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ST. LOUIS **TIMES**[®] Express

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Dear John Rothbarth,

Staying ahead of the curve is oftentimes a challenge as we point ourselves and our organizations into the fourth quarter every year. Therefore, there's no time like now to lock in your attendance at our upcoming [St. Louis Times Geriatrics Symposium](#).

This annual event launches this year at Washington University on December 11th, and will travel to a different area university each year. 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., St. Louis Unit Professional Geriatric Care Managers, Greater St. Louis Hospice Association, COCMA - St. Louis Chapter, Parish Nurses, and the National Academy of Elder Law Attorneys - Missouri Chapter. This half-day event includes speakers, lunch, networking, a wonderful holiday celebration for our area's aging-focused professionals, and CEU's. Register online today at [St. Louis Times Geriatrics Symposium](#).

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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 bi-state regional baby boomer / 60+ population. There are currently 1,699 subscribers.

2007 BEST EMPLOYERS

AARP's 2007 Best Employers for Workers Over 50



A number of major multi-national corporations are demonstrating that enlightened policies toward 50+ employees make good business sense, based on the 2007 AARP Best Employers for Workers Over 50. SC Johnson, the consumer packaged goods company based in Racine, Wisconsin, with operations in more than 70 countries, is the top finisher. Along with other forward-looking practices, the company offers a range of flexible work arrangements that

enable workers to balance their professional and personal lives.

SC Johnson provides generous health benefits, including an on-site medical center and various wellness, fitness and recreation programs; an on-site education program that provides lifelong learning and college credits; and paid sabbaticals to experienced employees. The company also offers comprehensive financial benefits and retirement planning tools. Other large, successful companies, including the Principal Financial Group (# 9) and Michelin North America (# 44), gained honors in what is the seventh year of AARP's annual Best Employers search.

"International companies that take a world class approach in their policies toward 50 and over workers understand that the result is more productive employees," said AARP CEO Bill Novelli in announcing this year's winners. "Focusing on the employee's personal needs pays dividends," added Novelli. "It is important that more employers - both large and small - recognize what tremendous assets 50 and over employees represent because of their experience and motivation."

Last year's leader, Mercy Health System of Janesville, WI, was a top choice again this year, finishing second. The not-for-profit provides a variety of alternative work arrangements, including nursing "float" options (work at different facilities or departments), and "seasonal work" programs that allow employees to go on leave for lengthy periods while maintaining benefits eligibility.

Among the major corporate firms, The Principal, based in Des Moines, Iowa, allows flexible scheduling choices and has an ambitious "Working Caregiver Leave" program that allows employees the option to work a part-time schedule for up to 12 weeks a year while maintaining job security and full benefits. Virtually all employees are eligible for both a pension and 401 (k) retirement plan; the company maintains automatic enrollment in its 401 (k) program.

Michelin North America provides flexible work schedules, temporary assignments for workers in other departments, and access to formal job rotations. A part-time work policy is in place for retirees.

Nine of the top 10 Best Employers are former winners. The new honoree is #8, George Mason University of Fairfax, Virginia. George Mason strongly encourages and supports flextime and telecommuting options for employees. More than two thirds (69 percent) of its workers use some form of flextime.

The 2007 Innovation winners are: flexible work options, Mercy Health System of Janesville, WI; retiree work opportunities, Intuitive Research and Technology Corporation of Huntsville, Alabama, and training and development opportunities, Blue Cross Blue Shield Association of Chicago, IL.

2007 AARP Best Employers Winners

1. SC Johnson (Racine, WI) 2. Mercy Health System (Janesville, WI) 3. First Horizon National Corporation (Memphis, TN) 4. Scripps Health (San Diego, CA) 5. Stanley Consultants (Muscatine, IA) 6. Lee Memorial Health System (Fort Myers, FL) 7. Leesburg Regional Medical Center & The Villages Regional Hospital (Leesburg, FL) 8. George Mason University (Fairfax, VA) 9. Principal Financial Group (Des Moines, IA) 10. Massachusetts General Hospital (Boston, MA) 11. MidMichigan Health (Midland, MI) 12. Bon Secours Richmond Health System (Richmond, VA) 13. The YMCA of Greater Rochester (Rochester, NY) 14. Brevard Public Schools (Viera, FL) 15. Atlantic Health (Morristown, NJ) 16. ACUITY (Sheboygan, WI) 17. Volkswagen of America, Inc. (Auburn Hills, MI) 18. Saint Vincent Health System (Erie, PA) 19. Trinitas Hospital (Elizabeth, NJ) 20. Securian (St. Paul, MN) 21. Argonne National Laboratory (Argonne, IL) 22. Pinnacle Health System (Harrisburg, PA) 23. The Aerospace Corporation (El Segundo, CA) 24. Cornell University (Ithaca, NY) 25. Pinnacle Assurance (Denver, CO) 26. Jennings Center for Older Adults (Garfield Heights, OH) 27. John Deere (Moline, IL) 28. Bon Secours St. Francis Health System (Greenville, SC) 29. Centegra Health System (Crystal Lake, IL) 30. Virginia Commonwealth University (Richmond, VA) 31. Durham Regional Hospital (Durham, NC) 32. Rush-Copley Medical Center (Aurora, IL) 33. Monongalia General Hospital (Morgantown, WV) 34. Saint Barnabas Health Care Organization (West Orange, NJ) 35. Express Personnel Services (Oklahoma City, OK) 36. Ochsner Health System (New Orleans, LA) 37. Intuitive Research and Technology Corporation (Huntsville, AL) 38. Hospice of Marion County & Affiliated Companies (Ocala, FL) 39. West Virginia University Hospitals (Morgantown, WV) 40. University of Texas M. D. Anderson Cancer Center (Houston, TX) 41. Scottsdale Healthcare (Scottsdale, AZ) 42. Vanguard (Valley Forge, PA) 43. Fairfield Medical Center (Lancaster, OH) 44. Michelin North America (Greenville, SC) 45. St. John Health (Warren, MI) 46. Blue Cross Blue Shield Association (Chicago, IL) 47. Noblis, Inc. (formerly Mitretek Systems) (Falls Church, VA) 48. Frankford Candy & Chocolate Co. (Philadelphia, PA) 49. Centers for New Horizons (Chicago, IL) 50. Girl Scouts of Nassau County (Garden City, NY)

BABY BOOMERS

Thoughts and Opinions of Baby Boomers in America Today



MONEY magazine recently released the results of an exclusive nationwide survey, defining this generation of boomers and highlighting the unprecedented changes in attitude between two generations of boomers. Nearly 3,000 boomers participated in the survey conducted for MONEY by Clark, Martire & Bartolomeo, an Englewood Cliffs, N.J. polling firm. The full story appears in the October issue of MONEY available on newsstands now and online at www.CNNMoney.com.

"Boomers are starting to form a new agenda, a reinvention of the American dream that emphasizes friends and family over making

money, having fun over working hard, and making a difference in the community and the world," said MONEY's Marlys Harris in her article on the survey.

The study shows that 63% of participants said their definition of success has changed since their late teens and early twenties. Living independently and maintaining health are the top two goals of boomers. In addition, 59% of boomers said enjoying life is their biggest dream if money were no object.

Some highlights from the survey results include:

- Boomers say their generation has changed the world for the better when it comes to the role of women, equality of all races/ethnicities and freedom of speech/expression
- Boomers say their generation has changed the world for the worse (or not at all) when it comes to world peace and poverty
- Few boomers (10%) say they have done a "great deal" of financial planning for retirement. While many have discussed the issue with their spouse, many have not discussed financial planning with professionals
- Having more money is clearly the greatest priority by far among all boomers, with priorities generally consistent across the age groups. That said, men are more likely to prioritize sex than women are
- Although less than a third of boomers identify with the democratic party, 43% of boomers plan to vote in the democratic primaries. Among democrats who intend to vote in the presidential primaries, Hillary Clinton and Barack Obama are by far the leading candidates
- Boomers do not appear to be particularly experienced with investing, as roughly two-thirds consider themselves to be beginners. Additionally, fewer than 20% consider themselves to be very knowledgeable when it comes to investing for their retirement

FINANCIAL TRENDS

Income and Poverty Among Older Americans in 2006



Older Americans are an economically diverse group. In 2006, the median income of individuals aged 65 and older was \$16,890, but incomes varied widely around this average. Twenty-three percent of Americans 65 or older had incomes of less than \$10,000 in 2006, while 12% had incomes of \$50,000 or more.

As Congress considers reforms to Social Security and the laws governing pensions and retirement savings plans, it may be helpful to examine how changes to one income source would affect each of the others, and thus the total income of older Americans. Older persons receive income from a variety of sources, including earnings, pensions, personal savings, and public programs such as Social Security and Supplemental Security Income.

Using data from the March 2007 Current Population Survey, this report describes the number of elderly receiving income from each of these sources and the extent to which income from each source is either concentrated at the high end or low end of the income distribution or is evenly distributed.

Retirement benefits from Social Security and pensions are the most common sources of income among the aged.

In 2006, Social Security paid benefits to 86% of Americans aged 65 and older. Social Security is also the largest single source of income among the aged. Sixty-eight percent of Social Security beneficiaries aged 65 or older receive more than half of their income from Social Security. For 39% of elderly recipients, Social Security contributes more than 90% of their income, and for one-quarter of recipients, it is their only source of income. In 2006, 35% of people aged 65 and older received income from a private or public pension.

Among people aged 65 and older who reported income from a government pension, the median annual amount was \$14,400. Among recipients of private pensions, the median amount received in 2006 was just \$7,200. Many Americans prepare for retirement by saving and investing some of their income while they are working. Of the 36.0 million Americans aged 65 or older who were living in households in 2006, 19.4 million (54%) received income from assets, such as interest, dividends, rent, and royalties. Most received small amounts of income from the assets they owned.

Of all individuals aged 65 or older who received income from assets in 2006, half received less than \$1,685. Earnings from work continue to be an important source of income for older Americans, especially those under age 70. Although there was a trend toward earlier retirement from about 1960 to 1985, over the past 20 years more Americans have continued to work at older ages. In 2006, median earnings of individuals aged 55-61 who worked were \$37,000, while the median earnings of workers aged 62-64 were \$30,000.

Among workers 65 and older, median earnings were \$19,000. Poverty among those aged 65 and older has fallen from one in three older persons in 1960 to less than one in ten today. Although the overall rate of poverty is relatively low, it remains high for women, minorities, the less-educated, and people over age 80.

Aging-Focused Professional Groups

Breakthrough Coalition - Started 1991. Contact Information: Stephanie Rohlfs-Young, President. Phone: 314-801-0449. Email: 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. 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

Monday, October 22, 2007 from 5:00pm to 7:00pm the Alzheimer's Association presents *Safety At Home Program* will be held at the St. Louis Chapter office, located at 9374 Olive Blvd., St. Louis, MO 63132. This program will focus on safety concerns of persons living at home with Alzheimer's disease and related dementias. Participants will learn ways to identify and decrease potential dangers and how to adapt the environment to improve safety. This program is especially helpful to caregivers caring for a loved one at home. Advance registration is required. To register call 800-980-9080.

Friday, October 26, 2007: 10:00am to 2:00pm - *Senior Wellness Day*. This annual event includes much more than flu and pneumonia shots. Experts on Medicare, Illinois' Senior Cares Rx, Circuit Breaker, Community Care Program, Meals on Wheels, and many more programs designed to support seniors in their homes. Also demonstrations of arthritis exercises and much more. No admission fee. Co-sponsored by Collinsville Faith in Action and St. John's Home & Community Care at St. John Church's Faith Hall, 307 West Clay, Collinsville. Call 618-344-7788 for more information.

Monday, November 5, 2007; 6:00pm - 8:30 pm. This year's *Annual Research Update* will "spotlight" what you've been hearing in the media recently about new developments and breakthroughs in Alzheimer's disease research. Presented by internationally renowned geriatrician and researchers, Dr. James Galvin of Washington University School of Medicine and Dr. John Morley of St. Louis University School of Medicine. Come learn about how these new developments affect you and your loved one with dementia. Tuition is \$10.00 per person and advance reservations are preferred. The event will be held at the Crowne Plaza Hotel, 7750 Carondelet Avenue, Clayton, MO. Call 800-980-9080 ext. 152 to register!

Saturday, November 10, 2007: Rebuilding Together-St. Louis will host its *1st Annual ArtFix Event* at the Ferguson-Katzman Photography Studio. It will be a destination event with over 500 attendees. There will be a silent gift auction, silent art auction, entertainment and a sampling of fine St. Louis restaurants, including Bailey's Chocolate Bar, Niche, Vin de Set and Moxy. With a donation of just \$35, guests will have an exciting night ahead of them bidding on a great selection of art and auction items, enjoying the sounds of the Curt Landes Band, and sampling delicious food and drink. Visit www.artfix.com to find out more information and to buy tickets for this unique event or call Laura Hurt at 314-918-9918 ext. 21.

Thursday, November 15, 2007 from 9:00am to 3:00pm will be a *Grandparents/Kinship Network Workshop* in Clayton for representatives of community organizations, places of worship, schools and other agencies interested in working with relatives as parents. The workshop will address issues and concerns of relative caregivers, discuss ways to establish support groups for this population, and offer technical support in setting up support groups. Any agency or community organization sending a representative to the workshop will be eligible to apply for a small seed grant to initiate a support group for relatives as parents within their organization or community. The workshop will feature information on issues faced by relatives as parents, including legal issues and cultural differences related to being a relative caregiver. A panel of grandparents/relative caregivers will discuss the challenges they have faced in raising children. Information will be provided on how organizations can start a support group and apply for a seed grant to help

establish a group. The workshop is free (including lunch), but registration is required by November 1. The workshop is intended for organizational representatives, not individuals who are caregivers themselves. Representatives of any agency, organization, place of worship or school interested in attending the workshop should call 314- 615-2911 and leave their name, address and phone number. They will be mailed a form in October that should be completed and returned by November 1 to the St. Louis County Extension office, 121 S. Meramec, Suite 501, Clayton, MO 63105. For more information, call Elizabeth Reinsch, MU Extension, 314-615-7605.

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



St. Andrew's At-Home Services is seeking an Account Executive. The candidate will be expected to strategically plan, develop, implement, and measure marketing, sales and public relations programs that build awareness and ensure consistent growth for St. Andrew's Caring Workplace Program. Responsibilities will include face-to-face marketing/sales calls with the business community of the St. Louis Metropolitan area to increase awareness of the Caring Workplace and to generate new contracts for services. A Bachelor's degree in marketing, lead-generating sales, communications, business, or related field, and 2-5 years work experience desired. Applicants should email their resume to tvaughn@standrews1.com.

- **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.
- **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.

- **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.
- **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 vists 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.

- 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.
- **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 for more information.

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

John Rothbarth /
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