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**Publishing
Since 1993**

January 15, 2009 Edition

Dear New Subscriber,

It's a new year and we've been preparing for months! For 2009 we will be adding an Employment and Volunteer section to this year's *St. Louis Times Funfest*. Our third *St. Louis Times Symposium* will be at Saint Louis University. In two weeks we'll be launching our new website with a blog that's tied to the *St. Louis Times Express*. And that brings us to the *St. Louis Times Resource Guide*.

By February 1st you can visit our brand new website at www.stlouistimes.com! You will find an incredibly resource-rich environment to surf and learn from, and also a searchable, online database of all area resources for older adults. This public portal will allow access to our online, real-time database where searches can be made by company name, category of service, counties served, zip code, etc. Better than that though, is the ability for each company listed in the database to be able to control the input of their company's specific data on their distinct webpage within the site, 24/7/365 days a year!

That's right, you will be able to share with viewers your company history, press releases, photo's, pricing promotions, and more! And people who find you through our website will be able to send you questions about your company directly to you from your webpage by email.

And finally, to prove we've been listening to your suggestions and feedback, as a listing organization in the *St. Louis Times Resource Guide* you will be able to preview and edit your hard-copy edition listing(s) before we finalize the print version in the fall and send it off to the printer!

We're chomping at the bit to put our new website up by February 1st and look forward to

launching an awesome, invaluable communication and marketing tool for anyone or any organization interested in our area's older adult population. Get ready, 2009, we're coming!

Happy New Year!

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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.*

DRIVING UPDATE



Older Drivers Fatal Crashes Trend Down

Despite growing numbers on the road, fewer older drivers died in crashes and fewer were involved in fatal collisions during 1997-2006 than in years past, a new Insurance Institute for Highway Safety study reports.

Crash deaths among drivers 70 and older fell 21 percent during the period, reversing an upward trend, even as the population of people 70 and older rose 10 percent. Compared with drivers ages 35-54, older drivers experienced much bigger declines in fatal crash involvements. Reasons for the fatality declines aren't clear, but another new Institute study indicates that older adults increasingly self-limit driving as they age and develop physical and cognitive impairments.

To read the rest of this story click [COMPLETE ARTICLE](#).

NURSING HOMES

Study: Standards Needed for Nursing Home Social



Workers

Low federal standards and inconsistent state laws have caused lapses in nursing home social workers' qualifications. Although social workers are integral to nursing home residents' quality of care, there are vast differences among workers backgrounds based on the first national study on nursing home social workers, said The Press

Citizen. This, according to the findings of a University of Iowa study that surveyed 1,071 nursing home social service directors.

To read the rest of this story click [COMPLETE ARTICLE.](#)

FINANCE / RETIREMENT

By Adrian Sainz Associated Press



Retirees Who Counted On Home Equity

The safety net is almost gone, the nest egg is cracking. Many Americans have recently found themselves changing retirement plans after losing a substantial amount of home equity as the housing market and the overall U.S. economy struggle.

These folks face years of living on fixed incomes from pensions, 401Ks or IRAs, and Social Security, but don't have the time to recover their losses.

To read the rest of this story click [COMPLETE ARTICLE.](#)

SOCIAL SECURITY

By Michael Mandel



Is Social Security a Ponzi Scheme?

In the aftermath of the Madoff implosion, quite a few people have pointed out the parallels between a Ponzi scheme and Social Security. Arnold Kling has written:

"I've been thinking that Madoff is a perfect analogy for the public sector. The government gives people money, which it expects to obtain by taking the money from people in the future. Even the Center on Budget Policy and Priorities, not known as a right-wing organization, sees the U.S. fiscal stance as unsustainable (pointer from Ezra Klein via Tyler Cowen)-in other words, a Ponzi scheme."

To read the rest of this story click [COMPLETE ARTICLE.](#)

St. Louis / Illinois Aging-Focused Professional Groups

Breakthrough Coalition - Started 1991. Contact Information: John Rothbarth, President. Phone: 636-225-2442. Email: john@stlouisti.mes.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.breakthroughcoalition.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_stacey@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, February 9, 2009

The next Alzheimer's Association's *Getting Connected* program will be held from 6:30 - 8:00 pm at the new St. Louis Chapter Office building, located at 9370 Olive Blvd. St. Louis, MO, 63132. The program is designed for people with memory loss and those concerned about their loved one's well-being. Registration is

required in advance. To register call 800-272-3900.

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@abr.axas.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



- (1) **St. Paul's Home** is seeking a compassionate resident and staff oriented ADON (Assistant Director of Nursing) to support the DON and

Administrator. Requires excellent interpersonal, organizational and communication skills to mentor and orient new staff and assist with staff development. This is a non-traditional position and will be based on our evening

shift hours. Our community is proud of its exceptional history and is seeking a candidate who is flexible with work hours and has the ability to think critically and creatively to find solutions. Must possess IL RN license, previous experience in LTC setting with good understanding of state regulations. For consideration submit resumes to: Lee Schmidt RN, Director of Nursing or Len Rhine, Executive Director, St. Paul's Home, 1021 West "E" St. Belleville, IL 62220. Fax 618-233-2109 / Email: LRhine@St.Andrews1.com EOE.

- (3) **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.

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



- **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 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.
- **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.
- **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. For more information call Sandy at 314-727-9202 or email: singerinstitute@yahoo.com.
- **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 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.

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

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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 *St. Louis Times Resource Guide*, *St. Louis Times Geriatrics Symposium*, *St. Louis Times Funfest*, or the *St. Louis Times Express*, call John Rothbarth at 636-225-2442, visit our website at www.stlouistimes.com or send an email to john@stlouistimes.com.

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