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ST. LOUIS **TIMES**[®] Express

December 15, 2006 **Volume 2 Issue 7**

Dear John Rothbarth,

It's a busy month for most of us so I'll keep it short and to the point. I wish a Happy Holiday Season to each of you and yours. May good health, prosperity and an abundance of peace be yours in 2007.

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

In order to add as much value as possible to our subscriber base, please submit your *St. Louis Times Express* calendar item(s) and job vacancies or volunteer opportunities by replying to this e-mail. Your submissions will be included free of charge in the next issue. And, by all means, forward the *St. Louis Times Express* to anyone whom you believe might benefit from reading it.

SUCCESSFUL AGING

By Canadian Press /
Scott McDonald

New Study Shows Successful Aging is 'Mind Over Matter'



A new study released at the American College of Neuropsychopharmacology's annual meeting suggests that the older adults' perceptions of the aging process depend not on disease or physical disability, but rather on attitude and coping style. This research, conducted at the Sam and Rose Stein Institute for Research on Aging at the University of California-San Diego School of Medicine, is unusual in

employing subjective reports as a measure of successful aging.

"The medical community has not reached consensus on what constitutes successful aging," commented lead researcher Dr. Dilip Jeste, the Estelle and Edgar Levi Chair in Aging and Distinguished Professor of Psychiatry and Neurosciences at UCSD. "The commonly used criteria suggest that a person is aging well if [he or she has] a low level of disease and disability. However, this study shows that self-perception about aging can be more important than the traditional success markers."

This study examined more than 500 older Americans, age 60 to 98, who live

independently within the community (i.e., do not live in a nursing home or assisted care facility). Participants were asked to complete a questionnaire including medical, psychological, and demographic information. The sample was representative of national averages with regard to incidence of medical conditions (e.g., heart disease, cancer, diabetes, etc.). Similarly, 20 to 25 percent of the respondents had been diagnosed with and/or received treatment for a mental health problem.

Despite the prevalence of physical illness and disabilities in the group, when study participants were asked to rate their own degree of successful aging on a ten-point scale (with 10 being “most successful”), their average rating was 8.4. Most of the respondents who gave themselves high ratings would not meet the criteria for successful aging as quantified by more traditional measures that include absence of disease and freedom from disability. In fact, fewer than ten percent of the participants would have met these standards proposed by Rowe and Kahn in their landmark work on successful aging. These two investigators proposed criteria for successful aging that are widely used.

“What is most interesting about this study is that people who think they are aging well are not necessarily the most healthy individuals,” noted Jeste. “In fact, optimism and effective coping styles were found to be more important to aging successfully than traditional measures of health and wellness. These findings suggest that physical health is not the best indicator of successful aging – attitude is.”

Another strong indicator of successful aging was the level of social and community involvement. Participants who spent time each day on hobbies, such as reading and writing, or socializing with other members of the community consistently gave themselves higher scores. Participants who had a paid job outside of the home were also more likely to give themselves higher scores. Interestingly, volunteer activities were not found to exert the same influence on participants’ self-reports. Factors that were not correlated with high self-report ratings included age, gender, education, marital status, and income.

“For most people, worries about their future aging involve fear of physical infirmity, disease, or disability,” says Jeste. “However, this study is encouraging because it shows that the best predictors of successful aging are well within an individual’s control.”

When asked about the implications of the study and plans for future research, Jeste noted that the correlates of successful aging identified in this study should be examined in larger groups, and that the participants should be followed into the future to monitor how such perceptions affect their ongoing health. “Ultimately,” Jeste explained, “this information could lead to the development of a new model for successful aging that incorporates the perspectives of seniors themselves.”

DEMOGRAPHICS

By Canadian Press /
Scott McDonald

China is Trying to Tackle Aging Population Problem



China has announced that creating welfare programs for its soaring numbers of elderly is a national priority but warned that will be a daunting challenge in a rapidly greying society.

China faces an acute demographic crunch due to

birth-control programs that limit most urban couples to one child, which will cause the ratio of working people to retirees to drop sharply.

The government has launched pension, health care, and other programs for the elderly, the cabinet said in a report on aging. It didn't mention any new initiatives. "China regards the establishment of an old-age security system corresponding to the level of the country's socio-economic development and aging population as an important task and a priority area," it said.

But it cautioned that with the population of elderly people rising by 3 percent a year, paying for such programs will strain government finances. "However, as a developing country with a population of 1.3 billion, China still has problems and shortcomings in the work concerning elderly people," the report said.

The number of elderly Chinese people is expected to top 200 million by 2015 and 280 million by 2025, according to the official Xinhua News Agency. Some 30 per cent of the population would be classified as elderly by 2050, the Communist party newspaper People's Daily said in October. But it said it was too early to lift restrictive childbearing policies.

"Given the absence of adequate social security provision, the economic and social consequences of aging will present a massive challenge to the Chinese government," said Bob Ash, a professor at the School of Oriental and African Studies in London who studies the issue.

"The financial burden on the state to meet the needs of the aging population will be enormous all the more so, given that China is unlikely to attain the status of a rich country in the foreseeable future," he said.

Rapid economic development has also weakened traditional thinking that requires sons to support parents in their old age, while daughters are expected to aid only their in-laws, Ash said. Rural families are especially dependent on children to support them in old age, and the report said 60 per cent of China's elderly live in the countryside.

The government "has begun to study the establishment of an old-age social security system in rural areas in order to guarantee the basic livelihood of the elderly people there," the report said.

The problem of caring for a rapidly expanding aging population also comes as the Communist welfare system disintegrates under the pressure of economic reforms, with massive layoffs from state-owned enterprises and a lack of social safety nets for migrant workers.

EMPLOYMENT

By AARP SmartBrief

AARP Says That Replacing Older Workers is Costly



According to the AARP website, the organization has recently launched a new resource for employers: AARP SmartBrief, an e-newsletter on issues related to business and the aging workforce.

Many U.S. companies face a potentially significant loss of experienced talent in key roles as baby boomers approach the traditional retirement age. In light of the projected shortages of younger workers, employers will need to turn to mature, experienced workers in order to gain and maintain a competitive edge.

The Business Case for Workers 50-plus, a 2005 study conducted for AARP by Towers Perrin, demonstrates why employers need to hang onto their valuable, experienced age 50-plus employees, and what it takes to make them want to stay on board.

Among the key findings:

- Replacing experienced workers can cost at least 50 percent of an individual's annual salary in turnover-related expenses, and the cost is even higher in jobs requiring specialized skills.
- The benefits of maintaining a stable workforce and avoiding turnover costs can exceed the incremental compensation and benefit cost for older workers.
- Older workers are more motivated to exceed expectations on the job than their younger counterparts.
- Some companies may be able to escape the talent crunch entirely if today's age 50-plus workers continue working longer than previous generations for both financial and personal reasons.
- Companies may find themselves competing for the services of older workers, and will need to offer the kind of rewards that 50-plus employees want and expect.

Published every other Thursday, AARP SmartBrief culls news stories from sources across the country on topics such as workforce trends, employer practices, legal developments, and new research studies. Each edition also includes a section of AARP News with resources for employers and best practices for recruiting and retaining mature workers. To sign up, go to the AARP Web site. The newsletter is a free service.

DISABILITY

Disability Among Older Americans Continues to Decline



Chronic disability among older Americans has dropped dramatically, and the rate of decline has accelerated during the past two decades, according to a new analysis of data from the National Long-Term Care Survey (NLTC).

A study published recently in the Proceedings of the National Academy of Sciences found that the prevalence of chronic disability among people 65 and older fell from 26.5 percent in 1982 to 19 percent in 2004-05. The findings suggest that older Americans' health and function continue to improve at a critical time in the aging of the population.

The study was funded by the National Institute on Aging, a component of the National Institutes of Health. A caregiving

component of the survey was supported by the Office of the Assistant Secretary for Planning and Evaluation. All are part of the U.S. Department of Health and Human Services. Dr. Kenneth G. Manton and colleagues at Duke University conducted the research.

In addition to a drop in the percentage of older Americans reporting disability, the analysis found that the average annual rate of the decline has accelerated. The decline in disability averaged 1.52 percent annually over the 22-year time span, but the rate of change shifted gradually from 0.6 percent in 1984 to 2.2 percent in 2004/2005.

“This continuing decline in disability among older people is one of the most encouraging and important trends in the aging of the American population,” says NIA Director Dr. Richard J. Hodes.

The report is an eagerly anticipated update of the last assessment of NLTCs data in 2001. “The challenge now is to see how this trend can be maintained and accelerated especially in the face of increasing obesity,” says Dr. Richard Suzman, director of NIA’s Behavioral and Social Research Program. “Doing so over the next several decades will significantly lessen the societal impact of the aging of the baby-boom generation.”

The analysis also showed that from 1982 to 2004/2005: Chronic disability rates decreased among those over 65 with both severe and less severe impairments, with the greatest improvements seen among the most severely impaired. The researchers note that environmental modifications, assistive technologies and biomedical advances may be factors in these declines.

The proportion of people without disabilities increased the most in the oldest age group, rising by 32.6 percent among those 85 years and older.

The percentage of Medicare enrollees age 65 and older who lived in long-term care institutions such as nursing homes dropped dramatically from 7.5 percent to 4.0 percent. The emergence of assisted-living options, changes in Medicare reimbursement policies and improved rehabilitation services may have fueled this decrease in institutionalization.

If they continue as anticipated, the downward trends in chronic disability rates among older adults could help bolster the Medicare program’s fiscal health, the researchers suggest.

Funded through a cooperative agreement between the NIA and Duke University, the NLTCs is a periodic federal government survey of approximately 20,000 Medicare enrollees.

Calendar & Entertainment Highlights

Tuesday, December 19, 2006: 10am – noon *Understanding Memory Loss* at the St. Louis Chapter Office of the Alzheimer's Association, located at 9374 Olive Blvd. This free program reviews memory loss, dementia and Alzheimer's disease and includes information on the latest research, treatment and diagnosis. This is the best way to learn the basics! For additional information call 314-432-



3422.

During 2006 the **Jewish Family & Children's Service** has been facilitating an exciting and uplifting program for seniors called "Live On The Sunny Side Of Your Life". For 2007 they will be working with 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.

Saturday, December 23, 2006: *St. Louis Imperial Swing Dance Club* is hosting a Christmas Eve – "Eve" Party at the Knights of Columbus Fatima Hall, 1214 Teson Road, off Howdershell, in Hazelwood, MO. Doors open at 6:45pm; Workshop at 7:00pm; Dancing until 11:00pm. Members & Sister Clubs \$5 – Non-members - \$8 For more information call 314-423-1933 or visit SLIDC.COM.

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



Veterans Home Care, LLC (formerly Horizons Care Coordinators, LLC) is seeking a full-time Administrative Assistant/Receptionist. The position is with a small rapidly growing company in the home care industry working primarily with the elderly and their families. Must be able to multi-task in a fast paced environment. Answer phones, fax, copy, file documents, and contact vendors. Will be coordinating

services with home care agencies and clients. Fielding calls, along with client service issues. Good Computer and typing skills; Microsoft Word, Excel, and Outlook Express. Experience with Maximizer, QuickBooks, and Internet Explorer is helpful. Ability to pick up new software helpful. Excellent phone and communication skills a must. Ability to work with the elderly. Strong desire to grow with a company and build a career. For more details call Howard or Bonnie Laiderman at 314-514-2444 or toll free at 1-877-390-6377.

- 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. The volunteers also distributed nearly 40 million pounds of food, feeding over 2.5 million people and provided health care services to more than 5 million individuals. Cardinal Ritter Senior Services has administered this program locally since 1971 and has 150 sites in which people can volunteer. 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**, a subsidiary of IndyMac Bank, F.S.B., 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.
- **Alpha Care, Inc.** is seeking a full time marketing/community relations director. The position requires a individual who has marketing and /or community relations experience in the home health care. We require a self motivated individual with computer skills in Microsoft Office. Candidate should have good organizational skills, a self starter, a team player and a creative mind. Alpha Care, Inc. has thirty years of operations in St. Louis with an excellent reputation. Compensation is competitive and an excellent benefits package which includes health insurance and liberal earned time policy. For additional information call Gary Olshansky at 314-993- 2273 to set up an interview.
- **St. Louis Society for the Blind and Visually Impaired** offers opportunities throughout the metropolitan area 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.
- **Cooperative Home Care** is a new, 20- year old home care company serving the entire St. Louis area. We also have offices in St. Charles, St. Clair, Herculaneum and Swansea, Illinois. We are seeking compassionate and experienced caregivers and CNAs to join our Private Services Team. All home care companies are not the same! Contact us and learn about our unique team approach to training! Our openings are for Private Services Professionals to fill 12-hour awake and overnight shifts, and smaller shifts through all Missouri offices. We offer predictable schedules as well as opportunities to be on-call certain days of the week. To complete an application, visit our St. Louis office at 1924 Marconi Monday through Friday, from 9 a.m. to 3 p.m., or call/e-mail Julie at 314-772-8585 extension 359 or Julie@cooperativehomecare.com.
- **Mid-East Area Agency on Aging**, Jefferson County, has an opening for an Information and Assistance Specialist/Case Manager. 40

hours/week, minimum \$11.52/hr. Any combination of education and experience equivalent to bachelor's degree plus one year experience in human services. Call Cindy Wiggins, Human Resources, 636-207-0847, ext. 131, after 9:30 a.m. for more information. EOE.

- **The Alzheimer's Association**, St. Louis Chapter is urgently seeking new volunteers to assist with Helpline telephone support. Helpline volunteers answer calls from families and professionals requesting information about Alzheimer's disease and related dementias, chapter services and community resources. Many Helpline volunteers have cared for a loved one with Alzheimer's disease or work in the field of aging. However, anyone interested is encouraged to call. Training and guidance are provided, and Helpline volunteerism is one of the most rewarding positions we offer. Helpline volunteers work one 3-4 hour shift per week during normal business hours. If you are interested (or know of someone who may be interested) please contact Jennifer Phillips at 314- 801-0414 or jennifer.phillips@alzstl.org for more information.
- Do you know someone who recently had a fractured hip or hip replacement surgery? Many of these patients do not return to full function. **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: Jennifer@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. Be an innovative force of positive change in the lives of others! 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 schedules that may be arranged to meet your needs; 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.
- The **St. Louis County Dept. of Human Services** still has a number of families that need to be adopted - to provide assistance with clothing,

food, utility bills, etc. A great project for work units, businesses, organizations, your own family, etc. Please check out the Internet link below to see a description of the project and the families needing adoption: <http://www.stlouisco.com/dhs/adoptafamilyproject/>.

- **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.
- There is a great need for “companion volunteers” usually 50 years and older to become a friend to one or more lonely nursing home residents. The goal of **The Singer Institute’s Senior Connections Program** provides caring companionship for all nursing home residents in the St. Louis Region who receive few or no visitors from outside the facility where they live. The program training is free of charge to the volunteers, matches the volunteer with residents, and then monitors and supports the budding relationships. In almost all cases the quality of life is improved for all concerned. The next training is November 4 & 11, 2006 at the County office in University City from 8:30-12:00 both mornings. For more information call Sandy at 314-727-9202 or send email to: singerinstitute@yahoo.com. We ask those to be trained to commit minimally one year to the program – usually about an hour a week with their friend, complete nine hours of pre training and attend periodic group meetings. Note: Senior Connections is our new program name (formerly called The Community Connections Program).
- **Odyssey Healthcare** seeks a Patient Care Manager (PCM). Ideal candidate would have a minimum of 5 years of supervisory experience with at least 1 year in hospice as an RN. Good assessment skills required, home health or hospice background preferred. Please contact Joe Miller at 314-991- 6693.
- The **Saint Louis County Department of Human Services County Older Resident Programs (CORP)** needs volunteers to assist older adults with a variety of services, including transportation to doctors, grocery shopping and respite (relief time for caregivers). Retired professionals are needed to provide free income tax assistance, non-litigation legal consultations and notarize documents. Administrative volunteers are needed to set up income tax appointments and assist in CORP’s Legal Services and Home Care and Repair offices. CORP volunteer positions are located throughout St. Louis County. Training and mileage reimbursements are offered, as well as flexible hours and short-term commitments for some positions. CORP services are available free of charge to St. Louis County residents, 60 years and older, who live independently in the community. For information regarding CORP volunteer opportunities and/or services, please call 314/615-4516, TTY 314/615- 4425, or email esherman@stlouisco.com.

- **Mid-East Area Agency on Aging** seeks Job Developer/Computer Lab Assistant. Description: Works with program service area participants and employers to develop unsubsidized placements for participant in the Senior Community Service Employment Program (Title V). Coordinates computer labs and class scheduling. Assists program coordinator with preparing lesson materials for Title V computer classes as needed. Acts as assistant to Title V coordinator and assists with that person's duties as assigned. The Senior Community Service Employment Program (Title V), provides training for subsidized, limited-term employment for people 55 and over. Participants must meet income guidelines and live in St. Louis, Jefferson, Franklin or St. Charles counties. MEAAA administers this program. Requirements: Education and Experience: High School education. Knowledge, Abilities, and Skills: General filing, filing personnel files, copying and typing as needed. Ability to effectively interact with agency personnel, computer lab students and the general public. Basic computer skills, excellent telephone etiquette, organizational and people skills required. Hours: 24 per week. Contact: Sharon Clark Posley, Title V Coordinator, 636-207-0847, ext 117.
- **Homewatch Caregivers** is opening a new office in St. Charles and we are looking for a full time Staffing Coordinator/Marketing Assistant. This position will be based out of our new office in St. Charles near Main Street. Candidate will be responsible for interviewing and hiring caregivers as well as marketing services in St. Charles. Must have excellent computer and management skills. Bachelors degree preferred. Please email resume to gman1958_2000@yahoo.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) Program**, 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, call Anne Myers-Richards at 314-442- 3808.
- **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** (formerly Horizons Care Coordinators, 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.

- The **Jewish Community Center Adult Day Services** has two Activity Assistant positions available. One full-time with excellent benefits and one part-time with flexible scheduling. Experience in working with older adults is preferred. Please email your resume to jweissman@jccstl.org.

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 /
Publisher
john@stlouistimes.com



Since 1994 the *St. Louis Times* has been publishing media products and providing Events for the St. Louis regional baby boomer / 60+ population. When it comes to reaching them, no one does it better! For more information about the *St. Louis Times*, the *St. Louis Times* RESOURCE GUIDE, 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.

Contact Information

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