039 for consideration.
- **Veterans Home Care, LLC is seeking a full- time Case Manager.** This position requires qualifying potential clients who may be eligible to receive a VA pension they could utilize to receive home care. Social worker with skills in computer use consisting of email, Internet use, and Microsoft Word. Good typing and reading skills, with an eye and mind for details. Good math and calculator skills. Good organizational skills are required. Should have excellent

communications skills, the desire to work with the elderly who are under severe medical and difficult financial conditions. Great attitude and personality. Get along with others well, and enjoy marketing ones services. Along with working with our clients you would also interact with our home care provider organizations, and the various other organizations who refer or have the potential to refer clients to us for help. This position would require day traveling in the MO/IL area and would require a vehicle. A mileage based compensation would be given for travel. Occasional overnight trips may be necessary, would also be compensated for. For more details call Howard or Bonnie Laiderman at 314-514-2444 or toll free at 1-877-390-6377.

- **BJC Hospice is looking for volunteers.** "If you want to experience the most rewarding work that you've ever done," says Dolores Schulte of Florissant, "try volunteering with families like those I've helped." Schulte, now 75, is a hospice volunteer for BJC Hospice and has been for seven years. She visits with adults in hospice care in their home to give their caretakers (usually other family members) a chance to go to the store, run other errands or take some needed time for themselves. If you think you would enjoy this type of volunteer opportunity, one that is flexible to your availability, and with a commitment as small as one time a month, please call Sherry Messinger at BJC Hospice to set up an interview at 314-953-1762.
- **OASIS is looking for a few good ears!** Volunteers needed for Person-to-Person Peer Counselor Program. OASIS Person to Person is recruiting volunteers age 50+ interested in becoming peer counselors for underserved older adults in the metro area. Training and ongoing supervision for the Person-to-Person program is provided by a licensed clinical social worker. For more information or to register for the training sessions, call 314-862-7571, ext. 1.
- **Washington Univerisity** has a PREP Project - Parents & Children Preparing for Aging - that is looking for people age 60 and over to participate in an education program and research project that looks at how families make decisions together as parents grow older. In this project families learn what issues they'll need to address as parents age; whether parents and children agree on plans for the future; how to communicate on important decisions; and what community resources are available. To participate you should be at least 60 years old, be unmarried (widowed, single, etc.) and have at least 2 adult children in the St. Louis area. The project involves filling out a brief mail survey and then coming to Washington University with your children (at any time you choose) to discuss your answers with each other. The total time for the project is less than two hours. You and your family will be paid \$80 in total for your participation. If you are interested, or for more information, please contact Dr. Brian Carpenter, PREP Project, at 314- 935-6173 or send an email to [aging@artsci.wustl.edu](mailto:aging@artsci.wustl.edu).
- **Trail Watch Volunteers Make a Difference** - An area-wide orientation training session will be offered to prospective Trail Watch volunteers on Wednesday, August 23rd at Queeny Park in the Greensfelder Recreation Center, 550 Weidman Rd. 63011. Taught by St. Louis County Park Rangers, the training class will take place from 7 to 9 pm. There will also be another Training Session on Thursday, September 21st at the Visitors Center in Jefferson Barracks Park, 345 North Rd. 63125 For more information or to register, call 314-638-2100 or email [khartzke@stlouisco.com](mailto:khartzke@stlouisco.com).
- The **Jewish Community Center Adult Day Services** has two Activity Assistant positions available. One full-time with excellent benefits and one part- time with flexible scheduling. Experience in working with older adults is preferred. Please email your resume to [jweissman@jccstl.org](mailto:jweissman@jccstl.org).

- **Senior Connections needs "companion volunteers,"** usually 50 years and older to become a friend to one or more lonely nursing home residents. The program trains free of charge to the volunteers, matches the volunteer and then monitors and supports the budding relationships. The next trainings are set for August 18 and 25, 2007 two Saturday mornings from 8:30-12:30pm in University City; September, 2007 in St. Peters and November 3 and 10, 2007 in University City. For more information call Sandy at 314-727-9202 or email: [singerinstitute@yahoo.com](mailto:singerinstitute@yahoo.com).

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

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

John Rothbarth /  
Publisher  
[john@stlouistimes.com](mailto:john@stlouistimes.com)



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### **Contact Information**

email: [express@stlouistimes.com](mailto:express@stlouistimes.com)  
phone: 636-225-2442  
web: <http://www.stlouistimes.com>

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