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ST. LOUIS **Times** Express®

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Dear John Rothbarth,

If not now, when? When we're preoccupied with this or that the tendency is to get what needs doing, done. For example, publishing this newsletter or our upcoming *Information for Older Adults RESOURCE GUIDE*, the need for task completion seems to override all else. On the other hand, it's summer and a beautiful one at that. For those of you whose schedules are full, why not take a moment to breath, or walk or commune with nature. It will be good for you and those you come in contact with. Remember, "If not now, when."

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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.*

ECONOMY

Boomers and Their Parents Share Concerns

AARP and the AARP Bulletin released the most comprehensive survey yet examining how boomers and their parents' generation are managing the current economic downturn, from paying for everyday necessities to changing their investment strategies.

According to the survey, 81% of all Americans ages 45 and older say the economy is in fairly bad or very bad condition, and almost three-in-four (74%) say their elected officials are not doing enough to help people caught in the economic squeeze.

"The current economic downturn is forcing millions of Americans to make very

difficult decisions on their immediate survival and long-term financial security," said Tom Nelson, AARP's Chief Operating Officer. "They are looking for help, and they want more action from our elected leaders."

Baby boomers are feeling a relatively greater impact of the economic downturn, and some of their reactions - like compromising their retirement savings and even cutting back on medications - have negative implications for the future. More than one out of four middle-aged and older workers (27%) say they postponed plans to retire due to the recent economic downturn.

Almost 25% of people ages 45-64 are prematurely taking money out of their 401(k)s and other investments. Younger boomers (ages 45-54), in particular, are doing things like postponing paying bills (27%) and even cutting back on medications (17%).

"It may be years before we realize the full scope of the current economic crisis," added Nelson. "Taking money out of your retirement savings has a compounding effect because that money is not allowed to grow at a time when you have fewer working years to replace the losses. Even more troubling, shortchanging your health care can lead to higher health care costs down the road."

Overall, the poll shows that there is a sense of shared pain and common concerns among boomers and older generations - both among retirees and those looking to retire in the foreseeable future. Eighty-one percent of all respondents say the economy is in fairly bad or very bad condition and 75 percent think it's getting worse.

Almost two-thirds (63%) of those asked own stocks individually or through retirement plans like 401(k)'s or IRAs. More than 7 in 10 (72%) of these investors lost money on their portfolio in the last year.

While most of all respondents (58%) are not concerned about the impact of mortgage foreclosures on their personal well-being, almost 9 in 10 are concerned about the effect of foreclosures on the larger economy and 64% are concerned about the impact on their communities.

HEALTHCARE

Costs of Long-Term Care Are Rising



The term "long-term care" generally refers to a variety of supportive services for aging or dependent people. The care may be provided in the person's home, at an adult day care center, or in assisted living and skilled nursing facilities. Care can range from relatively minor assistance with meal preparation and housekeeping to more consistent care with medications, bathing and dressing or full-time nursing.

Results of a new survey of long-term care providers found that the cost of care varies widely by region, with costs in urban areas of the United States averaging 16% more than in non-urban areas.

Procedure: A research firm conducted telephone interviews with long-term care providers in 50 of the United States. Their responses were compared with prior results to calculate compound annual growth rates. The cost-of-care survey has been conducted since 2004.

Home care: Nationally, the average hourly rate for a non-Medicare certified, state licensed home health aide was \$19.18, a cost that amounted to \$43,884 per year for 44 hours per week of care. This was a 4% increase over the hourly rate for a non-Medicare certified home health aide in 2004 of \$18.43.

Adult day health care. Three different models of adult day health care programs were included: social, medical and combined. Nationally, more than 980 providers completed the survey. The average daily private pay rate charged by an adult day health care provider was \$59/day. The average annual cost for five days a week in an adult day health care facility was \$15,236.

Assisted living facilities. More than 4,500 providers completed the survey of monthly base private pay rates. A private one-bedroom unit in an assisted living facility had an average annual cost of \$36,090, a jump of 25% since 2004. While community and entrance fee rates were not included in the average monthly assisted living rate calculations, 33% of the facilities charged a one-time, non-refundable fee ranging from \$35 to \$118,180, with a national average one-time fee of \$2,316.

EMPLOYMENT

By Andrea Mayfield

Blue-collar Workers: The 'Missing' Baby Boomers



Many U.S. manufacturing companies have been closing plants here in Missouri and throughout the country. In the past, younger workers bore the economic brunt of corporate reorganizations. In the last two decades, however, companies have downsized by retiring blue-collar workers, who are over 50 years old.

Retirement, like all major life events, can be either a positive or a negative experience. In a 2005 study, Szinovacy and Davey found that retirement is more likely to be a positive event when the retiree freely makes the decision to retire and is financially prepared to do so. Retirement, due to corporate downsizing, is seldom a free choice. It is, however, frequently the only choice.

When companies, with only one facility, close their doors, older workers must retire or file for time-limited unemployment benefits. Corporations with multiple facilities, like the auto companies, give older workers 10 days to decide to continue working or retire. If they decide to continue working, they must sell their home; move their families across the country; and start again with less seniority. If they decide to retire, they do so with a pension that could be as much as \$500 a month less, then the worker planned to receive.

A series of studies on the impact of forced retirement, Gallo and associates used longitudinal data from biennial waves of the Health and Retirement Survey. These studies found that once older blue-collar workers are out of the

workforce, they remain unemployed longer. They also found that when these workers finally do find new jobs, their wages are usually much lower. According to these studies, this break in active economic life occurs at a point in American workers' lives when they usually start to save in earnest for retirement. The same survey data found that Black, Latino or female blue-collar workers are an even less likely to reenter the workforce, and therefore, are even more likely to be economically vulnerable in later life.

According to economist Robert Batterman in last year's St. Louis Post Dispatch, when these older blue-collar workers cannot reenter the workforce, they live on their smaller pensions, meager retirement savings and home equity. Therefore, they are using up the resources they will need for their old age, in their fifties. Retirement, because of corporate reorganization, is creating a vulnerable population of older blue-collar workers.

Batterman described these workers as 'missing' from the current economy. They are officially retired, so they are not counted among the unemployed. They are too young for Social Security and Medicare, so officially, they are not counted among the retired.

Unfortunately, it appears that although these workers are members of the Baby Boom generation, they are also 'missing' from the plans and projection about the much-ballyhooed coming into old age of this group. The material recently generated by government agencies, the AARP and other organizations ignores the deindustrialization of the economy. It also ignores the vulnerable older blue-collar workers this process has produced.

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.maclean@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. 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. 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, July 23, 2008: *Understanding Memory Loss* program will be held from 9:00 am - 11:00 am at the Alzheimer's Association Chapter office, located at 9374 Olive Blvd. St. Louis, MO, 63132.

Tuesday, July 22, 2008: *Practical Solutions for Caregivers* program will be held from 1:00 pm - 3:00 pm at the James J. Eagan Civic Center, located at 1 James Eagan Drive, Florissant, MO, 63033. 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. 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)Country Living Adult Day

Center is seeking enthusiastic individuals to fill the position of Activity Assistant/Driver.

Must have a valid driver's license and good driving record; be a self starter and enjoy guiding activities; CNA Certificate preferred. We offer flexible hours, off evenings and weekends and good working environment. Salary/Wage: \$Competitive Rates + Paid Holidays & Vacation Education: High School Diploma or GED, CNA Certificate. Status: Part-time to Full-time. Shift: Days. Please apply in person at: Country Living Adult Day Center, 5622 Delmar Blvd Ste 101, St. Louis, MO 63112.

- (1) **Fountain View at Friendship Village of South County has an excellent opportunity for a part-time community outreach coordinator.** This position is responsible for building referral relationships for the community. Prior experience in long-term care is preferred. To be considered for this position, please fax resumes to: Erin Rogers, Marketing Coordinator, Fountain View at Friendship Village of South County. Fax: 314-270-7112 or email: rogerserin@friendshipvillagesouth.com
- (3) **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.
- (3) **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.
- (3) **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.

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

- **The National MS Society** is hosting the 24th annual Bike MS event in Columbia, Missouri on September 5 - 7. We need volunteers to help make the 2008 Bike MS a continued success! The 2007 volunteer team consisted of more than 700 individuals who kept our 2,800 cyclists moving safely. In 2008 we are hoping to secure 3,500 cyclists and need the assistance of more than 800 volunteers. We need YOUR help to assist with all aspects of Bike MS- there is a volunteer activity to engage all skills and volunteer interests! Volunteers, ages 12 and up, are invited to volunteer through the following opportunities: cheer at the finish line, serve breakfast, lunch, or dinner, setup or teardown the event, direct parking, serve beverages, and much more! To volunteer, please log onto www.gatewayaybikemsride.org and click on "Volunteer," email tiffany.heil@gatewaymssociety.org, or call 314-446- 4182. Interested in riding? We have a place for you too! Join the movement. See you at Bike MS!
- **We're on the MOVE to end Alzheimer's! VOLUNTEERS are needed at all walks**, and jobs including Set -Up, Volunteer Check-In, Registration, T-Shirt , Distribution, Children's Play Area, Traffic and Safety, Route Support, Break Down, and many more. The dates and locations for the six 2008 Memory Walk events are: · St. Louis, Forest Park - Sept. 13 · St. Peters, Laurel Park - Sept. 20 · Cape Girardeau, Capaha Park - Sept. 20 · Washington, American Legion - Sept. 20 · Edwardsville, IL - Southern Illinois University, Edwardsville campus - Sept. 20 · Bonne Terre, MO (Leadbelt Walk) - Bicentennial Park, Sept. 27 Set-up generally begins at 6:00 a.m. with opportunities available at different times until noon. All ages and group sizes are needed! Memory Walk is a morning of fun and an experience you'll never forget. Learn how to get involved today. Contact Jennifer Phillips at 800-980-9080 or jennifer.phillips@alzstl.org.
- **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.
- 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, August 9 and 16, and November 8 and 15, 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 Alzheimer's Association is seeking volunteers to help staff an information booth at the Illinois State Fair in Springfield, IL.** Springfield is about 2 hours from St. Louis, approximately 100 miles away. The fair runs from Friday August 8 - Sunday August 17, 2008. We are hoping to have 2 volunteers work each day from 10:00 - 6:00 pm. Constant coverage is not necessary: Volunteers have free reign to take breaks as needed, mingle at the fair, and check out the exhibits. As an incentive, volunteers will receive free admission to the event and free parking. Volunteers will also receive free overnight accommodations at a local hotel in exchange for their service. The room is a double occupancy room with two full beds. It would be ideal if both volunteers know each other so the room is comfortably shared. A small group of friends are welcome to volunteer together if they are comfortable with the provided accommodations. Springfield is a great city with a lot of nice local attractions. Aside from being the state capital, there are also many historic sites and the well-known new Lincoln Museum. If you are interested in volunteering to work a day at the fair, please contact Jennifer Phillips at 314-801-0414 or jennifer.phillips@alzstl.org.
- **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.
- **Volunteers Needed for a Study of the Spousal Caregiver's Experience of Placing Their Husband or Wife with Alzheimer's Disease in the Nursing Home.** The spousal caregiver must be planning to place (within the next 30 days) or to have recently placed (within the past two weeks) their spouse with Alzheimer's disease in the nursing home. Volunteers will complete a series of interviews in their home with a nurse who is working on her PhD at Saint Louis University School of Nursing. To learn more about study participation, the risks and benefits of participation, and to volunteer, please call: Jan Palmer at 314-249-5391 or at palmerjl@slu.edu.

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 /
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