

[<Back](#) [Print](#)

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

**September 15, Volume 3 Issue 4  
2007**

**Dear John Rothbarth,**

Tell me it's not the middle of September already! What happened to the summer that I'm particularly ready to enjoy? Maybe I'll just treat the fall as summer and enjoy it as it unfolds.

We're planning an annual *St. Louis Times Geriatrics Symposium* that will launch this year at Washington University on December 11th. Our terrific sponsors include Washington University, Area Agency on Aging of Southwestern Illinois, Breakthrough Coalition, Healthy Communities - St. Charles Senior Task Force, Social Workers in Long Term Care, Social Workers in Home Care, Society for Social Work Leadership in Health Care of Greater St. Louis, Inc., Geriatric Case Management Group, Greater St. Louis Hospice Association, COCMA - St. Louis Chapter, Parish Nurses, and the National Academy of Elder Law Attorneys - Missouri Chapter. Keep your eyes open for more information next month on this 1/2-day event with speakers, CEU's and a holiday/lunch celebration!

**WHAT'S INSIDE**

- ***New Census Bureau Data Available***
- ***Employment and Retirement Trends***
- ***Impacts of Immigration***
- ***Aging-Focused Professional Groups***
- ***Calendar Highlights***
- ***Jobs & Volunteer Opportunities***
- ***St. Louis Times***

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

The *St. Louis Times Express* is a free monthly business-to-business e-newsletter published on the 15th of each month for the purpose of enriching the marketing and communication resources of all organizations and individuals who serve the bi-state regional baby boomer / 60+ population. There are currently 1,699 subscribers.

## U.S. CENSUS TRENDS

**New Census Bureau Data Available**



The U.S. Census Bureau just released annual data

on key social, economic and housing characteristics for the nation, states, and geographic areas with populations of 65,000 or more. Covering topics ranging from language to education, from family size to work commute, the American Community Survey (ACS) provides annual data that help decision makers and planners better respond to change.

While the Census Bureau's Population Estimates Program provides the official estimates of population size, including by age, sex, race and Hispanic origin, the ACS looks at a wide range of social, economic and housing characteristics for the population by a multitude of demographic variables. The data are available for more than 7,000 areas, including all congressional districts as well as counties, cities, metro areas and American Indian and Alaska Native areas of 65,000 population or more.

### **Highlights from the more than 1,200 data tables include the following: Older Workers**

Nationally, nearly one in four people between the ages of 65 and 74 (23.2 percent) were in the labor force (either working or looking for work) in 2006, an increase from 19.6 percent in 2000. States with some of the lowest rates of older workers in the labor force include West Virginia (15.7 percent), Michigan (18.8 percent) and Arizona (19.4 percent). (Michigan and Arizona were not statistically different.) Some of the highest rates were found in South Dakota, Nebraska and Washington, D.C., all with about one-third of people in this age group in the labor force. Among the 20 largest metro areas, Washington, D.C., had the highest percentage of people in the labor force in this age group (31.8 percent). Others with high percentages include Boston (28.1 percent), Dallas-Fort Worth (27.9 percent), Minneapolis-St. Paul (27.4 percent) and Houston (26.5 percent), none of which were statistically different from the other.

### **Homeownership**

Homeownership has also increased since 2000, with more than two-thirds of all occupied homes (67.3 percent) currently owned by the occupant, compared to 66.2 percent in 2000. In 2006, the highest rates of homeownership were found in Minnesota (76.3), and some of the lowest were found in New York (55.6 percent) and Washington, D.C. (45.8 percent).

Among the 20 largest metro areas, Minneapolis-St. Paul shared the top spot with Detroit (75.2 and 74.6 percent, respectively), with St. Louis ranking third (73.1 percent).

### **Non-English Speakers**

In 2006, about 8 million more people spoke a foreign language at home than in 2000. Nationally, one in five (19.7 percent) over age 5 spoke a language other than English at home, compared to 17.9 percent in 2000. Among states, California (42.5 percent) had the highest percentage in this category, followed by New Mexico (36.5 percent) and Texas (33.8 percent). About one in 10 California households were linguistically isolated, which means everyone 14 or older in those households had at least some difficulty speaking English.

### **Additional highlights:**

- The District of Columbia had a higher percentage of people with a bachelor's degree or more (46 percent) than any state.
- California and Hawaii were the two states with the highest median value

of owner-occupied homes (more than \$500,000). California cities Newport Beach and Santa Barbara had median home values of about \$1 million.

- More than half of California homeowners with a mortgage spent 30 percent or more of their household incomes on mortgage payments and other owner costs. Less than a quarter of North Dakota homeowners spent 30 percent or more of their household incomes on mortgage payments other owner costs.

## EMPLOYMENT / RETIREMENT

### Employment and Retirement Trends



As the members of the "baby boom" generation -- people born between 1946 and 1964 -- approach retirement, the demographic profile of the U.S. workforce will undergo a substantial shift: a large number of older workers will be joined by relatively few new entrants to the labor force.

According to the Census Bureau, while the number of people between the ages of 55 and 64 will grow by about 11 million between 2005 and 2025, the number of people who are 25 to 54 years old will grow by only 5 million. This trend could affect economic growth because labor force participation begins to fall after age 55. In 2006, 91% of men and 76% of women aged 25 to 54 participated in the labor force. In contrast, just 70% of men and 58% of women aged 55 to 64 were either working or looking for work in 2006.

The rate of employment among persons age 55 and older is influenced by general economic conditions, eligibility for Social Security benefits, the availability of health insurance, and the prevalence and design of employer-sponsored pensions. Labor force participation among people 55 and older may, for example, be affected both by the trend away from defined-benefit pension plans that offer a monthly annuity for life to defined contribution plans that typically pay a lump-sum benefit.

The declining percentage of employers that offer retiree health insurance also may result in more people continuing to work until they are eligible for Medicare at 65. Recent Census Bureau data show that the percentage of men and women age 62 and older who work in paid employment has risen over the past 10 years. In March 2007, 49% of men aged 62 to 64 were employed, compared with 43% in 1995 and 42% in 1990. Of men aged 65 to 69, 33% were employed in March 2007, compared with 27% in 1995 and 26% in 1990. Among women 62 to 64 years old, 42% were working in March 2007, compared with 32% in 1995 and 28% in 1990, whereas among women 65 to 69 years old, 26% were working in March 2007, compared with 17% in 1995 and 1990. There also has been a trend toward more full-time employment among older Americans who work. In March 2007, 81% of employed men aged 62 to 64 were working full-time, compared with 77% in 1995 and 1990. Seventy-one percent of men aged 65 to 69 who were working in March 2007 were employed full-time, compared with 57% in 1995 and 56% in 1990. Among working

women aged 62 to 64, 69% worked full-time in March 2007, compared with 60% in both 1995 and 1990, whereas among working women aged 65 to 69, 54% were employed full-time in March 2007, compared with 43% in 1995 and 44% in 1990.

As more workers reach retirement age, employers may try to induce some of them to remain on the job, perhaps on a part-time basis. This is sometimes referred to as "phased retirement." Several approaches to phased retirement -- job sharing, reduced work schedules, and rehiring retired workers on a part-time or temporary basis -- can be accommodated under current law.

## IMMIGRATION

### Projecting the Impact of Immigration On the U.S. Population



This study uses Census Bureau data to project how different levels of immigration impact population size and the aging of American society. The findings show that the current level of net immigration (1.25 million a year) will add 105 million to the nation's population by 2060. While immigration makes the population larger, it has a small effect on the aging of society.

#### Among the findings:

- Currently, 1.6 million legal and illegal immigrants settle in the country each year; 350,000 immigrants leave each year, resulting in net immigration of 1.25 million.
- If immigration continues at current levels, the nation's population will increase from 301 million today to 468 million in 2060 - a 167 million (56 percent) increase. Immigrants plus their descendents will account for 105 million (63 percent) of the increase.
- The total projected growth of 167 million is equal to the combined populations of Great Britain, France, and Spain. The 105 million from immigration by itself is equal to 13 additional New York Cities.
- Net immigration has been increasing for five decades; if immigration continues to increase, it will add more than the projected 105 million by 2060 that will be added if immigration levels stay the same.
- While immigration has a very large impact on the size of the nation's population, it has only a small effect on slowing the aging of American society.

The nation's ongoing debate over immigration generally has not focused on the effect it has on U.S. population size. Yet, increasing the nation's total population is one of immigration's clearest and most direct effects. Supporters of low immigration point to the congestion, sprawl, traffic, pollution, loss of open spaces, and greenhouse gas emissions that could be impacted by population growth. Supporters of high immigration argue that population growth may create more opportunities for businesses, workers, and consumers.

Whatever one thinks of population growth, the projected 167 million growth in the nation's population in the next 53 years is very large. It is larger than the

entire U.S. population in 1950, and it is more than the combined total populations of California, Texas, New York, Florida, Illinois, Pennsylvania, Ohio, Michigan, Georgia, and New Jersey. Even the impact of immigration by itself is enormous. The 105 million immigration will add to the population by 2060 is more than all of the population growth that occurred in United States in the first 130 years of the nation's history after independence.

The question is not whether immigration levels are a key determinant of population increase - they are. The question is what costs and benefits will the increase bring. How we answer these questions will to a significant extent determine which immigration policy we pursue.

## *Aging-Focused Professional Groups*

**Breakthrough Coalition** - Started 1991. Contact Information: Stephanie Rohlfs-Young, President. Phone: 314-801-0449. Email: [Stephanie.Rohlfs-Young@alzstl.org](mailto:Stephanie.Rohlfs-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](mailto:mangej@msn.com). Mission: *To assist its members in the development, advancement and promotion of humane and dignified social, psychological and health care for the elderly and their families through assessment, counseling, treatment and the delivery of concrete services by qualified providers. The group is committed to assuring the highest quality of care for the elderly and their families through counseling, education, advocacy and standards of practice.* Approximately 12 members. Meetings are held monthly. 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*

**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](mailto: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](http://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.

**Wednesday, September 26, 2007:** Citizens for Modern Transit is gearing up for the fall session of the *Ten Toe Express Program*. The purpose of this 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 session of the Ten Toe Express program ran last summer with over 900 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 or join us for our kick-off event in Kiener Plaza 11:00am - 1:00pm on September 26th . Call 314-570-9652 or visit [www.cmt-stl.org](http://www.cmt-stl.org) for more information.

**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](mailto: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: Preferrably 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](mailto: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](mailto:esherman@stlouisco.com).

- **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.
- **The Alzheimer's Association, St. Louis Chapter is urgently seeking new volunteers** to assist with Helpline telephone support. Helpline volunteers answer calls from families and professionals requesting information about Alzheimer's disease and related dementias, chapter services and community resources. Many Helpline volunteers have cared for a loved one with Alzheimer's disease or work in the field of aging. However, anyone interested is encouraged to call. Training and guidance are provided, and Helpline volunteerism is one of the most rewarding positions we offer. Helpline volunteers work one 3-4 hour shift per week during normal business hours. If you are interested (or know of someone who may be interested) please contact Jennifer Phillips at 314- 801-0414 or [jennifer.phillips@alzstl.org](mailto:jennifer.phillips@alzstl.org) for more information.
- **Apollo Medical, Inc. is seeking an LCSW to work part-time.** We provide home health services for the geriatric community and are looking for a social worker to pick up cases as needed. Position responsibilities include assessing patient's needs, setting up individualized plans of care and providing patients with community resources. Applicant needs case management and crisis intervention experience. Experience as a social worker in a home health care setting preferred. Interested candidates should send a resume to Apollo Medical, Inc. 8220 Delmar Blvd, Suite 230, St. Louis, MO 63124 or fax resume to: 314- 237-0055.
- **St. Andrew's At-Home Services has a full-time position available for an ElderCare Specialist.** Qualifications required include ability to provide knowledge and experience in developing and expanding the program; assessment skills for older adults and family caregivers including psycho- social, mini mental, and functional assessments; knowledgeable of community resources for older adults and family caregivers; ability to develop methods of improving organizational effectiveness and ability to effectively communicate ideas, analyses, recommendations and decisions to staff, peers, vice president and clients. A Master's Degree a must along with prior experience working w/older adults. Send all inquiries to St. Andrew's At-Home Services, 6633 Delmar Boulevard, St. Louis, MO 63130 or call 314-726-5766 or send an email to [TVaughn@standrews1.com](mailto:TVaughn@standrews1.com).
- Are you 55 years of age? Can you volunteer at least a few hours every week? Enjoy working with others to solve community problems? If you

said yes to any of these questions you are a good candidate to become an **RSVP volunteer in the RSVP Program of Cardinal Ritter Senior Services**. RSVP is a nationwide volunteer program that invites adults age 55 and over to use their life experience and skills to answer the call of their neighbor in need. RSVP volunteer's tutor and mentor children, counsel small business, assist at health clinics and teach other seniors to use the Internet. Others distribute food to the homeless or volunteer at a variety of one-time community events. They want to keep active in ways that make a difference for those in need. Last year this nationwide program tutored more than 100,000 kindergarten through 12th grade students. For more information on how you can make a difference in someone's life please contact Amy Klosterman at 314-918-2294.

- **Financial Freedom Senior Funding Corporation is looking to add Reverse Mortgage Specialists.** As a Reverse Mortgage Specialist, you will be responsible for the business development and loan production within an exclusive marketing territory. Your daily activities will include meeting with seniors to advise them on how our financial products may meet their financial needs, building a professional referral network, administering your territory's marketing program, making group presentations to financial professionals and senior groups, and following-up on leads both self-generated and company provided. You will report directly to the Regional Manager, Alice Miceli. Requires a B.A. or B.S. degree in business/finance/marketing or equivalent experience. Must have excellent written communication and interpersonal skills, computer proficiency, and experience with contact management software. A highly professional appearance is a must. Send resumes to [amiceli@financialfreedom.com](mailto:amiceli@financialfreedom.com).
- **Mid- East Area Agency on Aging seeks volunteers for its MEAAA Meals on Wheels program.** Weekdays, morning to mid-day only. Hours are flexible. Deliver once a month, once a week, daily, or fill in for a week or two while other volunteers take vacation. Routes open throughout the counties of St. Louis, Franklin, St. Charles and Jefferson. Must be 18 or older with your own vehicle and a big heart. MEAAA provides mileage reimbursement and excess liability insurance. Call Sarah McDonald, 636-207-0847, ext. 114, or 1-800- AGE-6060 for information.
- **Researchers at Washington University School of Medicine** are conducting studies for seniors age 65 and older who had hip surgery within the past four months. They are investigating the effects of exercise combined with testosterone replacement therapy on improving physical function and bone density. Patients who lived independently in the community before the surgery are eligible to participate. Transportation to the medical center is available at no charge. For more information call Toni at 314-286-2716.
- **Right At Home of St. Louis has immediate positions open for Caregivers, C.N.A.'s, Live-ins and LPN's.** Right at Home services the St. Louis and St. Charles Metropolitan areas. All we do is Private Duty! Day, Evening, Overnight, Weekend and Live-In shifts available. You name it, we have it! Come work for the fastest growing and most extraordinary home care company in the St. Louis area! Must be at least 21 years of age to apply. Retirees welcome! Walk-ins accepted to fill out employment applications between 10am - 3pm M-F at 10411 Clayton Rd. Suite 209 in Le Chateau Village. Or, fax resume to: 314-567- 5354. Email: [alisha@rightathome-stl.net](mailto: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](http://www.slarc.org). Resumes can be sent to [vamsinger@slarc.org](mailto:vamsinger@slarc.org) or faxed to 314-569- 0778. Please put "HR-Times" on all correspondence.
- **Mid-East Area Agency on Aging seeks Special Projects Coordinator.** Part time, three days a week, some benefits, \$12.98 per hour. Coordinates and manages the agency program of volunteer recruitment and training. Supervises and develops various volunteer programs, including the Silver Haired Legislature, Tax Counseling for the Elderly and the Christmas Day Meals Project. Coordinates all health promotion and disease prevention projects. Call Cindy Wiggins, Human Resources, 636-207-0847, ext. 131, for more information. EOE.
- **Pathways Community Hospice invites you to volunteer** and make a difference during life's final journey. Volunteers visit patients in homes or nursing homes, offer companionship and support, and some volunteers may sit with a home patient if the caregiver requires a short time away. Volunteers share approximately 2 hours per week in areas that are convenient for them. Training is provided and schedule flexibility is available. For more information, call Joyce Day, Volunteer Coordinator, at 636-733- 7399 or email [jday@pathwayshospice.com](mailto:jday@pathwayshospice.com).
- **Saint Louis University researchers are recruiting volunteers** to participate in a study that tests a medication to treat mild to moderate Alzheimer's disease. The research will be conducted at the Wohl Memorial Institute, 1221 S. Grand Blvd., and will involve about 355 participants from up to 85 centers in 11 countries. Saint Louis University expects to enroll 10 study volunteers. Participants will be randomly divided into five groups. For three months, they will receive one of three doses of an investigational medication; another medication currently used to treat Alzheimer's disease; or a placebo. This portion of the study includes eight visits. Those who qualify for the study can't be taking a medication for memory problems or cognitive impairment, must be at least 50 and must be accompanied by a caregiver for study appointments. George Grossberg, M.D., Samuel W. Fordyce Professor and director of geriatric psychiatry at Saint Louis University, is the principal investigator. For information, call 314-268-5385.
- **Volunteers needed** for 'Aging-in-Place' Program for Seniors. An hour of your time could make all the difference in an older adult's life. The **Naturally Occurring Retirement Community (NORC) Project**, a non-denominational program of the Jewish Federation of St. Louis, has exciting opportunities for you to help others in your community. Volunteers may help older adults with transportation, minor home repairs, yard work, computer training, friendly visits and more. There are also openings for help with special events and office assistance. Training will be provided. For more information please contact Traci Lato at 314.442.3808 or [tlato@jfedstl.org](mailto:tlato@jfedstl.org).
- **Professional Home Health is seeking candidates to fill newly created positions including full/part-time case management RN, physical therapists and physical therapy assistants.** Ideal

candidates should possess excellent communication, decision making and multi-tasking skills and a desire to truly make a difference on a daily basis. Interested candidates may fax resume to 636-946- 5039 for consideration.

- **Veterans Home Care, LLC is seeking a full- time Case Manager.** This position requires qualifying potential clients who may be eligible to receive a VA pension they could utilize to receive home care. Social worker with skills in computer use consisting of email, Internet use, and Microsoft Word. Good typing and reading skills, with an eye and mind for details. Good math and calculator skills. Good organizational skills are required. Should have excellent communications skills, the desire to work with the elderly who are under severe medical and difficult financial conditions. Great attitude and personality. Get along with others well, and enjoy marketing ones services. Along with working with our clients you would also interact with our home care provider organizations, and the various other organizations who refer or have the potential to refer clients to us for help. This position would require day traveling in the MO/IL area and would require a vehicle. A mileage based compensation would be given for travel. Occasional overnight trips may be necessary, would also be compensated for. For more details call Howard or Bonnie Laiderman at 314-514-2444 or toll free at 1-877-390-6377.
- **BJC Hospice is looking for volunteers.** "If you want to experience the most rewarding work that you've ever done," says Dolores Schulte of Florissant, "try volunteering with families like those I've helped." Schulte, now 75, is a hospice volunteer for BJC Hospice and has been for seven years. She visits with adults in hospice care in their home to give their caretakers (usually other family members) a chance to go to the store, run other errands or take some needed time for themselves. If you think you would enjoy this type of volunteer opportunity, one that is flexible to your availability, and with a commitment as small as one time a month, please call Sherry Messinger at BJC Hospice to set up an interview at 314-953-1762.
- **OASIS is looking for a few good ears!** Volunteers needed for Person-to-Person Peer Counselor Program. OASIS Person to Person is recruiting volunteers age 50+ interested in becoming peer counselors for underserved older adults in the metro area. Training and ongoing supervision for the Person-to-Person program is provided by a licensed clinical social worker. For more information or to register for the training sessions, call 314-862-7571, ext. 1.
- **Washington Univerisity** has a PREP Project - Parents & Children Preparing for Aging - that is looking for people age 60 and over to participate in an education program and research project that looks at how families make decisions together as parents grow older. In this project families learn what issues they'll need to address as parents age; whether parents and children agree on plans for the future; how to communicate on important decisions; and what community resources are available. To participate you should be at least 60 years old, be unmarried (widowed, single, etc.) and have at least 2 adult children in the St. Louis area. The project involves filling out a brief mail survey and then coming to Washington University with your children (at any time you choose) to discuss your answers with each other. The total time for the project is less than two hours. You and your family will be paid \$80 in total for your participation. If you are interested, or for more information, please contact Dr. Brian Carpenter, PREP Project, at 314- 935-6173 or send an email to [aging@artsci.wustl.edu](mailto:aging@artsci.wustl.edu).
- **Trail Watch Volunteers Make a Difference** - An area-wide orientation training session will be offered to prospective Trail Watch volunteers on Wednesday, August 23rd at Queeny Park in the

Greensfelder Recreation Center, 550 Weidman Rd. 63011. Taught by St. Louis County Park Rangers, the training class will take place from 7 to 9 pm. There will also be another Training Session on Thursday, September 21st at the Visitors Center in Jefferson Barracks Park, 345 North Rd. 63125 For more information or to register, call 314-638-2100 or email [khartzke@stlouisco.com](mailto:khartzke@stlouisco.com). **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](mailto:singerinstitute@yahoo.com).

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

## St. Louis Times

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Since 1994, the *St. Louis Times* has been publishing media products and hosting events for the bi-state regions baby boomer / 60+ population. When it comes to reaching them, no one does it better! For more information about the *St. Louis Times* 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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