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ST. LOUIS **TIMES**[®] Express

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Dear John Rothbarth,

Tell one and all to come and get a *free* copy of the *2008 Information for Older Adults RESOURCE GUIDE* and sing along with ELVIS while they're at it. Free copies will be distributed to the public Tuesday, September 30 from 9:00 am to 1:30 pm at the St. Louis Times FUNFEST at the Maryland Heights Centre, 2344 McKelvey Road. Exhibitor booths, health screenings, live entertainment and a whole lot more. Want to be an exhibitor as well? Call 636-225-2442 for more information.

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*The St. Louis Times Express is a free monthly business-to-business e-newsletter published on the 15th of each month for the purpose of enriching the marketing and communication resources of all organizations and individuals who serve the bi-state regional baby boomer / 60+ population. There are currently over 1,800 subscribers. This e-newsletter is a collaborative effort, so please submit your **free** calendar item(s), job vacancies, or volunteer opportunities to us at express@stlouistimes.com.*

RETIREMENT

By Ruth Helman,
Mathew Greenwald &
Associates; Jack
VanDerhei, Temple
University and EBRI
Fellow; and Craig
Copeland, EBRI

Americans Much More Worried About Retirement



Retirement worries growing—Americans' confidence in their ability to afford a comfortable retirement has dropped to its lowest level in seven years, reflecting worries about health costs, the economy, and home values, according to the 18th annual Retirement Confidence Survey[®] (RCS). Decreases in

confidence occurred across all age groups and income levels but were particularly acute among younger workers and those with lower income.

- Overall retirement confidence drops sharply-The percentage of workers very confident about having enough money for a comfortable retirement decreased sharply, from 27 percent in 2007 to 18 percent in 2008, a decline of 9 percentage points and the biggest one-year drop in the 18-year history of the survey. Retiree confidence in having a financially secure retirement has also decreased sharply, from 41 percent very confident to 29 percent, down 12 percentage points.
- Health care costs have become a big issue for retirees-Among retirees who left the work force earlier than planned, more than half (54 percent) say they did so because of health problems or disability. Almost half of retirees (44 percent) say they have spent more than expected on health care expenses. More than half of retirees (54 percent) say they are now more concerned about their financial future than they were right after they retired, a 14 percentage-point increase from a year ago (40 percent in 2007).
- Workers may be waking up to the lack of health insurance in retirement-The RCS finds that 34 percent of all workers now expect to have access to employer-paid health insurance in retirement, down 8 percentage points from last year (42 percent in 2007). Although 41 percent of retirees say they currently have access to health insurance through a former employer, many employers are eliminating health care coverage for future retirees.
- Retirement planning up, but still not high-Less than half of workers (47 percent) say they and/or their spouse have tried to calculate how much money they will need for a comfortable retirement, up from the 42 percent measured in 2004-2006 and considerably higher than the low point of 29 percent recorded in 1996. As before, the 2008 RCS finds that doing a retirement savings calculation is particularly effective at changing worker behavior: 44 percent who calculated a goal changed their retirement planning, and of those almost two-thirds (59 percent) started saving or investing more.
- Most savings levels are modest-The percentage of workers (72 percent) saying they have saved for retirement has returned to 2001-2006 levels after a slight dip in 2007 (66 percent). Forty-nine percent of workers report total savings and investments (not including the value of their primary residence or any defined benefit plans) of less than \$50,000. Twenty-two percent of workers and 28 percent of retirees say they have no savings of any kind.

FINANCE

More Older Americans are Poorer than Thought



The number of poor adults age 65 and older has declined dramatically since the official poverty rate was designed back in the 1960s. Today the federal government considers fewer than 1 in 10 older adults to be poor, compared with about 1 in 3 in the 1960s. These estimates show the share of people with insufficient income to meet basic living expenses, such as food and housing. However, substantial

research shows that the official poverty measure no longer reflects the true resources or needs of older adults.

The lack of an accurate poverty measure for older adults hampers efforts to reform Medicare and Social Security, which face significant revenue shortfalls. Reform proposals often aim to reduce costs by combining benefit cuts with increased cost sharing for older adults. To target any cuts or increased costs to older adults with the greatest ability to pay, an accurate measure of economic well-being is critical.

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In 1995 the National Academy of Sciences (NAS) recommended changing the way we measure poverty (Citro and Michael 1995). Researchers generally agree with their recommendation to update the thresholds that determine minimum needs. Recent Consumer Expenditure Survey data show that couples need 41 percent more income than singles to cover basic needs, rather than the 26 percent ratio used in the official thresholds. Also, adults age 65 and older require about as much to cover their basic needs as younger adults, not 92 percent as much as assumed in the official thresholds. As a result, the NAS panel recommended raising the needs thresholds by 4 percent for older singles (to \$9,167 in 2004, up from \$8,825) and by 16 percent for older couples (to \$12,915 from \$11,122).

Experts also agree with the NAS recommendations to change how income is determined. The official poverty rate considers only basic sources of cash income. The NAS proposed adding realized capital gains and losses and near-cash income, such as benefits from housing assistance and food stamps, and subtracting income taxes. The NAS expert panel also argued that nondiscretionary out-of-pocket medical expenses should be deducted from income because they limit individuals' ability to purchase other goods. This is particularly important for older adults because they have relatively high medical costs.

HEALTH

Older Runners Less Likely to Become Disabled



Running throughout middle and older ages may be associated with reduced disability in later life as well as a survival advantage, according to a report in the

August 11/25 issue of
Archives of Internal Medicine, one of the JAMA/Archives journals.

"Age-adjusted death rates have reached record lows and life expectancy has reached record highs in recent years, likely due to a combination of behavior and societal changes as well as improved medical and surgical therapies," the authors write as background information in the article. "With the rise in life expectancy, it becomes necessary to focus on improving the quality of life and functional abilities as people reach older ages. Regular exercise, including running, may contribute to improved health among older adults."

Eliza F. Chakravarty, M.D., M.S., and colleagues at Stanford University School of Medicine, Calif., surveyed 284 members of a nationwide running club and 156 healthy controls who were recruited from university faculty and staff. All participants were age 50 or older when the study began in 1984. They completed a mailed questionnaire annually through 2005, providing information on exercise frequency, body mass index and disability level.

At the beginning of the study, runners were younger, leaner and less likely to smoke than controls. After 19 years, 81 runners (15 percent) had died compared with 144 controls (34 percent). Disability levels were lower in runners at all time points and increased in both groups over time, but less so in runners. At the end of the 21-year follow-up, in terms of disability, "the higher levels among controls translate into important differences in overall daily functional limitations," the authors write. "Disability and survival curves continued to diverge between groups after the 21-year follow-up as participants approached their ninth decade of life."

Regular exercise could reduce disability and death risk by increasing cardiovascular fitness, improving aerobic capacity, increased bone mass, lower levels of inflammatory markers, improved response to vaccinations and improved thinking, learning and memory functions, the authors note.

"Our findings of decreased disability in addition to prolonged survival among middle-aged and older adults participating in routine physical activities further support recommendations to encourage moderate to vigorous physical activity at all ages," they conclude. "Increasing healthy lifestyle behaviors may not only improve length and quality of life but also hopefully lead to reduced health care expenditures associated with disability and chronic diseases."

St. Louis / Illinois Aging-Focused Professional Groups

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

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

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

The Society for Social Worker Leadership in Healthcare of Greater St. Louis , Inc. - Contact Information: Stacey Barton, MSW, LCSW (President) Phone: 314- 362-3471. Email: barton_staceyk@yahoo.com. Purposes of the Organization: To promote educational programs, to strengthen and develop social work leadership, to strengthen relationships with health care organizations and professional social work organizations in relation to social work in health care, to provide a forum for the interchange of ideas and dissemination of material relative to social work leadership, to promote standards and ethics for the delivery of social work in health care, and to strengthen field education for social workers in education. Group is open to MSWs, BSWs, and MSW or BSW students. Others without a social work degree who work in the field of healthcare social work, social work education, or related roles may also be accepted for membership. Approximately 50 members. Meetings are every other month, on the 2nd Tuesday from 5:30-8:00 pm. Please contact Stacey for additional information and details about meetings.

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

Alzheimer's Association, St. Louis Chapter - Started in 1981. Contact Information: 314-432-3422 or 800-980-9080. Email: helpline@alzstl.org. Mission: Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. We have 32 staff members providing support and services to 22,500 people annually, through our 24-hour Helpline, care consultations,

MedicAlert®+ Safe Return®, respite assistance program, and education classes for families and professionals. We host a FREE monthly opportunity, called Getting Connected, for newcomers to learn about our resources, services and other education courses. Class dates and times are available through our Web site, www.alzstl.org, or by calling 800-980-9080.

Senior Services Task Force of Healthy Communities St. Charles

County - Contact Information: Katie MacLean, Alzheimer's Association.

Phone: 314-432-3422. Email: katie.maclea@alzstl.org. Mission: The Senior Services Task Force is dedicated to enhancing the quality of life for St. Charles County Seniors. This responsive group hosts a variety of events throughout the year such as: Town Hall Meetings, Educational Meetings, and a Resource Fair. The group also distributes a variety of beneficial information to seniors, caregivers, and professionals. The Task Force meets monthly on the fourth Tuesday of the month from 11:30am - 12:30pm at Lindell Bank in St. Peters, MO.

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

Week of August 17 - 23 and September 21 - 27, 2008. Senior job seekers and employers get a chance to connect at two upcoming job fairs in (August) and (October). Today's economy means everyone needs to work, young and young at heart. Gas prices, groceries, medical expenses - everything continues to increase. AARP Foundation has a program that helps senior job seekers find jobs. AARP's WorkSearch program is a proud co-sponsor of two upcoming

Employment Guide job fairs. This opportunity gives both job seekers and employers a day to get to know each other. Connecting with that great job is just an application or a resume away from changing someone's life. Plan to attend the (August) job fair, August 26th at the America's Center. Or, Plan to attend the (October) job fair, October 1st at the Bridgeton Machinist Hall. For more information if you would like to attend, or for information on booth space, call the AARP Foundation Office at 314-830-3600 or send an email to Lisa Bishop at stlcountyaarp@aol.com.

Thursday, September 11, 2008: *Find Out What Your Home Care Choices Are & How Someone Qualifies for Assistance at Home* is the topic of BJC Home Care Services' September caregiver class. Classes are held from 10:30-11:30 am on the first Thursday of the month, are free to the public and held in the Siteman Cancer Center conference room on the Barnes-Jewish St. Peters Hospital campus. If you're caring for an ill or elderly loved one, come for information. For more information, call 314-575-3983.

Saturday, September 13, 2008: *St. Louis 2008 Memory Walk* will take place at Forest Park in St. Louis, MO. Registration begins at 8 am and the walk starts at 9 am. The Alzheimer's Association Memory Walk, nationally presented by Genworth Financial, is the nation's largest event to raise awareness and funds for Alzheimer care, support and research. This inspiring event calls on volunteers of all ages to become champions in the fight against Alzheimer's. Eighty-three cents of every dollar directly supports services and research in our 38-county service area. By supporting Memory Walk, you'll not only be working toward a cure worldwide, but you'll be helping those with the disease in your own community. It's easy to get involved! Visit www.alzstl.org or call 314-801-0440 to register a new team, join one, make a donation or get more information.

Saturday, September 20, 2008: The Singer Institute cordially invites you to a Wine & Cheese Social from 4:00 - 7:00 pm. Introducing *The Suzanne Singer Series "Focus on Senior Issues"* with a presentation by John Rothbarth, Editor/Publisher, St. Louis Times. This fund raising event will take place at the home of Suzanne Singer, 943 Warder Avenue, University City, MO 63130. For more information call 314-727-9202.

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) SarahCare Adult Day Center is seeking enthusiastic individuals to fill the full-time position of Activity Assistant/Coordinator. We offer flexible hours.

evenings and weekends and good working environment. Salary/Wage: \$Competitive Rates. Growth opportunities with a strong company. Education: High School Diploma or GED, CNA Certificate a plus. Please apply by email to dallen@sarahcare.com or come in person to our beautiful SarahCare Centre, 524 S. Elm Ave. Webster Groves, MO 63119.

- **(2)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.

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 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.
- **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 and Adult Child Caregiver's Experience of Placing Their Family Member with Alzheimer's Disease in the Nursing Home (Phase 2)* The caregiver must have placed their family member with Alzheimer's disease in the nursing home in the past 12 months. Volunteers will complete three 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.

- **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, 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 **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.

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

St. Louis Times

John Rothbarth /
Publisher
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Since 1993, 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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