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ST. LOUIS **TIMES**[®] Express

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Dear John Rothbarth,

The *St. Louis Times* RESOURCE GUIDE will arrive in St. Louis in a few days and begin distribution next week. If you haven't been notified yet as to where to go to get the free copies that will be distributed, please send us an email and we will send you the particulars. It's been a labor of love and I gratefully say thank you to every individual and organization who has supported this yearlong publishing effort.

What's next? We've started preliminary planning of an annual December *St. Louis Times Geriatrics Symposium* (to be announced in greater detail in next month's issue) and plan to revive FUNFEST for 2008. More to follow. In the mean time, enjoy the balance of the summer!

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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.

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.

VOLUNTEERING

Boomers and the Future of Volunteering

Why do boomers and older adults volunteer? Why don't they? Where do they volunteer? And for how long? To get a closer look at the first wave of boomers who are just now entering their 60's and their views on volunteering, VolunteerMatch asked them about their attitudes and experiences.

Great Expectations: Boomers and the Future of Volunteering, offers an improved understanding of some of the unique characteristics of this volunteer

demographic, and serves as a fresh resource for nonprofits in need of volunteers, especially those who can offer a lifetime of personal and professional skills.

Key Findings

Many older non-volunteers are reconsidering volunteering.

- Retirement is viewed by most as a time to begin a new chapter
- More than half of 55+ non-volunteers report some interest in volunteering. Professionals and women aged 55-64 are the most likely to be interested

Many older non-volunteers aren't volunteering because they haven't found the right opportunity.

- Among the non-volunteers 55+ most interested in volunteering, two in five report they don't volunteer because they haven't found the right opportunity
- Older non-volunteers are particularly interested in learning new skills and exploring new interests
- 32% of non-volunteers 55+ would prefer a volunteer activity that helps them learn new skills or explore new interests

Among active volunteers, older adult volunteers are more likely to appreciate the personal significance of volunteering.

- Users age 55+ are contributing nearly 100 hours a year more than users aged 30-39 (226 hours vs. 132 hours)
- 75% of users 55+ view volunteering as "very important" or "one of the most important" things in their life Volunteers across all age groups are motivated by a desire to help others and make a difference
- 46% of respondents report that they volunteer to help others/feel like they have made a difference

Volunteers grow increasingly interested in making use of their career and non-career related skills as they mature.

- A majority of users 55+ agree that they would prefer a volunteer opportunity that makes use of their personal or professional skills. Nearly two-thirds of male users 55+ indicate that they would prefer a volunteer opportunity that makes use of their personal or professional skills
- Two in five users 55+ report that they are "much less likely" to volunteer for an opportunity that they don't find "interesting and challenging" compared to one in five among those under 55
- 53% of users 55+ expect they will be volunteering more than they are now over the next few years

Most nonprofits are already engaging older volunteers.

- Nonprofits report a need for volunteers across all age groups
- 81% of nonprofits surveyed report working with volunteers between the ages of 55-64 and 62% are working with volunteers between the ages of 65-74 Nonprofits still report difficulty finding the volunteers they need

- 53% report that finding volunteers/knowing where to look for volunteers has made it difficult to engage the volunteers they need
- 51% believe that it is difficult to find volunteers because people are too busy
- 46% report difficulty finding people interested in volunteering
- The professional skills of older volunteer are underutilized across a wide variety functions

Use of the Internet

- 66% of those surveyed report that their use of the Internet has made it easier for them to find an organization that needed help
- 61% report that it has made it easier to find interesting opportunities. The Internet is empowering nonprofits to strengthen and expand their volunteer initiatives
- 84% of nonprofit users agree their use of the Internet helps them reach out and recruit more volunteers
- 82% report that it makes it easier to find the right volunteers The Internet is already successfully connecting older adults with satisfying volunteer experiences
- 82% of users 55+ who had recently volunteered were satisfied with the quality of their volunteer experience

AGING IN AMERICA

The State of Aging and Health in America 2007



The State of Aging and Health in America 2007 provides a snapshot of our nation's progress in promoting the health and well-being of older adults and reducing behaviors that contribute to premature death and disability. The report also highlights three key areas that can significantly improve the quality of life for older adults: reducing falls, maintaining cognitive health, and improving end-of-life care.

Demographic changes create an urgent need.

Improved medical care and prevention efforts have contributed to dramatic increases in life expectancy in the United States over the past century. They also have produced a major shift in the leading causes of death for all age groups, including older adults, from infectious diseases and acute illnesses to chronic diseases and degenerative illnesses. Currently, about 80% of

older Americans are living with at least one chronic condition.

The growth in the number and proportion of older adults is unprecedented in the history of the United States. Two factors - longer life spans and aging baby boomers - will combine to double the population of Americans aged 65 and older during the next 25 years. By 2030, there will be 71 million American older adults accounting for roughly 20% of the U.S. population.

America's older adult population also is becoming more racially and ethnically

diverse. At the same time, the health status of racial and ethnic minorities lags far behind that of non-minority populations. The burden of many chronic diseases and conditions - especially high blood pressure, diabetes and cancer - varies widely by race and ethnicity.

Data from the 2004 National Health Interview Survey (NHIS) indicated that 39% of non-Hispanic white adults aged 65 years or older reported very good or excellent health, compared with 24% of non-Hispanic blacks and 29% of Hispanics.

There is a strong economic incentive for action.

The cost of providing health care for an older American is three to five times greater than the cost for someone younger than 65. As a result, by 2030, the nation's health care spending is projected to increase by 25% due to these demographic shifts.

More than one-third of U.S. deaths are preventable.

Three behaviors - smoking, poor diet, and physical inactivity - were the root causes of almost 35% of U.S. deaths in 2000. These behaviors are risk factors that often underlie the development of the nation's leading chronic disease killers: heart disease, cancer, stroke, and diabetes.

The above statistics highlight the need to focus on improving the health of older adults by encouraging them to adopt healthier behaviors and obtain regular health screenings that can reduce the risk for many chronic diseases, help decrease health disparities, and lower health care costs.

From: The State of Aging and Health in America.

U.S. DEMOGRAPHY

The Changing Demographic Profile of the United States



The United States, the third most populous country globally, accounts for about 4.6% of the world's population. Within the next few years, the U.S. population - currently estimated at 299 million persons - is expected to reach twice its 1950 level of 152 million. More than just being double in size, the population has become qualitatively different from what it was in 1950. As noted by the Population Reference Bureau, "The U.S. is getting bigger, older, and more diverse." The objective of this report is to highlight some of the demographic changes

that have already occurred since 1950 and to illustrate how these and future trends will reshape the nation in the decades to come (through 2050).

The United States Is Getting Bigger. This report considers population change and the underlying factors that contribute to population growth in the United States. These include increasing survival due to declining mortality rates (especially for the three most prevalent causes of death), fertility levels that are hovering around the generational "replacement" level, and trends in net international migration wherein more migrants move into the United States than Americans who leave.

The United States Is Getting Older. Aside from the total size, one of the most important demographic characteristics of a population for public policy is its age and sex structure. This report illustrates how the United States has been in the midst of a profound demographic change: the rapid aging of its population, as reflected by an increasing proportion of persons aged 65 and older, and an increasing median age in the population.

The United States Is Becoming More Racially and Ethnically Diverse, reflecting the major influence that immigration has had on both the size and the age structure of the U.S. population. This section considers the changing profile of the five major racial groups in the United States. In addition, trends in the changing ethnic composition of the Hispanic or Latino Origin population are discussed. Although this report will not specifically discuss policy options to address the changing demographic profile, it is important to recognize that the inexorable demographic momentum will have important implications for the economic and social forces that will shape future societal well-being.

There is ample reason to believe that the United States will be able to cope with the current and projected demographic changes if policymakers accelerate efforts to address and adapt to the changing population profile as it relates to a number of essential domains, such as work, retirement, and pensions, private wealth and income security, and the health and well-being of the aging population.

Aging-Focused Professional Groups

Breakthrough Coalition - Started 1991. Contact Information: Stephanie Rohlf-Young, President. Phone: 314-801-0449. Email: Stephanie.Rohlf-Young@alzstl.org. 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. Remaining meetings for 2007 are Tuesday, October 2 with Dr. David Carr addressing geriatric care issues; and Tuesday, December 4 with a speed networking event.

St. Louis Affiliate 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. Remaining meetings for 2007 are Thursday, September 6 from 7:30 am - 9:00 am. Send email for additional meeting dates and information.

Calendar Highlights

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.

Saturday, September 15, 2007 *St. Louis Memory Walk*. Registration 8 a.m. and walk begins at 9 a.m. Register today for our largest fundraising event of the year. Memory Walk is the Alzheimer's Association's signature event to help those battling Alzheimer's disease. Memory Walk proceeds support programs, services and research. Ninety-percent of chapter revenue is generated in local counties served by the chapter and stays in those communities. Eighty-five cents of every dollar directly supports services and research in our area. We can reach our 2007 goal of \$435,000 with your help! Please call 314-801-0440 to register. If you unable to walk or would prefer to volunteer at the event, please contact Jennifer Phillips at jennifer.phillips@alzstl.org for ways to get involved.

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.

Saturday, September 22, 2007 *Memory Walk - Edwardsville, IL / Cape Girardeau, MO / Washington, MO / St. Peters, MO*. Registration 8:00am and walk begins at 9 a.m. Register today for our largest fundraising event of the year. Memory Walk is the Alzheimer's Association's signature event to help those battling Alzheimer's disease. Memory Walk proceeds support programs, services and research. Ninety-percent of chapter revenue is generated in local counties served by the chapter and stays in those communities. Eighty-five cents of every dollar directly supports services and research in our area. We can reach our 2007 goal of \$435,000 with your help! Please call 314-801-0440 to register. If you unable to walk or would prefer to volunteer at the event, please contact Jennifer Phillips at 801-0414 for ways to get involved.

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!

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.

Employment & Volunteer Opportunities

- **Area Agency on Aging of Southwestern Illinois is seeking a full-time Field Operations Specialist.** The Field Operations Specialist is responsible for monitoring of specific Older American Act service providers to assure proper service operation and utilization of resources. The Field Operations Specialist is responsible for on-site monitoring, follow-up, and implementation of Area Agency policies and procedures relative to the rules and regulations governing all programs in conjunction with the delivery of services by funded service providers. Required Qualifications for the Position: Preferably a Master Degree in Human Service field with one (1) year of related experience; or Bachelor's Degree in Human Services with two (2) years experience in social services for older persons. Nutrition and Food Service certifications a plus. Benefits included are health, dental, 401k. Salary range is between \$25,000 and \$31,000. For further information contact Wilma Schmitz at 618-222-2561 or send your resume to wschmitz@answersonaging.com.
- **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. **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.

- **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.** 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.
- **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 for more information.
- **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.
- 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.
- **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: alisha@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. Resumes can be sent to 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.
- **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.
- **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.
- **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 trainings are set for September 8 and 15, 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.

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.

St. Louis Times

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