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ST. LOUIS **TIMES**[®] Express

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Dear John Rothbarth,

Now that it's cold and our *St. Louis Times Geriatrics Symposium* is behind us, it's easier to believe that the holidays are around the corner. I hope all attendees found it worthwhile and full of value. And for those of you who couldn't make it we hope to see you next year on December 8, 2009 when we take the event to Saint Louis University.

I'm not a physician but I want to prescribe to all of you a two-week pass on chaos, conflict, and stress. Take a mental vacation from the story of "you" as you flow through the holidays snuggled up in that easy chair of peace. And if you feel you must do something, then do it selfishly for someone else because giving feels good. Have a Happy, Healthy New Year and above all else, *don't forget to breathe!*

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

HEALTH

Dementia As Cause of Death Widely Underreported



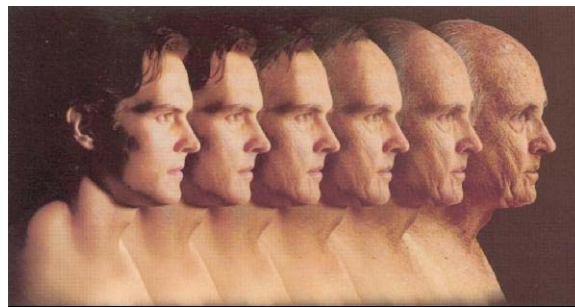
Alzheimer's disease and dementia are dramatically underreported as a cause of death for seniors in nursing homes, according to a recently published research paper.

Researchers at Harvard Medical School found that, among seniors in nursing homes with confirmed cases of dementia, only 16% of death certificates listed the ailment as the cause of death and 37% of death certificates did not even mention the condition as a contributing factor. Roughly 33% of death certificates for those with confirmed cases of Alzheimer's disease did not mention that condition as a main or contributing cause of death. Alzheimer's disease is the fifth leading cause of death among those aged 65 and older, according to 2004 statistics.

Instances of dementia-related deaths could be up to four times as high as are currently reported, and better understanding of the fatal nature of the disease could lead to fewer unnecessary medical procedures toward the end of life, they say. The research paper appears in the Dec. 10 issue of the *Journal of the American Medical Association*.

PSYCHOLOGY

Study Finds Most Seniors Feel Younger



Old as you want to be: Study Finds Most Seniors Feel Younger . That is one of the findings of a study forthcoming in the *Journals of Gerontology: Psychological Science*. The researchers analyzed the responses of 516 men and women age 70 and older who participated in the

Berlin Aging Study, tracking how their perceptions about age and their satisfaction with aging changed over a six-year period.

"People generally felt quite a bit younger than they actually were, and they also showed relatively high levels of satisfaction with aging over the time period studied," said Jacqui Smith, a psychologist at the University of Michigan Institute for Social Research (ISR). Smith conducted the study with colleagues Anna Kleinspehn-Ammerlahn and Dana Kotter-Gruehn at the Max Planck Institute for Human Development in Berlin.

"We examined individual changes over time, and expected the gap to increase. But we were surprised to find that it was maintained, on average. Perhaps feeling about 13 years younger is an optimal illusion in old age," Smith said. Smith and colleagues found that some of the oldest participants did feel even younger over time. But poor health reduced the gap between felt age and actual age.

The researchers also assessed how old people thought they looked, asking them: "How old do you feel when you look at yourself in a mirror?" They responded by selecting an age on a scale that ranged from 0 to 120 years. In general, at the start of the study people said they looked about 10 years younger than they were. By the end of the study, this gap had narrowed; people felt they looked only about seven years younger than their chronological age.

In general, women perceived their appearance as being closer to their actual age, Smith said. "Women saw themselves as about four years older than their male peers," she said. "There are several likely reasons for this gender gap in subjective physical age. One is that women may be more aware of their appearance than men, especially given the negative stereotypes of older bodies."

To assess satisfaction with aging, researchers asked participants to what extent they agreed with these five statements: "Things keep getting worse as I get older;" "I have as much pep as I had last year;" "As I get older, I am less useful;" "As I get older, things are better than I thought they would be;" and "I am as happy now as I was when I was younger."

Initially, men were more satisfied than women with their own aging. But over the six-year period studied, men's satisfaction decreased more than women's. Poor health magnified these patterns, Smith said.

According to Smith, examining changes in how people feel about the aging process in old age can provide important indicators about the resilience and vitality of the older self. In unpublished research based on the Berlin Aging Study, she and colleagues have found that people who feel younger are less likely to die than those who don't, given the same level of chronological age and equivalent physical health.

"Feeling positive about getting older may well be associated with remaining active and experiencing better health in old age," she said. "Thus, studies on self-perceptions of aging can contribute to our understanding of potential indicators of resilience in older adults and the aging self."

RELATIONSHIPS

Retired Spouses: A National Survey of Adults 55-75



To explore how retirement affects married relationships, AARP The Magazine commissioned a telephone survey of individuals ages 55-75, married or living as married, who were retired and/or had a spouse who was retired. The responses of 1,064 survey participants were analyzed. Below are some of the key findings:

Most retirees do not reenter the workforce after they retire. Those that do mostly do so because they are bored or miss having something to do. Approximately one-third of those who retire first also encourage their spouse to retire.

Overall, retirees who are in a relationship where both spouses are retired are happier, are less stressed, and spend more time with their spouse.

- Those who say they wished they had worked longer cite lack of money, liking the job, or missing the activity as reasons. Individuals with a working spouse report greater regret than those whose spouse is also retired. Compared with men, women in a relationship where both are retired are more likely to wish they had stayed working longer.
- Respondents who say their spouses have increased their housework since retirement are more likely to be personally satisfied with their retirement than those whose spouses have not increased their share of the housework. While retired men seem to think they have taken on

more of the housework since they retired, working women with a retired spouse disagree.

- Respondents who report higher dissatisfaction with retirement are also more likely to think that their relationship is weaker, say they are less romantic with their spouse, spend less time with family since retirement, and say they or their spouse has had a harder time adjusting to retirement.
- Most retirees find adjusting to their retirement or the retirement of their spouse to be what they expected. For most, retirement has meant no change (or some improvement) in their overall relationship, in being romantic with one another, or in arguing with one another.
- Overall, retirement has a positive impact on the frequency of travel, eating out, exercising, volunteering, and engaging in hobbies.
- Those who started doing new activities now that they are retired are more satisfied in their retirement than those who have not thought about starting activities or those who are still planning to start them.

St. Louis / Illinois Aging-Focused Professional Groups

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

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

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

The Society for Social Worker Leadership in Healthcare of Greater

St. Louis , Inc. - Contact Information: Stacey Barton, MSW, LCSW (President) Phone: 314- 362-3471. Email: barton_staceyk@yahoo.com.

Purposes of the Organization: To promote educational programs, to strengthen and develop social work leadership, to strengthen relationships with health care organizations and professional social work organizations in relation to social work in health care, to provide a forum for the interchange of ideas and dissemination of material relative to social work leadership, to promote standards and ethics for the delivery of social work in health care, and to strengthen field education for social workers in education. Group is open to MSWs, BSWs, and MSW or BSW students. Others without a social work degree who work in the field of healthcare social work, social work education, or related roles may also be accepted for membership. Approximately 50 members. Meetings are every other month, on the 2nd Tuesday from 5:30-8:00 pm. Please contact Stacey for additional information and details about meetings.

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

Alzheimer's Association, St. Louis Chapter - Started in 1981. Contact Information: 314-432-3422 or 800-980-9080. Email: helpline@alzstl.org. Mission: Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. We have 32 staff members providing support and services to 22,500 people annually, through our 24-hour Helpline, care consultations, MedicAlert®+ Safe Return®, respite assistance program, and education classes for families and professionals. We host a FREE monthly opportunity, called Getting Connected, for newcomers to learn about our resources, services and other education courses. Class dates and times are available through our Web site, www.alzstl.org, or by calling 800-980-9080.

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

PRCL or Professionals in Retirement Community Living - The PRCL organization is a group that was formed over 10 years ago by professionals that work in the field of retirement community living to provide opportunities for networking and to share ideas and concerns related to retirement communities. In the past year and a half , the PRCL group has developed a new leadership structure and continues to support this mission. Contact: Lori Goldberg, LCSW, President. Phone: 314-812-9333. E- mail: transstrat@yahoo.com. Purpose: Meetings provide an opportunity for networking, professional development and an opportunity for communities to showcase their facilities by hosting a breakfast meeting. Each month there is a light breakfast, and an educational presentation. Tours of the hosting facility are also offered. Membership is open to professionals working in the

retirement community field as well as others who are interested in learning and interfacing with this network such as vendors and marketing professionals. Membership is free. Organization has 90+ members. Meetings are held on the second Thursday of every month from 8:30 am -10:00 am. Locations vary monthly and RSVP is required.

Gateway Alliance for Compassionate Health Care at the End of Life

- This is the St. Louis Chapter of the Missouri End of Life Coalition. Contact Information: Tiffany Webster, MSW, LCSW (Chair) Phone: 314-373- 7037. Email: tewebster@bethesdahealth.org. The Mission of the Gateway Alliance is to promote high quality care for persons who are dying in the Greater St. Louis Metropolitan area by fostering cooperation, education, and advocacy. The purposes of organization are to improve the care and quality of living for persons at the end of life in the Greater St. Louis Metropolitan area; to educate the public, health care providers, students, and policy makers regarding optimal care, resources, and policy for the maximum benefit of dying persons in the greater St. Louis Metropolitan area; to promote collaboration between health care providers, community educators, and organizations; and to empower dying persons, loved ones, and caregivers to express their needs and expectations surrounding end-of-life issues.

Missouri Care Planning Council - The Missouri Care Planning Council (MoCPC) is a consortium of companies and individual providers who have come together to help families deal with the crisis and burden of long term care. Our website at www.caremissouri.org educates the public on the need for care planning before a crisis occurs. A second purpose is to provide, in one place, information about all of the available government and private services for eldercare. Finally, our ultimate mission is to offer a trusted listing service that the public will recognize and turn to for expert help in dealing with the challenges of long term care. The MoCPC was started by Attorneys, David Purcell and Charlie Amen, of Purcell & Amen, L.L.C. They are serving as the Advisory Board Directors and have created an Advisory Board to better service the website. Please contact Purcell & Amen, L.L.C. for any additional information 314-966-8077.

Calendar Highlights



Monday Noon Seminar Series:

Clinical Issues of Aging
presented by The Washington University Division of Geriatrics and Nutritional Science & the Center for Aging at 4488 Forest Park, Lower Level, Conference Room from 12:00 - 1:00pm. For more information please contact Mary Weis at 314- 286-2441 or weism@abraxas.wustl.edu. Please bring your lunch and join us!

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

Employment Opportunities

- (2) **Christian Community**

Homecare is seeking experienced home caregivers who are compassionate and enjoy working with the elderly. Please visit our website: christiancommunityhomecare.org for an application or call 314-843-9673 for more information.

- (2) **The Alzheimer's Association - St. Louis Chapter, has two grant supported positions available.** The first position is for an individual with experience in gerontology/dementia to coordinate and deliver services for individuals with early stage dementia and their families. This is a part-time position for an 18 month period at approximately 20 hours a week. This position will primarily be responsible for delivering chapter early stage evening and weekend programs. The second position is for a part-time (approximately 25 hours per week) administrative assistant to assist with grant funded activities supporting individuals with early stage dementia and their families. Current funding is available for 18 months. Interested candidates for either position should send a cover letter and resume to Cheryl Wingbermuehle, Family Services Director by email, fax, or mail. Attention: Cheryl Wingbermuehle, LCSW, Family Services Director, Alzheimer's Association, St. Louis Chapter, 9374 Olive Blvd., St. Louis, MO 63132. 314-432-3422; 314-801-0442 (direct); cheryl.wingbermuehle@alzstl.org.
- (3) **Long Term Care Ombudsman Program is looking for an Executive Director.** The Executive Director of Long Term Care Ombudsman (LTCOP) program provides leadership, direction, quality control and administration for services, programs, community relations, fund raising, staff and volunteer development and the management of resources. A minimum of a Bachelor's degree in human/health service or management related field is desired. Masters degree preferred. Five years experience in a non-profit organization preferably in management, marketing and/or fund raising. Knowledge of elder care issues and services preferred. Excellent communication skills in individual and group settings. Proven writing ability. Demonstrated ability to successfully work with a diverse group of people. Effectively and efficiently maximize resources to support the accomplishment of organizational mission, goals and objectives. Ability to work independently. Occasional travel. Proficient in Microsoft Office applications: Word, Excel and PowerPoint. Knowledge and experience with fund raising and donor application software. Use of own car. Resumes should be e-mailed to Rick Bender at: rbender911@charter.net.
- (3) **AmHeart Hospice is looking for a fulltime social worker** with hospice experience. Anyone interested can fax their resume to 314-894- 7334.
- (3) **Premeire Home Health** is hiring a PRN Social Worker to cover South and City zip codes. for anyone who is interested please contact the administrator, JoEllen Werre, at 636-916-0022. The office is located at 6 Portwest Court in St. Charles, MO.

All Employment Opportunities listings run for three months, unless notified by the employer that the position has been filled. The number of times the listing has run precedes each listing. To submit Employment Opportunities for future issues of the *St. Louis Times Express*, please send all requests by email to express@stlouistimes.com.

Volunteer Opportunities



Volunteering

Meals on Wheels of Greater St. Louis is in need of volunteer drivers to deliver noontime meals. We have 16 area programs in St. Louis City and St. Louis County. You can drive on a regular basis or as a substitute for a driver on vacation, we will work with your schedule. Call 314-268-1523 or visit our website at mowstl.org for more information.

Bi-Lingual International Assistant Services needs volunteer assistance. Volunteers will be able to

meet someone from another world and another culture, and discover that they are alike. The volunteers we seek are going to teach our older students English Language, US History, and US Civics. All - to successfully reach the final goal of becoming a US citizen. No need to know another language, and no need to have teaching experience. These things are definitely a plus, but having patience and desire to help are the most important traits we seek in volunteers. If interested, please, call 314-692- 9010.

- The **National MS Society** is hosting the 24th annual Bike MS event in Columbia, Missouri on September 5 - 7. We need volunteers to help make the 2008 Bike MS a continued success! The 2007 volunteer team consisted of more than 700 individuals who kept our 2,800 cyclists moving safely. In 2008 we are hoping to secure 3,500 cyclists and need the assistance of more than 800 volunteers. We need YOUR help to assist with all aspects of Bike MS- there is a volunteer activity to engage all skills and volunteer interests! Volunteers, ages 12 and up, are invited to volunteer through the following opportunities: cheer at the finish line, serve breakfast, lunch, or dinner, setup or teardown the event, direct parking, serve beverages, and much more! To volunteer, please log onto www.gatewayaybikemsride.org and click on "Volunteer," email tiffany.heil@gatewaymssociety.org, or call 314-446- 4182. Interested in riding? We have a place for you too! Join the movement. See you at Bike MS!
- **We're on the MOVE to end Alzheimer's! VOLUNTEERS are needed at all walks**, and jobs including Set -Up, Volunteer Check-In, Registration, T-Shirt , Distribution, Children's Play Area, Traffic and Safety, Route Support, Break Down, and many more. The dates and locations for the six 2008 Memory Walk events are: · St. Louis, Forest Park - Sept. 13 · St. Peters, Laurel Park - Sept. 20 · Cape Girardeau, Capaha Park - Sept. 20 · Washington, American Legion - Sept. 20 · Edwardsville, IL - Southern Illinois University, Edwardsville campus - Sept. 20 · Bonne Terre, MO (Leadbelt Walk) - Bicentennial Park, Sept. 27 Set-up generally begins at 6:00 a.m. with opportunities available at different times until noon. All ages and group sizes are needed! Memory Walk is a morning of fun and an experience you'll never forget. Learn how to get involved today. Contact Jennifer Phillips at 800-980-9080 or jennifer.phillips@alzstl.org.
- **The Long Term Care Ombudsman Program has a unique volunteer opportunity: Volunteer Ombudsman.** Volunteers visit nursing home residents, educate them about their resident rights, and advocate on behalf of residents to resolve complaints and disputes. Requires 12 hours of formal training and six hours of mentor supervised experience which is provided by the Long Term Care Ombudsman Program. Volunteers are expected to spend a minimum of four hours

per week in the program. Call 314-918-8222 or email info@ltcop-stl.org for more information.

- **Volunteers needed for Rebuilding Together - St. Louis.** We repair homes for low- income homeowners, particularly the elderly and disabled. Volunteers repair over 100 homes on one spring Saturday. We are looking volunteers to work throughout the year in our office. Individuals who are willing to work 4 hours/day for 1-2 days/week (morning or afternoon - flexible hours) with computer skills preferred. For more information call 314-918-9918 and ask for Lynne Rajani.
- **St. Louis Society for the Blind and Visually Impaired has opportunities for volunteer service** with one-to-one matches. Times are flexible and the volunteer assists the individual through friendly visits, reading mail and for pleasure and helping with correspondence, shopping, walking in the neighborhood, and transportation to appointments. Volunteers are matched based upon which tasks they are willing to perform and proximity to their home. If interested, please contact Karen Skender, Volunteer Coordinator at 314-968-9000.
- **Lutheran Senior Services Volunteer Money Management Program, which is an interfaith partnership with Jewish Family & Children's Service, is looking for volunteers** 21 years and older to provide individualized, in-home money management assistance to older adults 60 years and older or adults 50 years and older with a disability living in St. Louis city, St. Louis county, St. Charles county, and Jefferson county. Volunteers help sort, organize, and record monthly bills and statements, reconcile monthly bank statements, and balance checkbooks. They also write checks for monthly bills with the client present. Clients sign their own checks. Two hours a month is all that is needed to help an older adult remain independent. To find out how you can make a difference, call Sally at 314-446-2474.
- Are you 55 years of age? Can you volunteer at least a few hours every week? Enjoy working with others to solve community problems? If you said yes to any of these questions you are a good candidate to become an **RSVP volunteer in the RSVP Program of Cardinal Ritter Senior Services.** RSVP is a nationwide volunteer program that invites adults age 55 and over to use their life experience and skills to answer the call of their neighbor in need. RSVP volunteer's tutor and mentor children, counsel small business, assist at health clinics and teach other seniors to use the Internet. Others distribute food to the homeless or volunteer at a variety of one-time community events. They want to keep active in ways that make a difference for those in need. Last year this nationwide program tutored more than 100,000 kindergarten through 12th grade students. For more information on how you can make a difference in someone's life please contact Amy Klosterman at 314-918-2294.
- **Mid- East Area Agency on Aging seeks volunteers for its MEAAA Meals on Wheels program.** Weekdays, morning to mid-day only. Hours are flexible. Deliver once a month, once a week, daily, or fill in for a week or two while other volunteers take vacation. Routes open throughout the counties of St. Louis, Franklin, St. Charles and Jefferson. Must be 18 or older with your own vehicle and a big heart. MEAAA provides mileage reimbursement and excess liability insurance. Call Rebecca Marvin, 636-207-0847, ext. 114, or 1-800- AGE-6060 for information.
- **Researchers at Washington University School of Medicine** are conducting studies for seniors age 65 and older who had hip surgery within the past four months. They are investigating the effects of exercise combined with testosterone replacement therapy on improving

physical function and bone density. Patients who lived independently in the community before the surgery are eligible to participate.

Transportation to the medical center is available at no charge. For more information call Toni at 314-286-2716.

- **The Saint Louis County Department of Human Services County Older Resident Programs (CORP) needs volunteers** to assist older adults with a variety of services, including transportation to doctors, grocery shopping and respite (relief time for caregivers). Retired professionals are needed to provide free income tax assistance, non-litigation legal consultations and notarize documents. Administrative volunteers are needed to set up income tax appointments and assist in CORP's Legal Services and Home Care and Repair offices. CORP volunteer positions are located throughout St. Louis County. Training and mileage reimbursements are offered, as well as flexible hours and short-term commitments for some positions. CORP services are available free of charge to St. Louis County residents, 60 years and older, who live independently in the community. For information regarding CORP volunteer opportunities and/or services, please call 314/615-4516, TTY 314/615- 4425, or email esherman@stlouisco.com.
- **Help Future Generations! The Alzheimer's Disease Research Center, Memory and Aging Project** at Washington University is seeking volunteers to participate in a study as a comparison to a group of people whose parents had Alzheimer's disease. The aim of the study is to determine tests that may help early diagnosis and future treatments for Alzheimer's disease. You may be eligible to participate if you are 1) Healthy, age 45-74 2) If both of your parents lived (or are still living) to age 70 or older and never developed Alzheimer's disease (dementia). There will be clinical assessment, psychometric testing, blood draws, MRI (Magnetic Resonance Imaging) scan of the brain, lumbar puncture and PET scan (Positron Emission Tomography). Compensation is provided for time and effort. If you are interested, please call the study coordinator, Becky Fierberg at 314-286- 2683.
- **Pathways Community Hospice invites you to volunteer** and make a difference during life's final journey. Volunteers visit patients in homes or nursing homes, offer companionship and support, and some volunteers may sit with a home patient if the caregiver requires a short time away. Volunteers share approximately 2 hours per week in areas that are convenient for them. Training is provided and schedule flexibility is available. For more information, call Joyce Day, Volunteer Coordinator, at 636-733-7399 or email jday@pathwayshospice.com.
- **Saint Louis University researchers are recruiting volunteers** to participate in a study that tests a medication to treat mild to moderate Alzheimer's disease. The research will be conducted at the Wohl Memorial Institute, 1221 S. Grand Blvd., and will involve about 355 participants from up to 85 centers in 11 countries. Saint Louis University expects to enroll 10 study volunteers. Participants will be randomly divided into five groups. For three months, they will receive one of three doses of an investigational medication; another medication currently used to treat Alzheimer's disease; or a placebo. This portion of the study includes eight visits. Those who qualify for the study can't be taking a medication for memory problems or cognitive impairment, must be at least 50 and must be accompanied by a caregiver for study appointments. George Grossberg, M.D., Samuel W. Fordyce Professor and director of geriatric psychiatry at Saint Louis University, is the principal investigator. For information, call 314-268-5385.
- **Volunteers needed** for 'Aging-in-Place' Program for Seniors. An hour of your time could make all the difference in an older adult's life. The

Naturally Occurring Retirement Community (NORC) Project, a non-denominational program of the Jewish Federation of St. Louis, has exciting opportunities for you to help others in your community. Volunteers may help older adults with transportation, minor home repairs, yard work, computer training, friendly visits and more. There are also openings for help with special events and office assistance. Training will be provided. For more information please contact Traci Lato at 314.442.3808 or tlato@jfedstl.org.

- **BJC Hospice is looking for volunteers.** "If you want to experience the most rewarding work that you've ever done," says Dolores Schulte of Florissant, "try volunteering with families like those I've helped." Schulte, now 75, is a hospice volunteer for BJC Hospice and has been for seven years. She visits with adults in hospice care in their home to give their caretakers (usually other family members) a chance to go to the store, run other errands or take some needed time for themselves. If you think you would enjoy this type of volunteer opportunity, one that is flexible to your availability, and with a commitment as small as one time a month, please call Eileen Spinner at BJC Hospice to set up an interview at 314-953-1762, or send email to etr7873@bjc.org.
- **Trail Watch Volunteers Make a Difference** - An area-wide orientation training session will be offered to prospective Trail Watch volunteers on Wednesday, August 23rd at Queeny Park in the Greensfelder Recreation Center, 550 Weidman Rd. 63011. Taught by St. Louis County Park Rangers, the training class will take place from 7 to 9 pm. There will also be another Training Session on Thursday, September 21st at the Visitors Center in Jefferson Barracks Park, 345 North Rd. 63125 For more information or to register, call 314-638-2100 or email khartzke@stlouisco.com.
- **Senior Connections needs "companion volunteers,"** usually 50 years and older to become a friend to one or more lonely nursing home residents. The program trains free of charge to the volunteers, matches the volunteer and then monitors and supports the budding relationships. The next training sessions are set for Saturday, November 8 and 15, 2008 in University City from 9:00 am - 1:00 pm. For more information call Sandy at 314-727-9202 or email: singerinstitute@yahoo.com.
- **Lutheran Senior Services** is looking for hospice volunteers. Are you interested in making a difference? Just a few hours each month can mean so much to our patients and families. Volunteering with hospice includes office support, companionship, running errands, or sharing your special gifts. Your assignments would depend on your interests and availability. In-depth training is provided to all volunteers. For more information, please contact Rachel Fees at (314) 446-2472 or Rfees@lssmo.org.
- **The Alzheimer's Association is seeking volunteers to help staff an information booth at the Illinois State Fair in Springfield, IL.** Springfield is about 2 hours from St. Louis, approximately 100 miles away. The fair runs from Friday August 8 - Sunday August 17, 2008. We are hoping to have 2 volunteers work each day from 10:00 - 6:00 pm. Constant coverage is not necessary: Volunteers have free reign to take breaks as needed, mingle at the fair, and check out the exhibits. As an incentive, volunteers will receive free admission to the event and free parking. Volunteers will also receive free overnight accommodations at a local hotel in exchange for their service. The room is a double occupancy room with two full beds. It would be ideal if both volunteers know each other so the room is comfortably shared. A small group of friends are welcome to volunteer together if they are comfortable with the provided accommodations.

Springfield is a great city with a lot of nice local attractions. Aside from being the state capital, there are also many historic sites and the well-known new Lincoln Museum. If you are interested in volunteering to work a day at the fair, please contact Jennifer Phillips at 314-801-0414 or jennifer.phillips@alzstl.org.

- **The Jewish Community Center Adult Day Services** needs volunteers to assist in a variety of ways including: interest group leaders that would develop and lead a small group for a particular interest or activity on a weekly or every other week basis; entertainers that could come in to provide musical or other types of entertainment to supplement the professional entertainers that we have; assisting the activity department with special activities or arts and crafts projects. Volunteers will receive orientation and training. Come be a part of a very caring and professional staff and wonderful, loving adults with Alzheimer's and other dementias, developmental disabilities, social isolation, and other special needs. It is truly a rewarding experience. For more information please call Audrey Schneider, Activity Director, at 314-442-3249.
- Do you enjoy public speaking? Do you have a passion for helping families affected by memory loss? The **Alzheimer's Association** needs volunteers to present information to organizations in your area. They provide training and guidance each step of the way. Volunteers for this role typically have professional and/or family experience with memory loss. Professionals in the field of elder care (nurses, marketing professionals, social workers, doctors) are an especially strong match. Family members who have experienced the changes of Alzheimer's disease in a family member are also well-suited. If you are familiar with the subject, an effective communicator, and interested in helping families, this is a tremendous opportunity. If you are not confident about the subject matter, training and support is provided. To learn more, please email or call Jennifer Phillips, Alzheimer's Association, St. Louis Chapter at jennifer.phillips@alzstl.org or 314-801-0414.
- **Odyssey HealthCare is currently accepting Volunteer applications** from those who wish to make a difference, by becoming part of a Professional Hospice Team. Odyssey is a hospice agency that serves terminally ill adult patients and their families in 7 counties within Missouri; by providing Clinical, Medical, Psychological, Spiritual and Social Services. Many different opportunities are available for the interested volunteer; Companion Visits, Clerical Assistance, Craft Groups, Pet Therapy, Music Therapy, Story Tellers Program, Family Archive Website, Santa visits, helping to deliver dreams and many more. Volunteer Trainings are held on a regular basis, schedules can be flexible and new volunteers are needed for an ever increasing census. Please call, Pam Ryan, Manager of Volunteer Services at 314-275- 6100 or e-mail pryan@odsyhealth.com to schedule an interview or request more information.
- **The Alzheimer's Association is seeking fun, energetic, and dedicated committee members to help grow Memory Walk participation in your area.** Committee volunteers are needed in St. Louis, Southeast Missouri, St. Charles County, Franklin County, and Edwardsville/Collinsville, Illinois. A variety of roles are available including assistance with logistics, promotions and publicity, securing corporate sponsors, and recruiting teams and walkers. Whether you are a seasoned walker or new to the event, please contact Jennifer Phillips at 314-801- 0414 or jennifer.phillips@alzstl.org for more information.
- *Volunteers Needed for a Study of the Spousal and Adult Child Caregiver's Experience of Placing Their Family Member with Alzheimer's Disease in the Nursing Home (Phase 2)* The caregiver must have placed their family member with Alzheimer's disease in the

nursing home in the past 12 months. Volunteers will complete three interviews in their home with a nurse who is working on her PhD at Saint Louis University School of Nursing. To learn more about study participation, the risks and benefits of participation, and to volunteer, please call: Jan Palmer at 314-249-5391.

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

St. Louis Times

John Rothbarth /
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Since 1993, the *St. Louis Times* has been publishing media products and hosting events for the bi-state regions baby boomer / 60+ population. When it comes to reaching them, no one does it better! For more information about the [Information For Older Adults RESOURCE GUIDE](#), [St. Louis Times Geriatrics Symposium](#), [St. Louis Times FUNFEEST](#), or the *St. Louis Times Express*, call John Rothbarth at 636-225-2442 or send an email requesting the *St. Louis Times 2007 Media Kit*.

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