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

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**June 15, 2008 Edition**

**Dear John Rothbarth,**

Just a reminder but an important one for your organization. If you haven't provided us with your free listings for our upcoming **2008 Information for Older Adults RESOURCE GUIDE**, please do so by weeks end. Also, as this represents the single best year long advertising opportunity in the metro area, please reserve your advertising space by months' end. We've made the process for entering your free listings and reserving your advertising space 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 or the link to reserve your advertising space.

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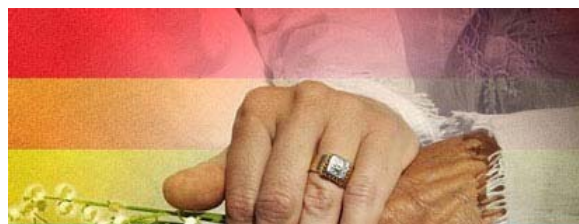
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*The St. Louis Times Express is a free monthly business-to-business e-newsletter published on the 15th of each month for the purpose of enriching the marketing and communication resources of all organizations and individuals who serve the bi-state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

## CAREGIVING

By Sherrill Wayland,  
MS

### **The Hidden Families Among Us**



Discussions around the role of families as caregivers gains increasing attention today, as we prepare for aging baby boomers. Yet, little attention has been paid to the hidden families

among us. These are the lesbian, gay, bisexual, and transgender (LGBT) families who are also aging. LGBT older adults are often referred to as hidden or invisible because of the view that heterosexuality is the norm. This invisibility leads to a lack of awareness regarding the needs of LGBT older adults and their caregivers.

What do we know about these hidden families? U.S Census data suggests that LGBT older adults account for 2.8 million or 3-8% of the population over age 65. The number is expected to total over 6 million by 2030. Based on the 2006 Missouri Senior report, given a 3-8% estimate suggests that 5,609-14,959 older adults in St. Louis city and county are LGBT.

Marginalization and disparities exist among LGBT older adults. The U.S. Department of Health and Human Services Healthy People 2010 Report recognized and called for an end to the marginalization and health disparities of LGBT individuals. This marginalization has increasingly gained attention from academic researchers and major corporations over the past few years. One such corporation is MetLife. The MetLife Mature Market Institute conducted the Out and Aging study in 2006 which included 1,000 LGBT caregivers from across the United States. They found that LGBT individuals are providing caregiving at rates equal to their heterosexual counterparts. Caregiving within the LGBT community not only includes caring for their partners (18%), but also their parents (36%) and friends (14%). Additionally, 76% have made definite plans to be a caregiver for their partner, family and/or friends. Respondents in the MetLife study expressed several concerns as they consider their own aging. A primary concern includes fear of discrimination and being treated "with dignity and respect" by health care providers. Additionally, 1 in 5 did not know who will care for them as they age.

The research provides the older adult provider community with a snapshot of LGBT caregivers. LGBT individuals are playing a significant role in the lives of their partners, families, and friends as caregivers. Yet, they are concerned about who will care for them as they age; and they fear discrimination. This fear serves as a factor that keeps LGBT older adults hidden and isolated. The Healthy People 2010 report states that LGBT individuals deserve equal access to culturally competent care. Collaboration from mainstream service providers in cooperation with LGBT organizations and advocates serves to break down the barriers and welcome LGBT older adults and caregivers into the circle of community care.

*Sherrill Wayland, MS is a 2008 MSW candidate at the Brown School of Social, Washington University in St. Louis where she is specializing in gerontology and management.*

## MEDICAL

### Google Health Arrives



A couple of weeks ago Google launched Google Health, a long-anticipated medical records service letting US users store and manage their healthcare

information online. The offering raises privacy concerns and draws yet another battle line between Internet search king Google and global software giant Microsoft, which began offering a similar HealthVault service in October. "It isn't surprising both sides are going after it," said Silicon Valley analyst Rob Enderle.

"Healthcare is not just lucrative - you are solving a problem critical to an aging group of boomers. There are public relations and business benefits to it," he said. Google said it built a secure computer platform separate from its search system to host medical records as part of an emphasis on keeping the health information protected. "We have put in place the firmest privacy policy we can construct," Google vice president of search product and user experience Marissa Mayer told reporters at the Internet giant's headquarters in Mountain View, California. "It is our highest level of security."

Privacy advocates however, seek proof that online medical information will be safe from tampering or snooping, possibly from insurance companies or employers out to reduce liabilities by shunning those with health issues. "It's the Wild West online," said Deborah Peel, a psychiatrist who founded the nonprofit advocacy group PatientPrivacyRights.org. "The risks are massive." She said Microsoft consulted her group while designing HealthVault and agreed to routine privacy audits, the first of which is to be completed this month.

Google executives said pains were taken to build a system that will protect people's medical records while providing them access from wherever they might want it. "No Google Health users should expect to find their health information as search results on Google," product manager Roni Zeiger said.

Google Health has links to pharmacies, clinics and diagnostic labs. The service is free and enables people to have electronic copies of information such as prescriptions, lab test results, hospital stays, and medical conditions stored on Google computers.

Users of the service dictate how the information is shared. "Google, on your behalf, is storing a copy of your records," Zeiger said. "This is a user controlled database that Google is hosting."

Google search boxes are on Health pages and targeted advertising is displayed with query results, according to Zeiger. But Jeff Chester, executive director of the Centre for Digital Democracy, said targeting health searches with ads was tantamount to tracking users' medical issues for advertisers. "There is no question in my mind that at the end of the day this is about marketing pharmacology and health related products to consumers. Google, Microsoft and others see dollar signs in your diagnosis."

Google said it built protected online connections with a host of major US medical service providers and is open to working with other health care outlets interested in crafting software to join the network.

## MISSOURI Rx PLAN

## Helping Missourians Stay Healthy



"Helping Missourians Stay Healthy" is the goal of Missouri's State Pharmacy Assistance Program called the Missouri Rx Plan (MoRx). MoRx works with Medicare Part D to help defray the high cost of prescription drugs for qualifying members. It pays 50% of the out-of-pocket cost remaining after the member uses their Medicare Part D plan. MoRx pays for 50% of the Medicare Part D plan deductible and 50% of all co-payments including the coverage gap and beyond.

MoRx enrollment is open year-round. There is no enrollment fee and once enrolled, members do not have to enroll again. The program is currently providing prescription drug assistance to 177,000 members across Missouri. It is estimated an additional 40,430 Medicare beneficiaries would qualify for MoRx benefits.

You may be eligible for MoRx if you meet the following requirements:

- A Missouri resident
- Enrolled in a Medicare Prescription Drug Plan (Part D)
- Single with an annual gross income of \$20,800 or less; or married with an annual gross income of \$28,000 or less

The MoRx application may be found at pharmacies, Area Agencies on Aging, County Health Departments, Department of Revenue offices and City/County Libraries or by contacting the MoRx Helpdesk toll-free at 1-800-375-1406. Applications may also be downloaded from the MoRx website: [morx.mo.gov](http://morx.mo.gov).

## LOCAL NEWS

### St. Louis Community College in Spotlight

St. Louis Community College was selected as one of 15 colleges that will participate in the three-year initiative, which will develop and benchmark models for innovative programs reaching out to students over age 50. The project is funded with a \$3.2 million dollar grant from The Atlantic Philanthropies and is led by the American Association of Community Colleges (AACC).

"Our college will pilot workshops on four campuses to assist plus 50 students in planning for the transition to retirement activities as varied as an encore career, volunteer work or life enrichment," said Heather Ellison, Program Planner. "We hope that this program will allow us to provide a critically needed framework of services for our diverse community. "

With life expectancies at record highs, many boomers expect to spend as many as three decades in retirement. Their imminent generational departure from the workforce is creating anxiety among employers and civic organizations that worry about a loss of skills, leadership and institutional memory.

Today's baby boomers see their lives after 50 as a melding of education, employment and leisure, with 4 out of 5 people over 50 saying they plan to work at least part-time in retirement, according to Civic Ventures, a California-based think tank that focuses on engaging baby boomers. Yet 62 percent of the boomer generation wishes they were better prepared for retirement, according

to a 2006 MetLife study.

Community colleges are ideally suited to help baby boomers determine how to make their bonus years productive and fulfilling. These institutions have long catered to the needs of non-traditional students, with 16 percent of their student population over age 40 and their average student age capping well above traditional 4-year colleges at 29 years.

St. Louis Community College, will be one of 10 Demonstration colleges that will launch new programs for students who are "plus 50," with the help of seed grants. They'll be aided with valuable expertise from five Mentor colleges that already have established programs for students over the age of 50.

### *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: Katie MacLean, Alzheimer's Association. Phone: 314-432-3422. Email: [katie.maclea@alzstl.org](mailto: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.

**PRCL or Professionals in Retirement Community Living** - The PRCL organization is a group that was formed over 10 years ago by professionals that work in the field of retirement community living to provide opportunities for networking and to share ideas and concerns related to retirement communities. In the past year and a half, the PRCL group has developed a new leadership structure and continues to support this mission. Contact: Lori Goldberg, LCSW, President. Phone: 314-812-9333. E-mail: [transstrat@yahoo.com](mailto:transstrat@yahoo.com). Purpose: Meetings provide an opportunity for networking, professional development and an opportunity for communities to showcase their facilities by hosting a breakfast meeting. Each month there is a light breakfast, and an educational presentation. Tours of the hosting facility are also offered. Membership is open to professionals working in the retirement community field as well as others who are interested in learning and interfacing with this network such as vendors and marketing professionals. Membership is free. Organization has 90+ members. Meetings

are held on the second Thursday of every month from 8:30 am -10:00 am. Locations vary monthly and RSVP is required.

### **Gateway Alliance for Compassionate Health Care at the End of Life**

- This is the St. Louis Chapter of the Missouri End of Life Coalition. Contact Information: Tiffany Webster, MSW, LCSW (Chair) Phone: 314-373- 7037. Email: [tewebster@bethesdahealth.org](mailto:tewebster@bethesdahealth.org). The Mission of the Gateway Alliance is to promote high quality care for persons who are dying in the Greater St. Louis Metropolitan area by fostering cooperation, education, and advocacy. The purposes of organization are to improve the care and quality of living for persons at the end of life in the Greater St. Louis Metropolitan area; to educate the public, health care providers, students, and policy makers regarding optimal care, resources, and policy for the maximum benefit of dying persons in the greater St. Louis Metropolitan area; to promote collaboration between health care providers, community educators, and organizations; and to empower dying persons, loved ones, and caregivers to express their needs and expectations surrounding end-of-life issues.

## *Calendar Highlights*



### **Wednesday, June 18, 2008**

10:00 am - 2:00 pm, "*Missouri Foreign-Born Elderly: Legislative & Resource Training for the Social Service Professional*". Presented by Julia Ostropolsky, MSW, LCSW and Suzanne LeLaurin, MSW, LCSW at the Holiday Inn Southwest-Viking, 10709 Watson Road, St. Louis, MO. 3.0 Contact Hours & Lunch--only \$35.00. For More Information visit

[www.nasw-mo.org](http://www.nasw-mo.org) or call 573-635-6965.

**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](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.

**Thursday, June 19th, 2008,** *Caring for Persons with Advanced Dementia* from 6:30 - 8:30 pm at Sunrise on Clayton located at 7920 Clayton Rd., Richmond Heights, MO 63117. Presented by the Alzheimer's Association, topics covered include managing physical care, facing ethical decisions at end-of-life, understanding the dying process and knowing where to turn for help. Families can attend this program after attending programs for the earlier stages of the disease & after years of experience with the illness. Registration is required in advance. To register, call 800-980-9080.

**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*



**(2) 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.

**(2) 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](mailto:lbaron@memorycarehs.org).

- **(2) 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.
- **(3) 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) 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).
- **(3) 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](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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