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Now Accepting 2020 NORC Membership Applications!

It's not too early to start reaping the benefits of your 2020 NORC membership! Whether you are renewing or signing up for the first time, submit your **completed 2020 NORC application with payment** in person or by mail before 11/12/2019 and enjoy complimentary breakfast AND a chance to win great attendance prizes. **Space is limited.** For a [full list](#) of membership benefits, please turn to page 3. Membership application available on page 11.



St. Louis NORC's 2020 Membership Renewal Breakfast

November 22, 2019

9am to 10:30 am

JCC, Arts and Education, Banquet Center

2 Millstone Campus Dr.

RSVPs required to 442-3255 by 11/12

Breakfast sponsored by Axel Transportation.

St. Louis NORC has a New Office Location!

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



I have some exciting news to share! NORC now has three convenient locations on the Millstone Jewish Community Campus in Creve Coeur! Sarah, NORC's Manager, is in Jewish Federation's Kaplan Feldman Complex and Laura, NORC's Activities Coordinator, remains in The Gathering Place at the J. Over the next few days, I'll be setting up shop at the beautiful new Mirowitz Center. My office, number 150W, is located on the first floor of Covenant Place II Cahn Family Building (8 Millstone Campus Drive).

With the move, the NORC is excited to join forces with an impressive group of providers which include Washington University's Geriatric Primary Care and Weight Management Program & Clinic, RPI Therapy Services, Center for Hearing and Speech, iTN Gateway, Total Foot Care, LLC, Royal Banks of Missouri and HJ's Café (see page 7 for NORC discount). Working in close proximity to likeminded professional will be beneficial to us all.

My role as NORC's Outreach, Support & Volunteer Specialist remains the same. I will continue to coordinate NORC's Volunteer Program and offer resources and services to members. Please note that my phone number (314-442-3834), e-mail address (jhirst@jfedstl.org) and mailing address will all remain the same.

As always, I look forward to seeing you whether it's at a NORC program at The Gathering Place, dinner out at an area restaurant, or at Mirowitz Center.

Sarah's Sentiments

Dear Neighbors,

“Connecting Neighbors. Enriching Lives.” That’s what we are all about.

It’s St. Louis NORC’s tagline and is the principle guiding everything we do.

Established well before I came onto the scene, I’m in awe of how these four simple words so perfectly capture the essence of NORC’s past, present and future .



**st. louis
norc**
Naturally Occurring
Retirement Community
Connecting Neighbors. Enriching Lives.

First, who are our **neighbors**?

They are the people living near and around us. They are individuals over age 60 who wish to live in their homes and communities for as long as possible. They are people of any age with skills, expertise, talents and other resources that they generously share with others. They have a desire to learn, listen, grow and help our community and its individuals thrive.

To whom and what are we **connecting**?

We connect people to each other so that they may build meaningful relationships, have fun, learn new things, and share knowledge and experience. We help people identify resources and partners who will help them live their best lives and support them as they work towards achieving goals and addressing challenges.

What’s this about **enriching lives**?

How St. Louis NORC enriches the lives of its members, volunteers and staff is unique to each individual. For one person, it may be the satisfaction they get from leading a class. For another, it may be the joy of making new friends with common interests through book club, knitting group, current events discussions, a day trip, or a monthly card game. Others find great joy and fulfillment from giving a neighbor a ride to a program or activity, helping to plan or set up for an event, baking a gourmet cake for NORC staff (that has really happened!), or making a donation in appreciation of service provided by a skilled minor home repair/technology volunteer.

As we kick-off our 2020 Membership drive, please know how much we value all of our members, volunteers, community partners and donors. It is your support that enables St. Louis NORC to thrive year after year. Whether you realize it or not, your participation truly enriches lives. And while you may not utilize all of NORC’s benefits today, your membership makes it possible to support and enhance the lives of so many others.


Please review the 2020 Membership Benefits on page 3 and learn more about added benefits for our Friends of NORC. Complete and send in your 2020 Membership application (pages 11-12) with payment early so that you may enjoy breakfast sponsored by Axel Transportation on November 22.

Warmly and with gratitude ,

Sarah Z. Johnson

Signing up for NORC Membership in 2020 Has Its Benefits!

Whether you are renewing your NORC membership, signing up for the first time, or are recruiting a friend to join, THANK YOU! Your tax-deductible dues are vital to the sustainability of NORC and support the healthy aging of people in their own homes! We are committed to providing the quality programs and services that you've come to know and trust. Membership options and what they include are listed below. Please note that in 2020 all members receive a NORC Advantage Card with discounts to area businesses. Complete application on pages 11-12. Questions? Call 314-442-3859.

BENEFITS of 2020 NORC MEMBERSHIP	NORC Members live <u>within</u> NORC's geographic boundaries	Friends of NORC live <u>beyond</u> NORC's geographic boundaries
Quarterly NORC newsletter with useful resources	✓	✓
Bi-monthly calendars with upcoming events	✓	✓
Member discount for NORC activities, including day trips	✓	✓
Cultural, educational, health & wellness programs, including onsite monthly nurse visit with blood pressure checks	✓	✓
Opportunities to engage socially with peers	✓	✓
NORC Advantage Card discounts to area businesses	✓	✓ 
Reduced Membership Fees to Staenberg Family Complex Fitness Center (JCC) Monday-Fri, 10am—3pm	✓	
Services by trained and screen volunteers: minor home repair, in-home computer assistance, bi-annual yardwork	✓	
Home safety assessment with discount on equipment & installation *Restrictions apply—inquire for details	✓	

Thank You To Our Generous Donors!

INDIVIDUAL CONTRIBUTIONS

Shirley & Roger Clausen	Marian Shapiro
Eileen Edelman	Sue & Larry Slater
Charles Hohenberg	Carl Solomon
Nancy & Maury Kastner	David Sussman
Donna Lieberman Warwick &	
Evelyn Lieberman	Judith Ugalde
Michael & Gigi McKinzie	Pearl Willis
Juanita Phillips	Debbie & Leon Zoller
Adrienne Rosen	Irvin Zwibelman

"I wish to make a donation to NORC in recognition of kindness shown to me at a recent NORC function by Diane and Larry Levy."
Gratefully yours, Joan Althaus

IN APPRECIATION OF NORC VOLUNTEERS

Joan Althaus	Marolyn Keshner
Mickey & Judy Ferdman	Ruthellyn Roufa
Zhanna & Moysey Gorelik	Lois Sher
Ann Greenstein	

IN MEMORY OF MICHAEL ALTMAN

Harvey & Carolyn Altman

IN MEMORY OF NORMA JEAN HANSON

Gloria Zoole

IN MEMORY OF JIM STRECKER

Karen Berry Elbert

IN HONOR OF JOAN HIRST

Marge Fenster

Message from



1-800-390-3330
www.missouricclaim.org

A Trusted Community Resource for Medicare Information

CLAIM is Missouri's State Health Insurance Assistance Program (SHIP) program and provides **free, confidential, unbiased** health-insurance counseling to Medicare-eligible Missourians and their families, caregivers, and professionals. Trained and certified volunteer counselor's help Missourians make informed choices about their Medicare options and understand their benefits. Helping consumers to make informed decisions may improve their access to health care and better health.

Medicare enrollment
Medicare Prescription Drug Coverage
Employment and retirement health benefit questions
Supplemental insurance policies
Medicare Advantage options, such as HMOs and PPO
Assistance with Appeals and Grievances
Public benefit programs
Fraud and abuse
Explanation of Medicare preventative benefits

Certified counselors and a statewide network of local Community Partners like St. Louis NORC form the heart of the CLAIM program. CLAIM has more than 300 certified counselors providing local Medicare counseling in 180 Missouri locations.

Those enrolled in Medicare, caregivers, and professionals who have concerns or questions can also call CLAIM's toll-free helpline, **1-800-390-3330**. Customer service representatives gather information from the caller and then locate a local volunteer to follow-up and provide assistance. The counselors then set up an appointment or provide the information by phone.

Sign up for an individual appointment with a CLAIM consultant to see which 2020 Medicare Part D plan is best for you. Set up a 45-minute appointment and bring your list of medications. Appointments at the Mirowitz Center (8 Millstone Campus Drive) available on **Friday, November 8** or **Thursday, November 14** from **9am—12pm**. **RSVP to 442-3255**.

What Can You Do During 2020 Medicare Open Enrollment October 15—December 7

- Change from Original Medicare to a Medicare Advantage Plan.
- Change from a Medicare Advantage Plan back to Original Medicare.
- Switch from one Medicare Advantage Plan to another Medicare Advantage Plan.
- Switch from a Medicare Advantage Plan that doesn't offer drug coverage to a Medicare Advantage Plan that offers drug coverage.
- Switch from a Medicare Advantage Plan that offers drug coverage to a Medicare Advantage Plan that doesn't offer drug coverage.
- Join a Medicare Prescription Drug Plan.
- Switch from one Medicare drug plan to another Medicare drug plan.
- Drop your Medicare prescription drug coverage completely.



Connect with Community Partners

St. Louis NORC is grateful for partners who provide wonderful opportunities for enrichment and engagement in our region. In this new feature, we are pleased to promote opportunities we think may be of interest to you!



The **Center for Jewish Learning (CJL)** invites you to discover the richness of Jewish learning through our 2019-2020 adult education courses. CJL, a division of the Jewish Federation of St. Louis, offers a wide selection of courses for adults with varied interests and from all faiths and backgrounds.

All classes are taught by experienced teachers who welcome and value every learner.

The CJL Adult Education print catalog is available now at the Kaplan Feldman Complex (Jewish Federation building), the J, Kohn's and area congregations. To view courses and to register, go to: JFedSTL.org/Adult-Education. To register over the phone or in person, contact Kathy Schmeltz at KSchmeltz@JFedSTL.org or 314-442-3761. **NORC Discount—10% off all classes!**

Here's a sampling of CJL's offerings:

- Play reading and discussion course offered by Kathleen Sitzler
- "Israel's Foreign Policy," taught by Dr. Elai Rettig of Washington University in St. Louis
- "Jewish Responses to Life's Most Challenging Questions," a mini-course co-led by Rabbi Tracy Nathan and Dr. Harold Braswell.
- Modern and Biblical Hebrew, Jewish history, Bible and Talmud, & contemporary Jewish literature.

Scholarships are available through an easy and discrete process by contacting Rabbi Tracy Nathan at RabbiNathan@JFedSTL.org or 314-442-3767. She can also answer questions if you would like to learn more about the courses themselves. Hope you will join CJL for learning in 2019-2020!



The **41st Annual St. Louis Jewish Book Festival** runs **November 3-15, 2019**.

The Festival is nationally recognized for its excellence and size. Authors represent a range of topics with presentations throughout the day. All sessions include a presentation, Q&A and an opportunity to meet the author during book signing. Most events take place at the J's Staenberg Family Complex at 2 Millstone Campus Dr. Festival schedules are available at the J or online at <https://jccstl.com/>



The **New Jewish Theatre's (NJT) 2019-2020 Season** presents:

- Neil Simon's *Brighton Beach Memoirs*, October 10-27, 2019
- *Fully Committed*, December 5-22, 2019
- *My Name is Asher Lev*, January 23—February 9, 2020
- *We Are the Levinsons*, March 19-April 5, 2020
- Stephen Sondheim's *Putting it Together*, May 7-24, 2020

NORC DISCOUNTS!! The **JBF and NJT** generously offer **NORC members \$5 off advance purchase of individual ticket. Must present NORC Advantage card to receive discount.**

Caregiver Connections at the **Adult Day Center at the J** (2 Millstone Campus Dr)

Caregivers share challenges, solutions and resources with insight, guidance and support from trained facilitators. Meets first Mondays from 3-4:40pm and third Fridays from 10-11am. Contact Kristen Conard, 314.442.3261





New ID Requirements in Missouri



Beginning **October 1, 2020**, residents of every U.S. state and territory will be required to present a REAL ID-compliant driver license or ID card, or another form of ID accepted by the Transportation Security Administration, to board **federally regulated domestic flights**.

Missouri's REAL ID-compliant driver licenses and nondriver ID cards will have a star in the upper right-hand corner. A license or ID card that is not compliant with REAL ID will have "Not for REAL ID Purposes" in the upper righthand corner.

Customers were able to apply for a REAL-ID compliant Missouri driver license or nondriver ID card beginning March 25, 2019. **HOWEVER**, your Missouri-issued license or ID card that was issued prior to March 25, 2019, will give you the same access as a REAL ID-compliant license or ID card until October 1, 2020

If you have a current Passport book, you may use that in place of a REAL ID. For more information, visit www.dor.mo.gov/drivers/real-id-guide or contact your local license office.

Source: Missouri Department of Revenue

WANTED: Drivers and Riders for



iTNGateway is a nonprofit ride service for older residents that started in St. Charles County and has also covered St. Louis County's central corridor since last May. iTN Gateway's St. Louis County office recently moved to the Mirowitz Center, located at **8 Millstone Campus Drive**. iTN, which stands for Independent Transportation Network, is unusual because most rides are provided by volunteer drivers dispatched in their own vehicles. In return, the drivers can get credits they'll be able to use to pay for rides themselves when they no longer can get on the road. Another option is mileage reimbursements, although most prefer the credits. Ride credits can be banked for future use or can be donated to a family member. Applications available at Mirowitz Center or at <http://www.itngateway.org/>

Interested in becoming a driver? Provide one afternoon a week or a few hours during the month. Receive training and iTNGateway will arrange your driving assignments and routes around your schedule. Help neighbors stay independent and healthy by driving

Interested in becoming a rider? Complete an application for yourself or a loved one and submit annual fee of \$50 (\$75 per couple). Riders can get to anywhere in their service area 24 hours a day, seven days a week for a fee of \$2.50 plus \$1.50 a mile. Trips have to be booked by 3pm the day before.

Call 314-724-2117 or e-mail info@itngateway.org for more information

What You Should Know for the 2019 - 2020 Flu Season

While the timing of flu season is unpredictable, seasonal flu activity often begins to increase in October, most commonly peaks between December and February, but can last as late as May. Getting a flu vaccine every year is the best way to protect yourself and your family from flu and its potentially serious complications. CDC recommends that everyone ages 6 months and older get a flu vaccine by the end of October. It takes about two weeks after vaccination for antibodies to develop in the body to protect against flu virus infection. There are 2 flu vaccine options designed specifically for people aged 65+ years; both aim to create a better immune response. The **flu shot is free for people with Medicare**, once per flu season, as long as you get it from a doctor or from other health care providers (like senior centers and pharmacies) that accept Medicare. Talk to your health care provider about which vaccines are best for you (e.g., shingles and pneumonia). Source: : Centers for Disease Control and Prevention



2019

norc advantage
(314) 442-3859

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. As a matter of policy, NORC does not endorse any business.

RESTAURANTS/FOOD ESTABLISHMENTS

Cheeburger, Cheeburger 13311 Manchester Des Peres, 63131 20% off any purchase daily	The Circle @ Crown Cafe 8350 Delcrest Dr, U City, 63124 Free coffee (incl. refill) with any café purchase	Crushed Red Creve Coeur 11635 Olive Blvd 15% off after 3pm daily	Garbanzo – Mediterranean Fresh 810 N New Ballas & 8143 Maryland 10% off	Granite City Food & Brewery 11411 Olive Rd 15% off any food purchase <u>or</u> \$2 off Sunday brunch	Great Harvest Bread Co. 7360 Manchester, Maplewood Buy one sandwich, get free Signature Sandwich
HJ's Café 8 Millstone Campus Dr Free Kaldis coffee or fountain soda with purchase.	Kohn's Kosher Meat and Deli 10405 Old Olive St 10% off any dine-in from prepared food counters	Lion's Choice 12010 Olive Blvd 15% off sandwich or meal	McDonald's 11521 Olive Blvd 20% off sandwich/meal purchase	O'Fallon Brewery & O'Bar 45 Progress Pkwy 20% off (dine in)	Poke Munch 630 N New Ballas Rd, Creve Coeur 10% off any purchase
Rib City 1181 Colonnade, Des Peres, 63131 15% off	Stir Crazy 10598 Old Olive St 10% off any purchase daily	T.G.I.Friday's 12398 Olive Blvd 20% off table's entire food purchase	PERSONAL CARE SERVICES 		
ALL WAYS CARING HomeCare* 993-2273 15% off all services *formerly ResCare	Always Best Care 614-2174 (Jahn) FREE home safety inspection, care assessment, & more. NORC discount.	Always There Home Care–Lifeline David: 761-6157 Discounted rate for emergency response system	AW Healthcare Golda: 749-7099 Discounted rate = \$18/hr	Beyond Driving with Dignity Vicki: 266-2678 \$100 off regular price driving assessments	BrightStar 819-6000 Receive 4 hrs of first 20 hrs of service free
Concierge Legacy Care— Erin: 492-1118 Care managmnt, bereavmnt supprt, power of attorney, mobile notary	Cooperative Home Care 800-466-2337 New?! 10% off first 30 days of service	EARS to YOU! Mobile Hearing Services Jane: 636-448-6760 earystoyou@yahoo.com	The Elder & Estate Planning Law Firm 918-0088 Free consultation. NORC discount	Foot-Loose Foot Care 550-8824 Call Krista Sieve for discount	Home Care Assistance 863-8989 Call for discount
Home Team TMG LLC 863-5976 For the first 90 days, buy 9 visits and get 10th FREE	MedicalWest 725-1888 444 S Brentwood, Clayton- 10% off purchase of home med products/equip (restrictions apply)	Private Home Care 844-785-2273 (toll-free) Call for discount	Promise Home Works 314-200-3855 10% off on all grab bars, ramps and stair lifts	RPI, Inc 991-1978 FREE 15-min physical therapy assessment	Visiting Nurse Assc of Greater St. Louis 918-7171 In-home vaccinations: \$20 plus cost of vaccine (if not covered by insurance)
<div>PLEASE TURN OVER FOR MORE DISCOUNTS</div>					

RETAIL & 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.

Great Clips—10554 Old Olive Street Rd—567-4535. \$5 off any cut.

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

The J—2 Millstone Campus Drive

Call 432-5700 for information on NORC discount

MassageLuxe –12410 Olive Blvd only

Call 439-5893. \$50 for 1-hr standard massage or \$50 for LuXe facial
(Regular price of standard massage or facial is \$100)



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 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.

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



2019-2020 St. Louis Jewish Book Festival—2 Millstone Campus Dr—

\$5 discount on advance purchase of individual ticket (cardholder only)."

Center for Jewish Learning - 12 Millstone Campus Dr— 10% discount on classes for NORC members

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



St. Louis NORC Celebrates 5th Annual Summer Dance

These pictures speak for themselves! On August 22, nearly 200 people enjoyed lively music by Gateway City Big Band, delicious food, and fantastic company. The evening was a success thanks to guests in attendance, the generosity of the *Women's Auxiliary Foundation for Jewish Aged* and the dedication and talent of a cadre of wonderful volunteers who provided assistance before, during and after the affair. Their involvement made the evening run smoothly and added so much meaning and joy.

Photo credit: Robert Steiner, Zach Dalin



THANK YOU TO OUR VOLUNTEERS

Doris Abrams, Susy Alias, Deb Ault, Brian Bass, Rita Beckerman, Belinda Brin, Marsha Feenberg, Marge Fenster, Lauren Gelber, Mimi Gold, Joy Goldfeder, Mark Goldfeder, Roisin Halfar, Ida Johnson, Thana Joyner, Diane Levy, Eleanor Loebner, Loreta Mendoza, Lory & Michael Mueller, Rachael Pevnick, Rise Schnurman, Marian Shapiro, Robert Steiner, Arlene Susman, Joanna Szapczewicz, Judy Ugalde, Betty Urban, & Verda Weaver.



Community Gathers to Celebrate Life & Honor 30 Nonagenarians

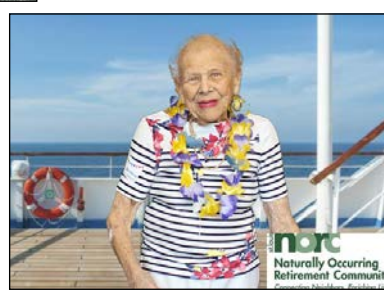
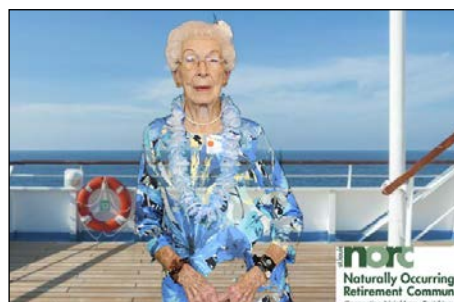
Thank you to the nearly 150 community members who “sailed away” with us to celebrate life and pay special tribute to honored guests over age 90 on September 26. Thirty attendees were over the age of 90, including 100 year-old Shirley Appel and 102-year-old Sam Kaufman. What a fun and inspiring afternoon celebrating the vivaciousness of our older community! Thanks to the generosity of the KAHN FOUNDATION of TEMPLE ISRAEL, everyone enjoyed tropical refreshments, lei necklaces, steel drum music by Lenny Frisch and custom photos to take home. Many thanks to hardworking volunteers who provided assistance before, during and after the party.

Photo credits: Robert Steiner, Joe Gerchen of JG Entertainment, LLC

THANK YOU TO OUR VOLUNTEERS

Marge Fenster, Sue Friedman, Joy Goldfeder, Mark Goldfeder, Larry Goodman, Elaine Knobler, Sherre Levine, Eleanor Loebner, Janet Loiterstein, Rachael Pevnick, Robert Steiner, Arlene Susman, Verda

Weaver, and staff from Jewish Federation of St. Louis.





2020 Membership Application

For St. Louis NORC Residents Age 60+

To join St. Louis NORC, please complete this form and return with member dues to:
St. Louis NORC, Jewish Federation of St. Louis, 12 Millstone Campus Drive, 63146

Name: _____ Gender: _____ DOB: ____/____/____

Name: _____ Gender: _____ DOB: ____/____/____

Address: _____ Apt/Unit # _____ Zip _____

Primary Phone: _____ Other Phone(s):: _____

E-Mail Address(es): _____

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

May we use photos taken of you by NORC for NORC publicity materials? ☐ Yes ☐ No

Do you need transportation to NORC programming? ☐ Yes ☐ No

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

NORC relies on and appreciates its volunteers; PLUS, volunteering is good for your health!

If you are considering volunteering with NORC, please check all areas that interest you:

- | | | |
|--|--|--|
| <input type="checkbox"/> Event planning | <input type="checkbox"/> Event/program set-up | <input type="checkbox"/> Lead class or make presentation |
| <input type="checkbox"/> Phone calls | <input type="checkbox"/> Office mailings | <input type="checkbox"/> Host program at my house |
| <input type="checkbox"/> Office data entry | <input type="checkbox"/> Drive other NORC members to NORC programs | |
| <input type="checkbox"/> Minor home repair for NORC members | <input type="checkbox"/> Computer assistance for NORC members | |
| <input type="checkbox"/> Recruit businesses for NORC discounts | <input type="checkbox"/> Neighborhood representative | |
| <input type="checkbox"/> Welcome new members | <input type="checkbox"/> Other | |

Emergency Contact & Relationship to You : _____ Phone: _____

How does membership to NORC enrich your life? _____

Please review membership options below and select best option.

**Checks are payable to St. Louis NORC and mail to Jewish Federation of St. Louis,
12 Millstone Campus Dr. 63146.**

If you live within NORC's geographic boundaries, you are eligible for full membership benefits:

- ☐ \$35/year for an individual ☐ \$50/year for household (>1 person in house)

If you live beyond NORC's geographic boundaries, you are eligible for limited benefits:

- ☐ \$25/ year for household to be **FRIEND of NORC**

Additional Contribution to support St. Louis NORC: \$ _____

Questions? Call 314-442-3859 or e-mail slevinson@jfedstl.org

2020 Membership Application continued...

The information below will be held strictly confidential. It is used to better serve you and in applications for grant funding.

YOUR SATISFACTION/PARTICIPATION with NORC



- 1) How did you hear about NORC? _____
- 2) Please rate your satisfaction with NORC programs and activities
☐ Very Satisfied ☐ Somewhat Satisfied ☐ Not Satisfied ☐ Not Applicable
- 3) Please rate your satisfaction with NORC volunteer services:
☐ Very Satisfied ☐ Somewhat Satisfied ☐ Not Satisfied ☐ Not Applicable
- 4) Please rate your satisfaction with helpfulness of NORC staff:
☐ Very Satisfied ☐ Somewhat Satisfied ☐ Not Satisfied ☐ Not Applicable
- 5) Which means of NORC communication do you find valuable or useful? Please check all that apply:
☐ Quarterly Newsletter ☐ Bi-monthly calendars ☐ Flyers with bi-monthly calendars
☐ E-mail blasts ☐ NORC Website ☐ NORC Facebook page/posts
- 6) Which NORC benefits do you find most valuable or useful? Please check all that apply:
☐ Volunteer home repair ☐ Volunteer computer assistance ☐ Exposure to resources
☐ Care & support by staff ☐ Information and referral by staff ☐ Home modification
☐ Activities and programs —> If yes, which ones? _____
☐ Discounts —> If yes, which ones? _____
- 7) How has your participation in NORC impacted your life? Please check all that apply:
☐ Increased knowledge of resources ☐ Increased socialization ☐ Increased sense of community
☐ Improved and/or maintained physical health ☐ Increased confidence in ability to remain in home
☐ Improved and/or maintained emotional health ☐ Other(s) _____

DEMOGRAPHIC & OTHER INFORMATION


- 1) Who is in your household? Please check all that apply:
☐ Live alone ☐ Live w partner/spouse ☐ Live w children ☐ Other _____
- 2) Check which best describes your education:
☐ High School ☐ Some College ☐ College ☐ Graduate Degree
- 3) Please list the religion(s) that you identify as, if any: _____
- 4) What is your race/ethnicity? Please check all that apply:
☐ African American or Black ☐ American Indian/Alaska Native ☐ Asian
☐ Native Hawaiian or Other Pacific Islander ☐ Spanish or Hispanic or Latino ☐ White
☐ Other _____
- 5) Please check if you: ☐ Rent ☐ Own House ☐ Own Condo ☐ Other _____
- 6) Please check if you are: ☐ Retired ☐ Employed full-time ☐ Employed part-time
☐ Seeking employment ☐ Volunteering If yes to any, doing what and where? _____
- 7) Please estimate of your *monthly* household income:
☐ \$0-1,500 ☐ \$1,501-3,000 ☐ \$3,001-4,500 ☐ \$4,501-6,000 ☐ Above \$6,000

THANK YOU FOR TAKING THE TIME TO COMPLETE THIS SURVEY!

ST. LOUIS NORC - NOVEMBER 2019 CALENDAR

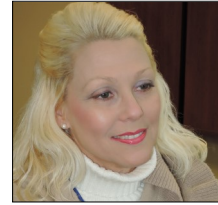
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nov 4 11-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP)	Nov 5 11-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP)	Nov 6	Nov 7	Nov 8 9am-12pm Individual Appts for Medicare Part D w CLAIM (MC)
Nov 11 11am-12pm Drawing Course w Ed Farber (1 of 3) - \$5/ 3-wk session	Nov 12 10:30-11:30am Ask the Nurse & BP Check w All Ways Caring Homocare (TGP) 11-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP)	Nov 13	Nov 14 9am-12pm Individual Appts for Medicare Part D w CLAIM (MC) RSVP to 442-3255	Nov 15 9:30am-1:30pm Bus Trip to Powell Hall Coffee Concert- Brahms' 4th Symphony 1-2:30pm Page Turners Book Club - Call 442-3255 for title
Nov 18 11am-12pm Drawing Course w Ed Farber (2 of 3) - \$5/ 3-wk session (TGP) Film Series: Ken Burns' Lewis & Clark (1 of 4) (TGP)	Nov 19 11-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP)	Nov 20 10:30am-12pm Creative Expressions Art Grp w Artist Joanna Szapszewicz (TGP) - \$3/class	Nov 21 3-4:30pm Slaying Dragon Theatrical Troupe presents "The Loop" (TGP)	Nov 22 9-10:30am 2020 Membership Renewal Breakfast (JCC, A&E Banquet Center) 
Nov 25 11am-12pm Drawing Course w Ed Farber (3 of 3) - \$5/ 3-wk session (TGP) 1-2pm Wii Brain Games - play Jeopardy and stretch your brain (TGP)	Nov 26 11-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP)	Nov 27 11am-12pm Thanksgiving Fun & Trivia with Max Oppenheimer of The Brentmoor (TGP)	Nov 28 THANKSGIVING DAY NORC OFFICES CLOSED 	Nov 29 NO MEN'S BREAKFAST AT MCDONALD'S THIS MONTH

ST. LOUIS NORC - DECEMBER 2019 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 4- 5:30pm iPhone Training on Mail, Contacts and Calendars w Larry Edison (TGP)	3 11-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP)	4	5 1-2pm Our Founding Fathers and What Their Words Mean Today w Sandra Diamond (TGP)	6 9:30am-1:30pm Bus Trip to Powell Hall Coffee Concert- Baroque Fireworks
9 4- 5:30pm iPhone Training on Camera, Photos and "The Cloud" w Larry Edison (TGP)	10 10:30-11:30am Ask the Nurse & BP Check w All Ways Caring Homecare (TGP) 11-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP)	11 Volunteers Needed for JFED Mailing Party 11am-12:30pm: Shift 1 1- 2:30pm: Shift 2	12	13
16 1-2pm Film Series: Ken Burns' Lewis & Clark (2of4) (TGP)	17 11-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP)	18 10:30am-12pm Creative Expressions Art Grp w Artist Joanna Szapszewicz (TGP) - \$3/class	19 9:30am - 2pm Bus Trip to History Museum for Pulitzer Prize & St. Louis Post Dispatch Photographs Exhibit \$10	20 9 - 10am Men's Breakfast at Creve Coeur McDonalds (11521 Olive) 1-2:30pm Page Turners Book Club - Call 442-3255 for book title
23 1-2pm Wii Brain Games - play Jeopardy and stretch your brain (TGP)	24 11-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP)	25 CHRISTMAS DAY NORC OFFICES CLOSED 	26	27
30	31	Jan 1 NEW YEARS DAY NORC OFFICES CLOSED	Jan 2	Jan 3

Program News

All St. Louis NORC programs are open to the entire community.
We welcome your attendance and encourage you to invite friends.



Laura Press Millner
NORC Activities Coordinator

Bus Trip to Urban Harvest Rooftop Farm October 24, 2019: 9:30am – 2:30pm



Take a tour of this beautiful rooftop farm and garden. Tour is outdoors and requires walking, standing and climbing two flights of stairs. Dress for weather and closed toed shoes. Payment due with RSVP. Cost of lunch is on own. NORC Members: \$15/person. Non-members: \$20/person.

RSVP to Laura: 442-3255.

St. Louis Symphony Orchestra's Friday Coffee Concerts at Powell Hall

Share music with friends and enjoy free Community Coffee and Krispy Crème doughnuts

11/15/19: Brahms' Fourth Symphony

12/6/19: Baroque Fireworks

1/31/20: Sleeping Beauty Symphony

3/31/20: Bolero

NORC members: \$40* includes ticket + transportation and \$30* is ticket only

*add \$5 for non-members

DISCOUNT for those who purchase tickets to all 4 concerts at once:

NORC members attend 4 concerts with bus for \$150 or 4 concerts without bus for \$110

Non-members attend 4 concerts with bus for \$175 or 4 concerts without bus for \$135

(No refunds; tickets are transferrable to friends). **RSVP to Laura: 442-3255.**



Slaying Dragons Theatrical Troupe presents "The Loop"

Thursday, November 21: 3-4:30PM



This one-act play features Esther and her family's challenge with Alzheimer's disease. Performance will be followed by discussion facilitated by Ashley Stockman, MSW, Director of the Adult Day Center at the J. JCC, Arts & Education Building . No charge. **RSVP: 442-3255.**

Ask the Nurse and Blood Pressure Check with Holly

2nd Tuesday of the Month (Nov 12 & Dec 10: 10:30—11:30am)

Meet with Nurse Holly of All Ways Caring Home Care (formerly ResCare) for blood pressure checks and questions regarding health and wellness. **RSVP to Laura: 442-3255.**



Our Founding Fathers and What Their Words Mean Today

Thursday, December 5: 1– 2PM

Join **Sandy Diamond, M.Ed.**, civic educator, in exploring quotes from folks like Thomas Jefferson, Benjamin Franklin, George Washington and others. Engage in lively discussion to determine if our "Father's " words that were written centuries ago have meaning today. The Gathering Place. **RSVP to Laura: 442-3255.**





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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.**

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