

# st.louis **norc**news

—est. 2004

July 2018

Volume 15, Issue 3

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**Grab your dancing shoes and mark your calendar for our annual summer evening event!**

### *Dancing Under the Stars*

with music by  
**Gateway City Big Band**  
(a 17 piece band with vocalists)

Hors D' Oeuvres and Dessert  
Thursday, August 23 | 6:30 - 8:30pm  
JCC Banquet Center  
\$5 per person  
\$10 after August 1st

Invitations with RSVP cards will be mailed to NORC Members and Friends in late July.

*Thank you to the Women's Auxiliary Foundation for Jewish Elderly for generously underwriting this special program.*



### **SAVE THE DATE for**



**Jean's Bus Trip to Historic Ste. Genevieve**  
**Wednesday, October 24: 8:00AM—5:30PM**



Please join St. Louis NORC for an extra special fall trip to honor the legacy of special friend and supporter, Jean Payuk. Enjoy an autumn day in the historic river town of Missouri's earliest settlers, Ste. Genevieve. Your adventure includes tours of a French colonial town with homes, demonstrations at ASL Pewter, wine tasting, shopping and dining at Old Brick House. St. Louis NORC handles all of the details to ensure your enjoyment. This trip is generously underwritten by the Women's Auxiliary Foundation for Jewish Elderly. Look for flyer in upcoming mailing with pricing and reservation deadlines.

## Sarah's Sentiments

Dear Neighbors,

It is hard to believe that I am about to celebrate my first anniversary as your St. Louis NORC Manager. The feelings I have about this milestone are similar to the ones I felt when my daughter turned one this past January—joy, gratitude and enthusiasm about the future.



**Joy:** *We did it!* In NORC's almost 15 year history, this was the first time we had a new manager. I am happy to report that we continue to have a thriving community with wonderful members, volunteers, community partners, and staff.

**Gratitude:** *It takes a village...and our village is awesome!* Thank you to NORC staff- Laura Press Millner and Joan Hirst- for the vital role they played in ensuring continuity of NORC's quality programs, activities, and volunteer services throughout the leadership transition. Thank you to our many community partners—those with whom we've had longstanding relationships and those that we are just getting to know— for your commitment to working collaboratively to support our neighbors and their desire to remain living in their current homes for as long as possible. Thank you to our members, friends, volunteers, and advocates —for the privilege of letting us into your lives; for sharing your time, skills, ideas and resources with our community; for recruiting others to get involved; for being our cheerleaders locally and statewide; and for contributing to NORC's sustainability. Thank you to our funders- for recognizing the value and impact of our program and enabling us to continue this meaningful work. Finally, let us acknowledge and show appreciation to the many who delivered us to this point through hard work, passion and vision.

**Enthusiasm about the future:** *Compassion drives achievement of goals.* Building on the strengths of the past, we look forward to advancing our mission of supporting neighbors' desires to live in their homes and communities for as long as possible by continuing to increase our network and resources. As Maya Angelou so eloquently said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." I hope that these sentiments are reflective of your NORC experience and that you always feel a part of a community that values you and maximizes your quality of life.

Wishes for a healthy and happy summer,

*Sarah Z. Garrison*

This summer, St. Louis NORC is delighted to be joined by a practicum student, Britt Lueken, from the Brown School at Washington University in St. Louis. Britt will graduate with a Masters in Social Work in August. Until then, she will be working with the NORC team to assist with programs, outreach and program evaluation. To learn more about Britt, please see page 7.

## **ANNUAL Tax Deductible Membership Benefits** **(\$35 Ind./\$50 Couple)**

- EARS to YOU!! Mobile Hearing Healthcare Services. Special NORC pricing.  
Contact Jane Manhart: 636-448-6760 or [earstoyoustl@yahoo.com](mailto:earstoyoustl@yahoo.com)
  - Foot-Loose Foot Care - reduced pricing. Contact Krista Sieve: 314-550-8824
  - LifeFone Personal Emergency Response & Safety System Discount.  
Contact David: 761-6157
  - Concierge Services by Staff for Community Resources, Referrals, Personal Attention
  - Reduced Staenberg Family Complex Fitness Center (JCC) Membership Fees **(M-F 10 AM-3 PM)**
  - Minor Home Repair and Yard Work by Screened and Trained Volunteers
  - In-home Computer Assistance
  - NORC Advantage Card Discounts at Local Merchants
  - On-site Monthly Nurse Visits (health consultations and blood pressure screenings)
  - Cultural, Educational, and Health & Wellness Programs
  - Professional Home Safety Assessments with a Skilled Occupational Therapist, and  
Modifications at 50% Off the Total Cost of Equipment and Installation
  - Day Trips with Transportation
  - Opportunities to Meet and Engage Socially with NORC Neighbors
  - Quarterly NORC News (Newsletter) with Information, Resources, and Activities
- Membership is based on a calendar year, January through December. Dues are not prorated.**



## **Thank You To Our NORC Donors!**

We are very appreciative of the following for their generous, tax deductible support.

### **INDIVIDUAL CONTRIBUTIONS**

Henrietta Anokhin  
Bernice Brandmeyer  
Faith & Larry Comensky  
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Lois Young

***In appreciation of volunteers***  
Joan & Frank Bacolla, Dorothy Brown, Jane Concannon, Marge Fenster, Judy & Mickey Ferdman, Ida Motchan, Beverly Silverman, Anonymous

***In appreciation of Eric Harris***  
Marilyn Scherrer

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Ann Greenstein, Marsha Medley

***In appreciation of Jim Struckel***  
Zhanna Gorelik

***In appreciation of Bill Wilcox***  
Merilyn Moonshine

### **TRIBUTES**

***In appreciation of  
NORC members and staff***  
Jim Keane

***In memory of Mark Badasch***  
Anonymous

***In memory of Mari Lou Bokern***  
Marian Shapiro, Donna Zoeller, Anonymous

***In memory of Lester Figus***  
Pearl, Glen and Debra Figus

***In memory of Frieda Fixman***  
Ellen & Bruce Horwitz

***In memory of Stanley Goodman***  
Lynne and Jerry Krug

### **CORPORATE AND FOUNDATION**

Edward and Thea Lawton Foundation, c/o Evelyn B. Goldberg, Trustee  
JCA Charitable Foundation      Woman's Auxiliary Foundation for Jewish Aged



2018


norc member

signature

## The NORC Advantage Card

Thank you to our ongoing NORC ADVANTAGE CARD partners. Present your card to receive offer. Unless otherwise noted, discount is for cardholder only and is for dine-in only.

### RESTAURANTS/FOOD ESTABLISHMENTS

|   |  |  |  |  |  |
|---|--|--|--|--|--|
| <b>The Circle @ Crown Cafe</b><br>8350 Delcrest Drive, 63124<br>M-F, 8am—2pm<br>Free coffee (incl. refill) with any café purchase                         | <b>Crushed Red Creve Coeur</b><br>11635 Olive Blvd<br>15% off after 3pm daily<br> | <b>Fortel's Pizza Den</b><br>567-8900<br>624 N. New Ballas<br>15% off any dine-in or carry-out   | <b>GC Food &amp; Brewery</b><br>11411 Olive Rd<br>20% off any food purchase <u>or</u> \$2 off Sunday brunch<br> | <b>Great Harvest Bread Co.</b><br>7360 Manchester Maplewood<br>Buy one sandwich, get free Signature Sandwich for guest | <b>Kohn's Kosher Meat and Deli</b><br>10405 Old Olive Street Rd<br>10% off any dine-in from prepared food counters |
| <b>Lion's Choice</b><br>12010 Olive Blvd<br>15% off sandwich or meal<br> | <b>McDonald's</b><br>11521 Olive Blvd<br>20% off sandwich/meal purchase  | <b>Ray's Donuts</b><br>12414 Olive Blvd<br>15% off purchase<br> | <b>The Rice House</b><br>11982 Dorsett Maryland Heights<br>10% discount on any purchase at all locations   | <b>Stir Crazy Fresh Asian Grill</b><br>10598 Old Olive Street Rd<br>10% off any purchase daily                         | <b>T.G.I.Friday's</b><br>12398 Olive Blvd<br>20% off table's entire food purchase, available daily                 |
| <b>Pieology Pizzeria</b><br>701 N. New Ballas Road (Creve Coeur only)<br>15% Off Entire Purchase, Dine-In only  |  |  |  <b>O'Fallon Brewery and O'Bar</b><br>45 Progress Pkwy, Maryland Heights<br>20% off in-house purchase         |  |  |

### PERSONAL CARE SERVICES

|  |   |  |  |  |   |
|--|---|--|--|--|---|
| <b>Always There Home Care-Lifefone</b><br>David: 761-6157<br>Discounted rate for emergency response system | <b>AW Healthcare</b><br>Golda: 749-7099<br>Discounted rate = \$18/hr  | <b>Beyond Driving with Dignity</b><br>Vicki: 266-2678<br>\$100 off regular price driving assessments | <b>BrightStar</b><br>819-6000<br>Receive 4 hrs of first 20 hrs of service free   | <b>Cooperative Home Care</b><br>800-466-2337<br>New!! 10% off first 30 days of service | <b>Home Care Assistance</b><br>863-8989<br>Call for discounted rate   |
| <b>Home Team TMG LLC</b><br>863-5976<br>For the first 90 days, buy 9 visits and get 10th one FREE          | <b>Medical West</b><br>725-1888<br>444 S Brentwood, Clayton- 10% off purchase of home med products/equip (restrictions apply) | <b>Private Home Care</b><br>844-785-2273 (toll-free)<br>Discounted rate: \$17/hr                     | <b>Rehabilitation Professionals, Inc.</b><br>991-1978<br>FREE 15-min physical therapy assessment/FREE Monday tai chi at Covenant Place | <b>ResCare HomeCare</b><br>993-2273<br>15% off all services                            | <b>Visiting Nurse Association of Greater St. Louis</b><br>918-7171<br>In-home vaccinations: \$20 plus cost of vaccine (if not covered by insurance) |



#### HomePro Corporation

Ken: 351-5283

10% off in-home accessibility and fall prevention modifications

## RETAIL &amp; COMMERCIAL SERVICES

**Cheryl at Studio Salons—633 N New Ballas #10**

Call for appt: 983-0100).NEW CLIENTS—free cut and blow dry with color.  
Other discounts available.

**Holly B Hair, JS Hair Designs—750 New Ballas**

Call for appt: 960-5311. New clients: free blow dry w/cut or 20% off haircut and style.

**Sport Clips Haircuts- 12426 Olive Blvd (at Tempo Dr). “It’s Good to Be A Guy”**

No appt. needed. Free Shampoo, hot towel, neck and shoulder massage with \$17 Haircut

**Curves -9449A Olive Blvd, Olivette**

New members only: one month free membership

**The J—2 Millstone Campus Drive**

Call 432-5700 for information on NORC discount

**MassageLuxe –12410 Olive Blvd only**

Call 439-5893. \$38 for 1-hr standard massage or \$48 for LuXe facial

**Hartke Nursery**

1030 N. Warson, Olivette  
10% off any cash and carry purchase, **Weds only**.  
Cannot combine w/other offers.

**Schneider/Classic****AireCare**

Kim or Sydney: 991-1137  
New customers: Buy super tune-up (clean/check furnace and A/C unit) and receive 15% off any service for one year. Will purchase 1st new NORC membership

**Electro Savings Credit**

**Union—1805 Craigshire**  
Free document shredding up to 5lbs/calendar quarter for credit union members over age 62. Matches \$5 membership deposit. Call Lisa at 434-6470x1503

**Partyland**

1317 Lindbergh Plaza Ctr  
10% off any purchase

**Dobbs Tire & Auto Center- 9598 Olive Blvd**

Call 991-1013. 5% off any parts or service.

**Valvoline Instant Oil Change- 11333 Olive Blvd**

Call 993-5808. 15% off entire invoice using code #VD020.  
Good at any service center

**Waterway Gas & Wash- 10559 Old Olive St Rd only**

\$5 Express Wash or \$5off any other wash

**The NCJW Resale Shop—295 N. Lindbergh, 63141**

25% discount on full-price items to cardholders only  
314-692-8141

**Creve Coeur Tailor- 10451 Old Olive Street Rd 997-2882**

New customers: 10% discount for 1 yr. Existing customers: one time \$5off. 1-yr home fittings if unable to drive.

**West Oak Cleaners- 11471 Olive Blvd**

15% discount on any incoming dry cleaning

**Crown Vision Center—11615B Olive St Rd**

30% off any product not covered by insurance

**Olive Street Pharmacy– 10420 Old Olive St Rd#103**

\$10 gift card to Panera with any transferred Rx; 15% off retail price on any OTC meds or vitamins. Cal Irina: 736-5555.

**New Jewish Theater at the J—2 Millstone Campus Dr**

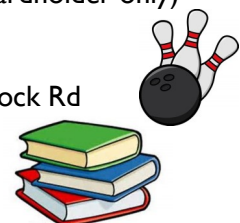
\$5 discount on advance purchase of individual ticket for upcoming season at box office (cardholder only)

**Olivette Lanes- 9520 Olive Blvd- Bowl for \$1/game, M-F, 11am—5pm. 991-0365**

**Pattonville School District Community Education Program- 11907 St. Charles Rock Rd**  
Resident rate on all program offerings (tours excluded). Call Mary at 213-8094

**Saul Brodsky Library- 12 Millstone Campus Dr**

10% discount for first-time members (\$54 w discount/ \$60 w/o discount)





## A Message from Lisa M. Knoll, new CEO of Aging Ahead (formerly Mid-East Area Agency on Aging)



Hello from **Aging Ahead!**

Benjamin Franklin once said, “When you’re finished changing, you’re finished.”

We’ve experienced a great deal of change in recent years and the last few months have been no exception. On April 16, Mid-East Area Agency on Aging introduced its new name, **Aging Ahead**. The name change symbolizes a bright future for the organization and those that look to the agency for support. We are far from finished...there is so much that still needs to be done. Our rebranding, leadership transitions, and program additions have given us a renewed enthusiasm for what we do. But rest assured, regardless of what’s new, we remain committed to the mission that has been with us from the beginning – supporting individuals through the journey of aging.

Aging Ahead is celebrates its 45th anniversary this year. One of 10 Area Agencies on Aging in Missouri, Aging Ahead responds to the needs of people 60 and over in St. Louis, St. Charles, Jefferson and Franklin Counties through senior centers, a comprehensive information and assistance service, and a variety of programming and services to older people. Aging Ahead holds contracts with other agencies to provide much needed services to our adults, including kosher congregate and home-delivered meals (Covenant Place, Crown Center, and the J) adult day care (The J), ombudsman services, long-term care information, legal services, in-home and respite services and transportation.

So yes, today we celebrate what’s new and exciting. At the same time we roll up our sleeves and commit to meeting tomorrow’s challenges. As with all journeys, we may take some unexpected turns. But one thing is clear: our amazing staff, our dedicated volunteers, community partners like St. Louis NORC and our steadfast commitment to the people that we serve will remain our common denominators.

I invite you learn about all that Aging Ahead has to offer by visiting [www.agingahead.org](http://www.agingahead.org) or calling to speak with one of our Community Options Specialists at 636-207-0847.

Thank you for being on this journey with us!

A handwritten signature in black ink that reads "Lisa M. Knoll". The script is fluid and cursive.



## Volunteer News

by Joan Hirst, M.A., Outreach, Support and Volunteer Specialist



Spring has been a busy time for NORC volunteers! Between the beginning of April and mid-June (our deadline for this newsletter), 41 NORC member requests for volunteer services were completed over more than 61 hours by our mighty team of community volunteers. An additional 30 NORC households benefited from the spring yardwork from Washington University's Sigma Alpha Epsilon fraternity and St. Louis University's Alpha Phi Omega's co-ed service fraternity.

April is National Volunteer month, and to celebrate and thank our wonderful NORC and Community Volunteers, NORC hosted the annual Volunteer Appreciation Luncheon. Over 50 men and women socialized with other volunteers while enjoying a delicious catered meal. Through the generosity of the Harris-Newman Fund of Women's Auxiliary Foundation, our guests were entertained by the talented and charming St. Louis Strutters. Pictures from the event can be found on page 8.

If you have an interest in volunteering with NORC, I'd love to hear from you. In addition to helping neighbors minor home repairs or computer troubleshooting, we're looking for volunteers to make reminder phone calls, assist with event planning, recruit new businesses for NORC Advantage discounts, host programs in their homes, lead programs or activities and help with office work.

Wishing you a wonderful summer!

*Joan Hirst*

## Meet Britt Lueken, MSW Candidate & Summer NORC Intern



*Can you tell us a little about yourself and your background?*

I grew up in St Louis, and although I've moved away a few times, I seem to always return! My undergraduate degree was in fine arts. Being an artist, which allowed me to travel and live abroad, was a wonderful way study people and cultures. Eventually, I got my certification in Montessori education and taught for several years before deciding to pursue a social work degree. In August, I will finish an MSW program at the Brown school, concentrating in mental health and aging societies.

*What got you interested in working with older adults?*

I was a caregiver for my grandmother who had dementia. Although this kind of thing can be challenging for everyone involved, in some ways it was also the best time of my life. That experience was invaluable because of what I learned from observing her and how her relationships with her children changed, and also our own relationship evolved and grew stronger. There were definitely challenges, but there were also many lessons, funny stories and beautiful moments. Some families may see themselves in this story. There is a growing need for support of those who are getting older and the families and friends who care for them. I want to support others so that they can experience the beautiful moments that are possible when we care for each other in difficult times.

*"Meet Britt" continues on page 10...*

## NORC Comings and Goings...



Here are a couple of pictures from NORC's Volunteer Appreciation Luncheon. For more information about the luncheon, please read the story on page 7.



Following a tour of STL Style House on Cherokee Street, NORC members and friends enjoy lunch at Hodak's.







**NORC members and friends pursue engagement in arts and culture across media: Ed Farber's Drawing Class (top left); Joanne Szapszewicz's Creative Expressions Art Group (top right); Community Concert with OASIS Jazz Ensemble (immediate left); 2018 Storytelling Festival (bottom left); and take in the beauty of Edwardsville, IL.**



**Thank you, Washington University Occupational Therapy Students, for leading an interactive and informative program on how to prevent falls !**



## On Your Health...

by Joan Hirst, M.A., Outreach, Support and Volunteer Specialist

What happened to spring? Seems like we went straight from winter to summer in St. Louis! When the temperature rises above 90 degrees and the heat index makes it feel like 100 + everyone needs to take special precautions, especially older adults. Hot temperatures can cause health problems for a variety of reasons. Here are some simple guidelines to keep you safe and comfortable during the summer months.

### 1. STAY HYDRATED!

A loss of water in the body can be serious. Make sure you are drinking plenty of cool water, clear juices, and sports drinks that contain electrolytes which help regulate your heartbeat. Limit or avoid caffeine and alcohol as they can dehydrate you. Signs and symptoms of dehydration include weakness, dizziness, muscle cramps, confusion and in some cases passing out. When the hot weather is making you sick it could also be heat stroke (a dangerous rise in body temperature) or heat exhaustion (caused by dehydration and too much heat) which can be very dangerous to your health. If you experience any of these symptoms call your doctor or 911.



### 2. DRESS APPROPRIATELY

Whenever possible wear light, loose fitting clothes. Avoid wearing dark colors as they absorb heat. When outside, wear a wide brimmed lightweight hat to protect your head and ears from getting sunburned. Placing wet, cool towels on your neck and wrists will help to keep you cool as well.

### 3. PROTECT YOUR SKIN

Always protect your skin by using a broad spectrum sunscreen with a sun protection factor (SPF) of at least 15 or higher. Follow the directions carefully when applying.



### 4. STAY OUT OF THE SUN

Plan your outdoor activities such as walking and gardening early in the morning or after the sun sets. Remain in air conditioned spaces as often as possible. Sometimes air conditioning can be expensive! Folks over 65 with limited incomes may qualify to have the cost of their utilities covered through The Federal Low-Income Home Energy Assistance Program (LIHEAP). For info, call 1-866-674-6327.

Contact the Membership Office at the J (442-3124) to learn how you can cool off and stay fit this summer with their pools, indoor track, exercise equipment and fitness classes.

*continued from page 7...* **Meet Britt Lueken, MSW Candidate & Summer NORC Intern**

*What are you most excited about in working at the NORC?*

I am impressed by the work that NORC does to help older adults stay connected with each other, engaged in the community and live safely in their homes for longer. Working and learning from the staff and volunteers at NORC is very exciting! I am most excited about getting to know the NORC members and participating in some of the activities.

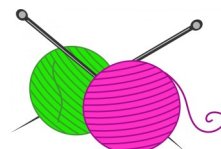
## Program News

**All St. Louis NORC programs in The Gathering Place (TGP) at the JCC or the Jewish Federation Building are open to the entire community. We welcome your attendance!**

**!!!! FREE TAXIS AVAILABLE FOR NORC PROGRAMS !!!! CALL 442-3255**

### **NORC Knit, Crochet and Craft Group with Covenant Place**

NORC Knit Group is collaborating with Covenant Place to meet for a weekly knit group. Enjoy socializing, knitting, crocheting, crafting and receiving instruction from volunteer knit expert, Jerri Livingston on Tuesdays at 1:15 pm in the Covenant II building, Lower Level (near the Management offices). All welcome. Contact Laura at 442-3255 for information, directions and to RSVP.



### **The Hidden Truth About Pain— Monday, July 23: 1PM - 3PM**

Pain does not discriminate. Join a discussion about what pain is, how it can be treated and possible complications that may result from pain. Offered by Kim Hoff, Pharm D, in partnership with St. Louis OASIS. Space is limited. The Gathering Place at the JCC. RSVP to Laura: 442-3255.



### **Bagel Tasting and Conversation— Monday, August 6, 1- 2PM**

There's no doubt that bagels bring people together. Whether you've enjoyed their round doughy goodness for decades or you feel like these rolls with holes are only "so-so," this fun social event is for you. Led by Max Oppenheimer with Brentmoor Retirement Community, enjoy sampling bagels and share recollections of your favorite bagels, shmear and related memories. Space is limited. The Gathering Place at the JCC. RSVP to Laura: 442-3255.

### **Chocolate Factory Tasting & Tour —Thursday, September 6: 9:15AM—2:30PM**

Ever wonder how realistically Lucille Ball portrayed work in a chocolate factory's assembly line?

Answer this question and fulfill a childhood dream by touring the **Chocolate**

**Chocolate Chocolate Company** factory, candy kitchen and world headquarters!

Get in the action on the factory floor so you can see, hear, smell and taste chocolates right in front of your eyes! Payment is due at time of RSVP. \$15/person. Advance reservations required. RSVP to Laura: 442-3255.



### **St. NORC's New Drama Group Debuts this Fall!**

Through prepared scenes and monologues, improvisations and theater games, as well as original student work, you will increase creative skills, improve memory and concentration, boost self-confidence, and enjoy a positive group experience. No theatrical experience required. Call Laura to express your interest now at 442-3255. This new drama group is made possible through the generosity of the JCA Charitable Foundation. Open to all.





## 2018 Membership Application For St. Louis NORC Residents Age 60+

**Please print (or update information if renewing-no need to FULLY complete if all same):**

Name: \_\_\_\_\_ Gender: ☐ F ☐ M

Name: \_\_\_\_\_ Gender: ☐ F ☐ M

Address: \_\_\_\_\_ Apt # \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_(M)

Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_(F)

May we send your NORC calendars via email? (must have email address listed) ☐ Yes ☐ No

We take photos at NORC programs to use in our newsletters and/or website. Do you give your consent for your photo to be used for those purposes? ☐ Yes ☐ No

Do you have an interest in volunteering with the NORC Program? ☐ Yes ☐ No

### Emergency Contact Information:

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Home/Cell Phone: \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Address: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Do you typically need transportation to NORC programming? (Optional) ☐ Yes ☐ No

Are you willing to provide your neighbors with rides to NORC programs? ☐ Yes ☐ No

Would you like your address and phone number published in a Membership Directory and distributed to other members? (Inclusion guarantees you a copy of the Directory.) ☐ Yes ☐ No

Please make checks payable to St. Louis NORC and write  
"Jewish Federation of St. Louis-Membership" in the memo line.

Amount Enclosed: ☐ \$35 (individual) ☐ \$50 (couple)

Additional Contribution to Support St. Louis NORC: \$ \_\_\_\_\_

*Please mail this application with your check for your continued access to all NORC benefits to:*

NORC Membership • 12 Millstone Campus Drive • St. Louis, MO 63146

Contact Sarah Z. Levinson, NORC Manager, with questions at 442-3859 or [slevinson@jfedstl.org](mailto:slevinson@jfedstl.org).

#### FOR OFFICE USE ONLY

Date Rec'd \_\_\_\_\_ DB Entry \_\_\_\_\_ Payment Amount \_\_\_\_\_



## Something to Think About...

### Odd Couples Housing: Roommate Solutions for Seniors & Millennials



We recently sat down with Lauren Tucker of Odd Couples Housing Inc., to learn more about the unique service offered by the St. Louis based company founded in 2017. Here's what we found out:

#### **What is Odd Couples Housing?**

It is a unique service that brings together *healthy and active* older adults, residing alone, with compatible and responsible younger adults to share housing. Living and learning together, the two generations find mutual support, share expenses and household responsibilities, and discover a range of social and educational benefits.

#### **What are the benefits for the younger adult?**

Many younger adults incur significant debt as they complete their studies. Others are looking for a housemate because they enjoy the companionship. Participating in Odd Couples Housing mitigates debt through reduced rent, shared utilities and other living expenses. As a way of giving back, the younger adult may take on a few hours of mutually determined chores.

#### **What are the benefits for the older adult?**

Odd Couples Housing helps healthy and older adults stay in their own home. Under this arrangement, they preserve their safety and independence, and with the help of a younger housemate, also can save money on household maintenance and chores such as lawn cutting, snow shoveling, pet walking, cooking, shopping, transportation and technology support. Most importantly, older adults acquire new sources of friendship, support, and security in the own home and community.

#### **How does Odd Couples Housing make the connection?**

Visit our website at [oddcoupleshousing.com](http://oddcoupleshousing.com). Each of the parties complete an application designed to identify potential housemates who may be compatible. Odd Couples Housing provides continuous support throughout the connection process and subsequent living arrangement.

#### **How can I learn more about Odd Couples Housing?**

Email: [communications@oddcoupleshousing.com](mailto:communications@oddcoupleshousing.com)

Phone Number: 314-925-2003

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## What's New with Dinner at Covenant Place?

As of July 1, Covenant Place will begin to oversee the weeknight dinner program that was previously coordinated by Kitchen J. A kosher dinner provided by Simon Kohn's will be served Monday—Friday at 5pm for a suggested donation of \$3.50 for individuals age 60 and over; advance reservations are required. In light of this exciting change, Covenant Place seeks volunteers to help serve dinner between 4– 6 pm on weekdays. To learn more, contact Jessica at [jwax@covenantplacestl.org](mailto:jwax@covenantplacestl.org) or 432-1610 x1321.

Kitchen J will continue to provide kosher home-delivered meals. Contact Kitchen J at 442-3143.

Weeknight dinner and home-delivered meal programs receive funding from Aging Ahead (see page 6) and the Jewish Federation of St. Louis.

## Upcoming Events In and Around the NORC

Reservations preferred for all programs regardless of an associated cost. Call Laura at 442-3255. (TGP = The Gathering Place) **FREE TAXIS FOR PROGRAMS.**



Laura Press Millner

**Tuesdays, July 3, 10, 17, 24—Chair Yoga**, RSVP required. 11-11:45AM. TGP at the JCC.  
**Tuesdays, July 3, 10, 17, 24—Current Topics Discussion**. 12:30-1:45PM. TGP at the JCC.  
**Tuesdays, July 3, 10, 17, 24—Knitting, Crafts and More**. 1:15PM. Covenant II. See page 11.

**Wednesday, July 4—NORC OFFICES CLOSED FOR INDEPENDENCE DAY HOLIDAY**

**Wednesday, July 5—South City Favorites Bus Trip**: Visit Souland for produce and Ted Drewe's for custard. 9:30AM –1:30PM. \$10 and cost of custard (no formal lunch). RSVP required to 442-3255.

**Monday, July 9—Monthly Film Series: The History of Women's Achievement in America, Part 2**. Film and discussion. 1– 2PM. TGP at the JCC . RSVP to 442-3255.

**Mondays, July 9, 16 and 23—Drawing Classes with Ed Farber**, artist and NORC Member. New and returning students welcome. Supplies provided. Space Limited. 11AM-Noon. TGP at JCC. RSVP to 442-3255.

**Thursday, July 12—Coffee Talk with Ted Gottlieb**—Financial planning for retirement round table discussion. Space Limited. 10:30-11:30AM. TGP at JCC. RSVP to 442-3255.

**Wednesday, July 18—Ask the Nurse**—Community nurse from ResCare available for blood pressure checks, health questions, etc. 10:15AM-12:15 PM. TGP at the JCC.

**Wednesday, July 18—Creative Expressions Art Group with Artist Joanne Szapszewicz** – Express thoughts and emotions through creativity at this monthly art group. Art Journal is required for class. Space is limited. 10:30AM-Noon.TGP at JCC. RSVP to 442-3255.

**Thursday, July 19—"Pedaling for Paws"** - Advocate, educator and volunteer, Gail Velton, will share her adventure of raising awareness and funds for the Humane Society as she bicycled across America. 1-2PM. TGP at JCC. RSVP to 442-3255.

**Thursday, July 19- Dinner Out with NORC Neighbors**. 4:30PM. Cost on Own. Contact Joan for location and to RSVP: to Joan at 442-3834.

**Friday, July 20 - Book Club**. Call 442-3255 for book of the month. 1-2:30 PM. TGP in JCC.

**Monday, July 23—OASIS presents "Hidden Truths About Pain"** with Kim Hoff, Pharm D. See page 11 for more information. 1-3PM. JCC TGP. RSVP to 442-3255.

**Thursday, July 26—Bus Trip to St. Louis Science Center's "Destination Moon" Exhibit**- \$16 plus cost of lunch on own. 9:30AM –2:30PM. RSVP required to 442-3255.

**Friday, July 27 - Men's Breakfast at McDonalds Creve Coeur** (11521 Olive Blvd.) 9-10 AM.

**Monday, July 30- Brain Games with Wii**- Play Jeopardy and Wheel of Fortune. 1-2 PM. TGP in JCC

**Wednesday, August 1- WWI Exhibit Bus Trip to Old Ordinance Room, Museum at Jefferson Barracks Historic Site**. \$15 and cost of lunch on own. 9:30AM –2:30PM. RSVP required to 442-3255.

**Thursday, August 2—Highlights of Barcelona, Spain**, with Linda Nash, NORC members, professor, author and world traveler. 1-2PM. TGP at the JCC.

**Monday, August 6—Bagel Tasting** with Brentmoor Retirement Community's bagel expert, Max Oppenheimer. See page 11 for details. Space is limited. RSVP to 442-3834. 1-2PM. TGP at the JCC.

**Tuesdays, August 7, 14, 21, 28—Chair Yoga**, RSVP required. 11-11:45AM. TGP at the JCC.  
**Tuesdays, August 7, 14, 21, 28—Current Topics Discussion**. 12:30-1:45PM. TGP at the JCC.

**Wednesday, August 8—Intergenerational Twin Day Celebration! 4-5PM.** Calling all twins! You are invited to a laid back get together with light refreshments and great conversation at a private home Please RSVP to Sarah at 442-3859 or [slevinson@jfedstl.org](mailto:slevinson@jfedstl.org) by 8/1.

**Thursdays, August 9 & 16—"Outsmart Your iPhone" Parts 1 & 2 with Richard Walker—Review** features and capabilities. Bring fully charged iPhone. Space is limited. **1- 3PM.** TGP at JCC. RSVP to 442-3255.

**Monday, August 13– Monthly Film Series: The History of Women's Achievement in America, Part 3.** Film and discussion. **1– 2PM.** TGP at the JCC . RSVP to 442-3255.

**Wednesday, August 15– Ask the Nurse—Community nurse from ResCare available for blood pressure checks, health questions, etc. 10:15AM-12:15 PM.** TGP at the JCC.

**Wednesday, August 15—Creative Expressions Art Group with Artist Joanne Szapszewicz –** Express thoughts and emotions through creativity at this monthly art group. Art Journal is required for class. Space is limited. **10:30AM-Noon.**TGP at JCC. RSVP to 442-3255.

**Thursday, August 16- Dinner Out with NORC Neighbors. 4:30PM.** Cost on Own. Contact Joan for location and to RSVP: 442-3834.

**Friday, August 17 - Book Club.** Call 442-3255 for book of the month. **1-2:30 PM.** TGP in JCC.

**Thursday, August 23 - NORC's Annual Dancing Under the Stars.** Enjoy live music, light refreshments, dessert and mingling. **6:30-8:30 PM.** JCC Banquet Center. \$5pp. Increases to \$10pp after 8/1. Space is limited. RSVP to 442-3255. See page 1 for more information.

**Friday, August 24 - Men's Breakfast at McDonalds Creve Coeur (11521 Olive Blvd.) 9-10 AM.**

**Monday, August 27- Brain Games with Wii-** Play Jeopardy and Wheel of Fortune. **1-2 PM.** TGP in JCC

**Wednesday, August 29- Bus trip to Ulysses S. Grant National Historic Site, including Whitehaven Estate and Museum.**\$10 and cost of lunch on own. **9:30AM –2:30PM.** RSVP to 442-3255.

**Monday , September 3- NORC OFFICES CLOSED FOR LABOR DAY HOLIDAY**

**Tuesdays, September 4 and 18—Chair Yoga,** RSVP required. **11-11:45AM.** TGP at the JCC.  
**Tuesdays, September 4 and 18—Current Topics Discussion. 12:30-1:45PM.** TGP at the JCC.

**Thursday, September 6- Bus trip to Chocolate Chocolate Chocolate Factory Tour and Tasting.** \$15 and cost of lunch on own. **9:30AM –2:30PM.** RSVP to 442-3255. See page 11.

**Monday, September 10 - NORC OFFICES CLOSED FOR ROSH HASHANAH HOLIDAY**

**Tuesday, September 11- NORC OFFICES CLOSED FOR ROSH HASHANAH HOLIDAY**

**Monday, September 17—Silver Screen Series—**Watch for movie announcements in upcoming mailings. OPEN TO ALL. AMC Creve Coeur (10465 Olive Blvd). A program of Maturity & Its Muse. Additional screening dates: Monday, 10/15 and Monday, 11/19.

**Wednesday, September 19- NORC OFFICES CLOSED FOR YOM KIPPUR HOLIDAY**

**Friday, September 21 - Book Club.** Call 442-3255 for book of the month. **1-2:30 PM.** TGP in JCC.

**Monday , September 24- NORC OFFICES CLOSED FOR SUKKOT HOLIDAY**

**Tuesday, September 25- NORC OFFICES CLOSED FOR SUKKOT HOLIDAY**

**Friday, September 28 - Men's Breakfast at McDonalds Creve Coeur (11521 Olive Blvd.) 9-10 AM.**

September is filled with Jewish holidays! If you would like to be paired up with a neighbor to attend services, share a meal, learn more about the holidays, or share your knowledge about holidays, please contact Sarah at 442-3589 or [slevinson@jfedstl.org](mailto:slevinson@jfedstl.org). Open to people of all faiths/backgrounds!



## Naturally Occurring Retirement Community

*Connecting Neighbors. Enriching Lives.*

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### Our Mission

St. Louis NORC supports the healthy aging of older adults  
in their own homes by providing opportunities for meaningful community  
involvement and increased access to support services.

**St. Louis NORC is a nonsectarian program,  
supported in part by the State of Missouri general revenue funds  
and the United Way.**

To discontinue receiving this newsletter, please call 442-3859  
or email [slevinson@jfedstl.org](mailto:slevinson@jfedstl.org) to have your name removed.