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ST. LOUIS **TIMES**[®] Express

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Dear John Rothbarth,

If you were able to attend this week's *St. Louis Times Geriatrics Symposium* then you already know what a great inaugural event it turned out to be. With 250 attendees, the strength of Washington University - George Warren Brown School of Social Work, four first-rate speakers, and a long list of wonderful sponsoring organizations, hosts, and volunteers, the event was simply terrific! According to the comments and suggestions shared in the exit questionnaires, the event was a huge success. In fact, we've already started the preliminary planning process for next year's sequel event. If you have a minute, take a look at some of the photos at www.stlouistimes.com and see for yourself.

In closure, to all who supported, endorsed, attended, volunteered or participated, I would like to extend my heartfelt thank-you. And to everyone reading this month's issue, may you and yours have a healthy, peaceful holiday season, and a very, very happy New Year!

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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.

HOUSING TRENDS

Age-Qualified Housing On the Rise

Where will older adults choose to live, before or after their retirement? Among the choices is housing that is age-qualified, meaning at least one person meets an age requirement. A newly-released survey of approximately 1,600 households asked about age-qualified housing (active adult communities, independent living, assisted living, continuing care retirement communities, 55+ apartments and rent-subsidized housing) for people at least 55 years old.

The respondents included 12% of 60+ households and 19% of 75+ households who already lived in age-qualified housing. In 2007, 37% of respondents preferred or were willing to consider age-qualified housing, an increase from 18% in a 1998 survey.

Awareness of the types of age-qualified housing that are available was relatively high, with 70% knowledgeable about independent living communities, 76% aware of continuing care retirement communities, 75% aware of assisted living communities and 62% knowledgeable about active adult communities.

"As a whole, these are positive findings for the seniors housing and care industry, as they suggest that the demand for age-qualified housing is strong and will continue to be so for the near future," said Robert G. Kramer, president of NIC. "On the downside, the desirability of age-qualified housing as a future living option has remained unchanged or, in some instances, even decreased slightly. This shows that the industry still has some work to do to in offering products that appeal to seniors, and in educating the market about the various housing types and their benefits."

VOLUNTEERING

Will Boomer Retirees Form a New Army of Volunteers?



As the first phalanx of the 76 million-strong baby boom generation begins turning 62 and receiving Social Security benefits January 1, will they create a massive army of willing and able volunteers? Researchers from the Urban Institute's Retirement Project examine this question in three new research briefs.

The vast majority of adults who volunteer while working also do so after retirement, Sheila Zedlewski shows in "Will Retiring Boomers Form a New Army of Volunteers?" What's more, a significant share of older adults who don't formally volunteer give it a try after retiring.

Using data from the Health and Retirement Study, conducted by the University of Michigan's Survey Research Center for the National Institute on Aging, Zedlewski examines transitions from work to volunteering between 1996 and 2004 for adults age 55 to 64. Among those who retired, 45 percent engaged in formal volunteer activities at a religious, educational, health-

related, or other charitable organization even though only 34 percent had volunteered while working. Individuals who consider religion important and those with spouses who volunteer were the most likely to start after retirement.

"Since the older population will be about 50 percent larger by 2010 than it is today and 76 percent bigger by 2020, nonprofits seem destined to benefit from significant growth in the services of retirees," says Zedlewski.

Retaining Older Volunteers

Older adults usually stick with their original decision to volunteer or not, and they are more likely to stop than to start, Barbara Butrica, Richard Johnson, and Sheila Zedlewski demonstrate in "Retaining Older Volunteers Is Key to Meeting Future Volunteer Needs."

Volunteers who put in many hours over many years and who are married to volunteers tend to volunteer the longest. Nonvolunteers take the leap more often if they have been uninvolved for relatively few years and their spouses volunteer. For instance, nonvolunteers who marry a volunteer are 16 percentage points more likely than unmarried people to start volunteering.

Staying Active

Despite older adults' relatively high rates of engagement -- defined as paid work or formal volunteering -- Zedlewski and Butrica see enormous potential for recruiting more older adults into the workforce or nonprofit volunteer forces. In "Are We Taking Full Advantage of Older Adults' Potential?" they estimate that over 10 million healthy older adults with no caregiving responsibilities neither worked nor volunteered formally in 2004.

Over half of these seniors are under age 75, and nine out of ten have prior work experience. Current shortages in volunteers and expected shortfalls in workers, they say, should provide ample incentive for employers and nonprofits to harness this potential talent.

While the supply of work and volunteer opportunities bodes well for older boomers, Zedlewski and Butrica warn that help will be needed to encourage engagement among those with limited education and work experience. Compared with higher-income older adults, significantly smaller shares of low-income individuals worked (15 percent versus 46 percent) or volunteered formally (23 percent compared with 37 percent). New policies could include training, more federal funding for programs that target low-income older adults, and broader networks that connect older adults to volunteer opportunities.

The three briefs were released by the Urban Institute's Retirement Project, a team of experts in Social Security, Medicare, Medicaid, tax and budget policy, and microsimulation modeling that assesses how retirement policies, demographic trends, and private-sector practices influence older Americans' security and decisionmaking. The "Perspectives on Productive Aging" series is made possible by a grant from Atlantic Philanthropies's Ageing Programme.

RETIREMENT

Professor Nancy
Schlossberg

Baby Boomers Beware: It's About More Than Money

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America's baby boomers are getting ready to retire. In fact, a tsunami of 3.2 million boomers will turn 62 in 2008. Projections say many - 49% men, 53% women - will choose early retirement. But will they be ready? Are they prepared? Research by the consulting firm Mintel International Group says 62% of the boomers it studied have NO CLEAR IDEA about what to do when they retire.

The implications of this are staggering - literally hundreds of thousands of adults will feel at sea, scared about a life afloat for the next twenty or thirty years. How can baby boomers face the enormous challenge of "getting a meaningful life" after retirement?

Major Challenges:

1. Identity - In retirement we face a change, and possibly a loss, of identity. Through most of our lives, work defines us. "Hi, I am Nancy the educator, John the postman, Jane the attorney, Bill the single parent." When work is over we lose our tags - the shorthand that gives us, and others - a snapshot of who we are.
2. Purpose - One prospective retiree told me that she always makes up a mission statement for herself. Although she is burned out and plans to retire next year when she is 62, she is afraid because she has no mission. What will give her a reason to get up in the morning? A retiring administrator said he is experiencing postpartum depression, now that he was finishing his last major task - leading a strategic planning effort. What will he do?
3. Community - We gain our financial equity, in part, from our paycheck. We gain our "social equity" from being part of a work team and community. "I miss being part of a team and smoozing with my colleagues," said one new retiree.
4. Relationships - Lenny, a former assembly line worker for Ford Motor Company, retired at age 50 so he could spend time with his wife. He said, "I never used to see my wife during the day so we never argued. Now we go grocery shopping together and fight over which brand of cereal to buy. It is ridiculous." Another boomer - Bob told me, "The relationship changes with my wife have been a shocker! We used to love our weekends together - bike riding, day trips. Now if I am around the house too much during the week, she disappears on the weekend."

Some Tips

Remember it will take time to replace what you lose by retiring. But with a little planning, you'll be able to:

- Regain your identity - You can begin now thinking about what you would put on your card, how you will identify yourself to the world.
- Establish a new purpose - Explore, explore, explore. Try different paths, different opportunities, until you find the right fit.
- Develop a substitute community - Now is the time to begin thinking about substitutes for your work colleagues. Consider getting another job, joining a health club, a religious group, volunteering at a local

school, or whatever will satisfy.

- Renegotiate with family, discuss expectations - Review your needs with your spouse, partner, children, parents.

Living long enough to face the challenge of figuring out "what's next" can provide an opportunity to live out some dreams that were not realized earlier. But everything depends on good health, good health insurance and a sound financial portfolio. To ensure this, we need to work together - economists, demographers, psychologists, financial planners, policy analysts. We must work together to make sure the impending baby boomer tsunami does not reach shore.

Prof. Nancy Schlossberg is the author of Retire Smart, Retire Happy: Finding Your True Path in Life. Her work was shown on a PBS special and can now be seen in a DVD - "Retire Smart, Retire Happy with Nancy Schlossberg." More information is available on her TransitionWorks website at <http://www.transitionguide.com/>.

LOCAL NEWS

Alzheimer's Association / FREE MedicAlert®+Safe Return®



The Alzheimer's Association wants to make sure your loved one with dementia is located as quickly and safely as possible should a wandering incident occur. That's why they are offering FREE ENROLLMENT into their MedicAlert®+Safe

Return® program while funding lasts.

MedicAlert+Safe Return is a national identification system. When a person with dementia wanders or becomes lost, his or her information and photo is provided to local law enforcement. When a person is found, a citizen or law official calls the 800-number on the person's identification bracelet or necklace and the person's family or caregivers are contacted. The nearest Alzheimer's Association office provides information and support during search and rescue efforts. In addition, should medical attention be required, access to a personal health record is immediately available.

MedicAlert +Safe Return is important to have whether the person with dementia is living at home or in a care facility, as people can wander from any location, even with the best of care and supervision.

The regular registration fee for Safe Return is \$49.95. After the first year, there is a \$25 renewal fee. Caregivers may also purchase an identification product for themselves for an additional \$25.

Right now - the St. Louis Chapter is offering a limited number of scholarships, while supplies last, to cover the \$49.95 registration fee and the \$25 caregiver product, if desired. All you have to do is call their 24- hour Helpline at 800-980-9080 and request an application. It's that simple.

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



Tuesday, January 8, 2008 from 5:30pm - 7:30pm, the Alzheimer's Association' *Maintain Your Brain Program* will be held at The Villa at Riverwood, located at #1 Pratt Place, Florissant, MO 63031. *Maintain Your Brain* is an hour-long interactive workshop. Participants will be introduced to scientifically rooted advice on lifestyle changes that can help maintain brain health.

Registration is required in advance. To register, call 800-980-9080.
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Wednesday, January 30, 2008; 9:30am - 11:00am, the Alzheimer's Association will be presenting *Setting Healthy Boundaries in Caregiving*. Caregiving for an aging loved one can be a trying time for individuals and families. Patti Bitter, LCSW, of Tapestry Counseling will share suggestions on setting realistic limits. Learn how to work with family members to reach reasonable and equitable solutions and hear tips for hosting a "family meeting." This class is ideal for family caregivers, professional caregivers, and anyone who may work with families in need of support and guidance. Please RSVP with Jennifer Phillips at 800-980-9080.

Wednesday, February 13, 2008; 9:00am - 11:00am, *Tapping Creativity: The Use of Creative Arts in Dementia Care*. The Alzheimer's Association Education Institute's professional educators will host a class on fun and exciting experiential learning in dementia care. Learn about the use of creative arts for caregivers and persons with dementia. Participants will have the opportunity to experience music, aromatherapy, massage and "snoozelen." The tuition fee is waived for active volunteers who have completed Basic Volunteer Training. Class will be held at the St. Louis Chapter office in Olivette. Please register with Jennifer Phillips at 800-980-9080 to be eligible for free tuition.

Wednesday, March 12, 2008; 8:00am - 5:00pm, *Memory Day 2008*. Travel to the Missouri capitol to meet your legislators and have your voice

heard; then there is no better time than now! Join us for our annual advocacy visit to fight for the rights of seniors and critical issues in AD services and research. Transportation pickup is provided from a variety of areas (Southeast MO, St. Charles, Olivette, St. Louis City, Chesterfield) and training is provided en route. (Please include \$15 for transportation and lunch.) For more information please contact Jennifer Phillips at 800-980-9080.

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



Bayada Nurses, Home Care Specialists, has an immediate opening for a Clinical Liaison Registered Nurse in our St. Louis, MO office. As Clinical Liaison RN, you will be responsible for generating referrals for home care by building relationships with hospital discharge planners, physicians, long term care, independent and assisted living facilities and other community resources. This position requires an

individual who is highly motivated, results driven, and able to develop and build strong, lasting relationships. Excellent planning, organization and presentation skills are critical. Recent discharge planning or healthcare marketing experience in the St. Louis area is preferred. Familiarity with Medicare and Managed Care in the home care setting is a plus. A current Missouri RN license and 3-5 years of nursing experience is required. For inquiries, please call Marty Rhodes at 314-849-1188 or email mrhodes@bayada.com.

- **Beauvais Manor is looking for a dedicated, experienced and caring BSW** to work at a long term care facility in St. Louis. PT to start with 2 days per week. If interested, please contact the HR department at 314-771-2990 ext: 202.
- Help Future Generations! **The Alzheimer's Disease Research Center, Memory and Aging Project** at Washington University is seeking volunteers to participate in a study as a comparison to a group of people whose parents had Alzheimer's disease. The aim of the study is to determine tests that may help early diagnosis and future treatments for Alzheimer's disease. You may be eligible to participate if

you are 1) Healthy, age 45-74 2) If both of your parents lived (or are still living) to age 70 or older and never developed Alzheimer's disease (dementia). There will be clinical assessment, psychometric testing, blood draws, MRI (Magnetic Resonance Imaging) scan of the brain, lumbar puncture and PET scan (Positron Emission Tomography). Compensation is provided for time and effort. If you are interested, please call the study coordinator, Becky Fierberg at 314-286- 2683.

- **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- 055.
- **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.
- **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.
- **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.
- **Visiting Nurse Association Hospice Care is looking for full-time and PRN nurses that want to provide quality one on one care to the terminally ill.** We are a community based, non-profit well established corporation. Our nurses have 25+ years of nursing experience. Our staff turnover is less than 5% and most of our nurses have been on staff for 5+ years and some for more than 20 years. Hospice experience is preferred, but will consider other candidates with similar nursing backgrounds and a desire to commit to learning hospice through a mentoring program. We offer minimal on-call responsibilities, no weekends required for normal work week, competitive pay and generous benefits package. Please send resume to Visiting Nurse Association, Attention: Human Resources, 9450 Manchester Rd., Suite 206, St. Louis, MO 63119 or fax to 314-918-8053 or email to tstacy@vnastl-cmc.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 for more information. <

- **St. Andrew's At-Home Services is seeking a PRN Eldercare Specialist Social Worker**, MSW degree preferred, to do in-home client assessments. Interested parties should email their information to tvaughn@standrews1.com.
- **Lutheran Senior Services Volunteer Money Management Program, which is an interfaith partnership with Jewish Family & Children's Service, is looking for volunteers** 21 years and older to provide individualized, in-home money management assistance to older adults 60 years and older or adults 50 years and older with a disability living in St. Louis city, St. Louis county, St. Charles county, and Jefferson county. Volunteers help sort, organize, and record monthly bills and statements, reconcile monthly bank statements, and balance checkbooks. They also write checks for monthly bills with the client present. Clients sign their own checks. Two hours a month is all that is needed to help an older adult remain independent. To find out how you can make a difference, call Sally at 314-446-2474.
- Are you 55 years of age? Can you volunteer at least a few hours every week? Enjoy working with others to solve community problems? If you said yes to any of these questions you are a good candidate to become an **RSVP volunteer in the RSVP Program of Cardinal Ritter Senior Services**. RSVP is a nationwide volunteer program that invites adults age 55 and over to use their life experience and skills to answer the call of their neighbor in need. RSVP volunteer's tutor and mentor children, counsel small business, assist at health clinics and teach other seniors to use the Internet. Others distribute food to the homeless or volunteer at a variety of one-time community events. They want to keep active in ways that make a difference for those in need. Last year this nationwide program tutored more than 100,000 kindergarten through 12th grade students. For more information on how you can make a difference in someone's life please contact Amy Klosterman at 314-918-2294.
- **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.
- **Saint Louis University, a Catholic, Jesuit institution dedicated to education, research and healthcare, invites applications for an assistant or associate professor position in the School of Public Health.** The successful candidate will be appointed in the Department of Community Health on a 9-month contract. Applicants must have a doctoral degree with advanced training in public health, public policy, or equivalent discipline. S/he should have at least 5 years of public health experience as a practitioner and a senior-level manager or director. Primary responsibilities for the position include managing the daily operations of the Department of Community Health, conducting independent research, teaching up to three graduate courses per year, advising graduate students, and providing professional and community service. Applications must submit a curriculum vitae and a letter of interest to <http://jobs.slu.edu> (registration number: 20070801). Additional information about this position can be obtained from: Terry L. Leet, PhD, Saint Louis University, School of Public Health, 3545 Lafayette Avenue Saint Louis, MO 63104. Send email inquiries to: LEETTL@SLLJ.EDU.

- **SarahCare Centre Adult Day Services has an immediate opening for a C.N.A. or Activity Assistant .** Will provide activities, companionship and personal care to seniors. The new SarahCare Adult Day Centre is adding a caring and responsible hourly employee (PT and gradually FT). Responsibilities include assisting participants with activities, food preparation, environmental safety and sanitation, ambulation and clerical. CNA preferred for assistance with vital signs, charting, ADLs, CPR/first aid and hygiene. Must be a self-starter and enjoy guiding activities. Flexible hours, off evenings and weekends, good working environment, paid semi- monthly. To apply, please send your resume to allenwg@att.net or fax to 314-968-2224.
- **St. Andrews Services for Seniors and Bethesda Health Group have formed a partnership to create St. Andrews and Bethesda Home Health, and are seeking a dynamic RN to serve as Clinical Director of this new start-up division..** The ideal candidate will assist with implementing, developing and promoting our home health services to the community. Other responsibilities include the overall clinical functions and general operations of the agency under the direction of the Executive Director. Must possess knowledge, experience and ability to effectively administer the clinical programs of the agency and provide direction, leadership to all staff to ensure compliance with all applicable Federal, State, & local laws, policies and regulations. Undergraduate degree required, Masters preferred. Minimum of two years progressive home health management experience. Requires excellent oral and written communication skills and computer skills. We offer an excellent total compensation package. Submit resume to: Mick Crawford, Executive Director, Bethesda Health Group, Inc., 1630 DesPeres Rd., Ste. 290, St. Louis, MO 63131. Fax: 314-800-1961. Apply on-line: www.bethesdahealth.jobs or email resume to gmolliges@bethesdahealth.org.
- **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.
- **The Jewish Community Center is in need of a full time paid driver position** with a CDL license (Class A or B with a passenger endorsement) who can occaissionally lift 35-50 lbs. The position entails Senior Citizen transportation and meal delivery. Job consists of 35-40 daytime hrs. per week at \$8.50 - \$9.50 per hour, depending upon experience. Benefits will start when the person is given permanent status. Please call 314-442-3164 for interview or send email to Mike Stone at mstone@jccstl.org with your resume.
- **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.

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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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 [Information For Older Adults RESOURCE GUIDE](#), [St. Louis Times Geriatrics Symposium](#), [St. Louis Times FUNFEEST](#), or the [St. Louis Times Express](#), call John Rothbarth at 636-225-2442 or send an email requesting the *St. Louis Times 2007 Media Kit*.

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