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Laura Press Millner, NORC Activity Coordinator named JProStl's 2019 "Chesed/Kindness" Award Recipient!



Whether you've known Laura for years or you happen to recognize her as "one of the perky blondes" with NORC, chances are you that you will not be surprised to learn that she is being recognized for exceptional service and kindness to our community. JProStl, an association dedicated to supporting professionals working at Jewish organizations in St. Louis, annually recognizes those who exemplify professional excellence and dedication to their position, organization and the St. Louis Jewish community.

In her 14 year tenure with St. Louis NORC, Laura has shared her energy, creativity, compassion, patience and expertise in aging with countless of NORC members, families, colleagues and students. Planning and facilitating programming to meet the wide array of interests, needs and capabilities of our members and friends is a challenge that Laura meets with enthusiasm. She continues to find new and exciting ways of engaging people, connecting them to each other, and ensuring that they feel valued and have opportunities to contribute to the NORC and greater community.

Please join us in congratulating Laura on this well-deserved achievement. She will be recognized at a luncheon on January 31, 2019. Please call Sarah at 442-3859 for more information.

Welcome to the neighborhood, Washington University Geriatric Care!



Washington University physicians are now offering primary care specifically for older adults at Covenant Place. Tim Holden, MD and Loretta Daniels, Nurse Practitioner, focus on evaluation and management of age-related conditions like falls and frailty, memory loss, depression, osteoporosis and general health concerns.

The office is currently located in the CHAI Building at #6 Millstone Campus Dr., Suite 1000, and is now accepting appointments. The practice will move to the new Covenant Place II Cahn Family Building, when it opens in June 2019. For appointments, call: 314-273-4374



Have you joined NORC for 2019?

Options and member benefits are outlined on page 3. Please find application on page 11 or www.stlnorc.org

Sarah's Sentiments



Dear Neighbors,

If you've been reading the newspaper or watching television, you may already know that rates of loneliness appear to be increasing across the world.

Researchers estimate that Americans are twice as lonely today than they were 50 years ago. What do you suppose is driving this phenomenon? Possible reasons could be increased technology use, families living further away from each other, and perhaps a growing comfort of people to express their thoughts and feelings. Whatever causes it, we now understand that when people feel lonely and it is not addressed, they are at higher risk for physical and mental health problems.

In her 2017 New York Times Bestseller, *Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone*, author Brene Brown writes: "A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong."

She goes on to explain that humans are hardwired for connection and when we don't get what we need, we become lonely. Loneliness has less to do with *how many* friends one has and more to do with feeling *meaningfully connected* to others, the world and to life. While some people need constant interaction to feel satisfied, others are comfortable with much less connection.

In the survey that accompanies your 2019 NORC Membership Application, we ask how your belonging to NORC impacts your feelings of connectedness to your neighbors. We also inquire about how your membership to NORC influences your health. It's incredibly heartening to see so many people check off the positive influence that NORC is having on their lives. It is also very powerful to read people remarking that while they do not have a need for all of NORC's services now, they believe in what we are doing and want to support us so that we will be around when they do need more assistance.

We have all of you to thank—members, friends, volunteers, community partners, and staff—for making membership to NORC so meaningful. Let's not underestimate the effort it takes on all of our parts to make these connections. To those who force themselves to leave the house on cold winter days for an art class, discussion group or to help us with mailings, thank you. For those who request assistance when they have a lightbulb that needs changing or a computer that needs fixing, thank you. And for those who respond to those volunteer requests, thank you. The smile, nod, friendly "hello," and conversations we share with each other mean more than we often realize.

In this new year, may we all seek, create and benefit from building the connections that we crave; it's good for bodies, souls and communities!

Warmly,

Sarah Z. Garrison

Sign up for 2019 St. Louis NORC Membership!

Whether you are renewing your NORC membership or are signing up for the first time, THANK YOU! Your tax-deductible dues are vital to the sustainability of NORC and go right back into the community, supporting the healthy aging of older people in their own homes! We are committed to providing the quality programs and services that you've come to know and trust.

Here are the membership options and what they include:

BENEFITS 	NORC Members live <u>within</u> NORC's geographic boundaries	Friends of NORC live <u>beyond</u> NORC's geographic boundaries
Quarterly NORC newsletter w useful resources	✓	✓
Bi-monthly calendars w upcoming events	✓	✓
Member discount for activities, including day trips	✓	✓
Cultural, educational, health & wellness programs, including onsite monthly nurse visit w 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 w discount on equipment & installation *Restrictions apply—inquire for details	✓	

Thank You To Our Generous Donors!

INDIVIDUAL CONTRIBUTIONS

Doris Abrams	Joyce Kohn
Bernice Agastein	Janet Loiterstein
Helen Baker	Eileen & Peter Manchisi
Mary Ann Barnes	Fay B Marker
Bernice Brandmeyer	Leigh McGee
Benita Brimer	Col Harvey & Elizabeth Meyer
Jimmy Early	Wilbert Pajunen
Al & Betty Eise	Frances Rocine
Charles & Gail Eisenkramer	Lawrence Rojko
Rose Ann Feldman	Lorraine Rosenberg
Mickey & Judy Ferdman	Mike & Pam Schmidt
Charles Fisher	Jerry Kelley & Pat Schmiz Kelley
Morty Gelber	Sharon Shattan
Stan & Bebe Goldman	Jared Skatoff
Florence & Frank Greenberg	Jean Srenco
Louis Heyman	Paul Steinberg
Ruth Hyman	Judith Ugalde
Vic Kabak	Gloria Zoole

TRIBUTES

In appreciation of NORC volunteers
 Dorothy Brown Roberta Mathis
 Judy Dunn Barbara Morris
 Sue Marcus Ruth Satz
 Walter Mayer & Rosalie Rotenberg
 Ken Weintraub & Sharon Katz Weintraub

In appreciation of NORC programming
 Ann Moksowitz

In appreciation of NORC members and staff
 Jim Keane

In honor of Laura Press Millner's Chesed Award
 Karen Berry Elbert
 Marge Fenster
 Judy and Mickey Ferdman
 Rise & Bob Schnurman

Meet LaDonna Appelbaum, MO Rep, District 71

When State Representative Sue Meredith decided not to run for a final term, she suggested to her friend and fellow activist, LaDonna Appelbaum, that she run for her seat in the House.



“We share many of the same values and goals,” Sue said. “LaDonna is smart, a quick learner and has been speaking out for many years. She knows how the individual person is affected by government action or inaction. I know she will represent our district wisely and work in the best interest of the people of our state. It is vital that we elect people who we can trust, people who are honest, people who truly care.”

LaDonna grew up in Springfield, MO. She graduated from Tulsa University, earning a B.S. in Athletic Training and Sports Medicine. It was that degree that brought her to St. Louis in 1997, where she worked in orthopedic medical sales before starting her own company in 2002. She ran the small business for eight years, during which she was deeply involved in the policy and procedures of the healthcare industry. She met her husband, Tom, in December of 2001 and they married in July 2004. They are parents to two dogs, Heff and Charlotte.

The 71st district has been home to the Appelbaums for more than 15 years, during which they have been very involved in the community. Together, they organized the **Welcome Home the Heroes Parade** (the first in the nation!) to honor those who served in Iraq and Afghanistan. LaDonna has knocked on doors, volunteered at phone banks, registered people to vote, and organized green energy and healthcare rallies since 2004. She served as VP of the Maryland Heights Township Democratic Club and was elected in to be a Delegate for the Democratic National Convention in 2012. Tom was on the Parkway School Board for six years. In her spare time, she likes to work out at the JCC and if it's baseball season, you can find her watching the Cardinals.

LaDonna ran for office for many reasons—public education, supporting the environment, and supporting social and economic justice. Her greatest passion is health care: “The health care system in Missouri does not work for all Missourians, and it's time we fix that. Everyone deserves quality affordable health care. I have a unique perspective of how the current system works and doesn't work. I have been on all sides of this issue.”

Congratulations to LaDonna on her new role!

To reach LaDonna, please call 573-751-4183 or e-mail LaDonna.Appelbaum@house.mo.gov



To outgoing Representative, Sue Meredith-
We are very appreciative of your six years of
service and support, and wish you the very best!





NORC Member Spotlight

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

St. Louis NORC is home to a diverse and vibrant population. In this issue, we're highlighting two members who will inspire you.



Meet Bernie Rosenberg



Bernie has a new roommate and her name is Valentine! She's a beautiful Cockatiel and has been Bernie's constant companion since October 2018. She whistles to him first thing in the morning and lets him know it's time to start their day. She's a flirty bird finding "her spot" on Bernie's shoulder, chatting away and giving sweet little kisses when requested.

Before Valentine came to keep Bernie company, he shared 64 wonderful years with the love of his life and high school sweetheart, Florence. Together they raised two lovely daughters, Sheryl and Edith and welcomed Florence's mother and brother into their home. They were blessed with two grandsons and recently a great daughter-in-law.

Sadly when Florence passed away from a serious illness, he felt very lost and alone. There was a void in his life that nothing seemed to fill. I went to visit Bernie to see how NORC might be of help and encouraged him to consider coming to programs. With a bit of nudging and a few phone calls he decided it was time and immediately met new friends and reconnected with acquaintances from his past.

Currently you will find Bernie dining at popular restaurants with other NORC members and friends. You might catch him at the NORC Men's Breakfast at McDonald's or dealing a hand of poker with the "boys". Recently Bernie joined the Choral Group at Covenant Place and is participating in drama classes on Tuesday evenings after their meal service. He's the guy with "great hair, friendly smile and a story or two!" Make sure to stop and say hello when you see Bernie. You'll be glad you did.

Morty Gelber Joins St. Louis Jewish Sports Hall of Fame



Congratulations, Morty, on your installation into the St. Louis Jewish Sports Hall of Fame for baseball and football in November! Morty's talent and passion spans decades and includes impressive records through little league, high school at Ladue Horton Watkins, and semi-pro baseball with Hoffmeister. Morty was inducted into the Greater St. Louis Amateur Baseball Hall of Fame in 1990.

Morty was nominated by Ken Weintraub, who in addition to being a NORC member is a non-profit management guru and self-proclaimed "sport nut."

There are now 83 members of the St. Louis Jewish Hall of Fame, which was started in 1992. The Hall of Fame is located in the Staenberg Family Complex Health & Wellness Building in Creve Coeur and is managed by the J.



Volunteer News

Many Thanks To Our Wonderful Volunteers!

St. Louis NORC is very lucky to have the support of dedicated volunteers who share their time, talents and energy to prepare mailings, lead NORC programs and lectures, provide computer training and assistance, attend to leaky faucets, change lightbulbs and furnace filters, flip mattresses, rake leaves, and much more. In 2018, volunteers donated a total of 1,056 hours of service, saving members and the NORC budget a combined \$25,500 and offering a priceless opportunity for community members to connect with and support each other.

We treasure and rely on the thoughtful notes and generous donations received from you in appreciation of the hard work of our volunteers. Not only do your words brighten the days of the NORC volunteers (and staff), but it is incredibly valuable to share your words with potential funders who want and need to see the impact that our programs and services have on our members.

In the coming year, we look forward to maintaining the special relationships we've developed with our amazing volunteers and are enthusiastic about cultivating new ones. In your 2019 membership application, we asked you to mark volunteer opportunities that are of interest to you. If you've marked areas of interest, we will be reaching out to you. And, if you or someone you know is interested in volunteering, any of the NORC staff will be happy to discuss opportunities with you.

Calling All Handy People!

We are always looking for handy people to join our team of skilled NORC volunteers. In particular, we are seeking those with basic plumbing and electrical skills. Our NORC volunteers report high satisfaction—they love helping and getting to know NORC members; appreciate the flexible schedule (volunteer 4 times a year or 4 times a week); and feel that NORC staff are respectful of their time.



Want to learn more?
Contact Joan, NORC Outreach Support & Volunteer Specialist:
314-442-3834 or jhirst@jfedstl.org



Welcome New NORC Advantage Partners!

Poke Munch — 630 North New Ballas Road, Creve Coeur — 314-556-2670

NORC welcomes this “healthy, delicious and totally unique” new restaurant to the neighborhood. Poke is basically deconstructed sushi - rice with cubed raw fish, covered with an assortment of sauces and toppings—in a bowl or burrito-size sushi roll. Not into raw fish? Poke Munch offers a variety of cooked meat and tofu options, which is great for those who don't like or have been advised against eating raw fish. Thank you to the owner, Nadeem, for offering NORC members a 10% discount on all purchases.

Promise Home Works - 314-200-3855

This locally, veteran-owned and VA-certified business helps create solutions for people wanting to live safely and comfortably at home. Call or visit www.promisehomeworks.com for more information. Thank you to owner, Charlie, for offering members a 10% discount on grab bars, ramps and stair lifts.

*NORC recommends that home modifications be made after an assessment a qualified professional. For additional information, call Sarah at 442-3859.



norc
Naturally Occurring
Retirement Community
Connecting Neighbors. Enriching Lives.

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

<p>The Circle @ Crown Cafe 8350 Delcrest Drive, 63124 M-F, 8am—2pm Free coffee (incl. refill) with any café purchase</p>	<p>Crushed Red Creve Coeur 11635 Olive Blvd 15% off after 3pm daily</p> 	<p>GC Food & Brewery 11411 Olive Rd 20% off any food purchase <u>or</u> \$2 off Sunday brunch</p> <p>NEW!</p>	<p>Great Harvest Bread Co. 7360 Manchester Maplewood Buy one sandwich, get free Signature Sandwich for guest</p> 	<p>Kohn's Kosher Meat and Deli 10405 Old Olive Street Rd 10% off any dine-in from prepared food counters</p>	<p>Lion's Choice 12010 Olive Blvd 15% off sandwich or meal</p>
<p>McDonald's 11521 Olive Blvd 20% off sandwich/meal purchase</p> 	<p>O'Fallon Brewery & O'Bar 45 Progress Pkwy, Maryland Heights 20% off in-house purchase</p>	<p>Poke Munch 630 N New Ballas Rd, Creve Coeur 10% off any purchase</p> 	<p>The Rice House 11982 Dorsett Maryland Heights 10% discount on any purchase at all locations</p>	<p>Stir Crazy Fresh Asian Grill 10598 Old Olive Street Rd 10% off any purchase daily</p>	<p>T.G.I.Friday's 12398 Olive Blvd 20% off table's entire food purchase, available daily</p>

PERSONAL CARE SERVICES

<p>Always There Home Care—Lifefone David: 761-6157 Discounted rate for emergency response system</p>	<p>AW Healthcare Golda: 749-7099 Discounted rate = \$18/hr</p>	<p>Beyond Driving with Dignity Vicki: 266-2678 \$100 off regular price driving assessments</p>	<p>BrightStar 819-6000 Receive 4 hrs of first 20 hrs of service free</p>	<p>Cooperative Home Care 800-466-2337 New!! 10% off first 30 days of service</p>	<p>Concierge Legacy Care—Call Erin at 492-1118 Care management, Bereavement Support, Power of Attorney, Mobile Notary</p>
<p>EARS to YOU! Mobile Hearing Services 636-448-6760 Contact Jane at earystoyou@yahoo.com</p>	<p>Foot-Loose Foot Care 550-8824 Call Krista Sieve for discount</p>	<p>Home Care Assistance 863-8989 Call for discount</p>	<p>Home Team TMG LLC 863-5976 For the first 90 days, buy 9 visits and get 10th one FREE</p>	<p>LifeFone Personal Emergency Response & Safety 761-6157 Call David for discount.</p>	<p>MedicalWest 725-1888 444 S Brentwood, Clayton- 10% off purchase of home med products/equip (restrictions apply)</p>
<p>Private Home Care 844-785-2273 (toll-free) Call for discount</p>	<p>Promise Home Works 314-200-3855 10% off on all grab bars, ramps and stair lifts</p>	<p>Rehabilitation Professionals, Inc. 991-1978 FREE 15-min physical therapy asmnt FREE Tai Chi at Covenant Place</p>	<p>ResCare HomeCare 993-2273 15% off all services</p>	<p>Visiting Nurse Assc of Greater St. Louis 918-7171 In-home vaccinations: \$20 plus cost of vaccine (if not covered by insurance)</p>	

PLEASE TURN OVER FOR MORE DISCOUNTS

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

Curves -9449A Olive Blvd, Olivette

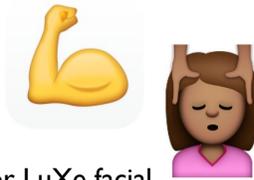
New members only: one month free membership

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

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

Partyland

1317 Lindbergh Plaza Ctr
10% off any purchase



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)

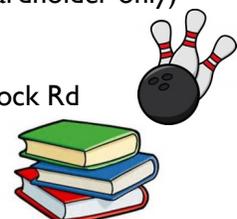
Olivette Lanes- 9520 Olive Blvd- Bowl for \$1/game, M-F, 11am—5pm. 991-0365

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

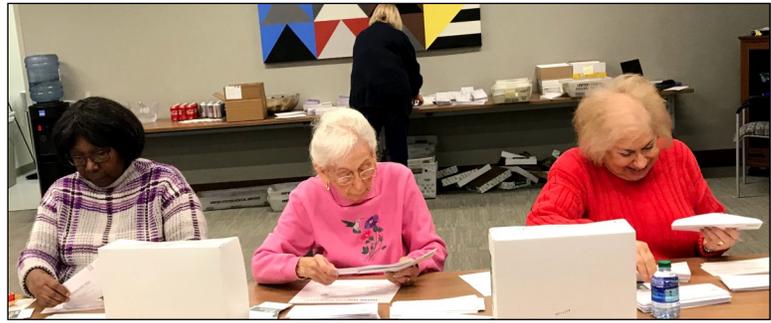
10% discount for first-time members (\$54 w discount/ \$60 w/o discount)



NORC In Photographs....



Thank you. Thank you very much to all honoring community members over 90 and our longest-married couple!



NORC members and friends worked and played (mostly worked!) to get out a massive mailing!



From Ste Genevieve to Creve Coeur and downtown STL, we love energy and smiling faces!



Something to Think About...

Preparing for the Worst by Alan Ludmer



Many years ago, when my Dad passed away, my uncle said that Dad left things in good order. I didn't understand it at the time, but this was quite a complement. My Dad did his part to soften the blow by having his legal and financial affairs in order. It took a lot of the burden off my Mom. Preparing the following documents is an act of love and will save everyone heartache, stress, and expense.

1—Durable power of attorney for health care. This document allows you to appoint someone to make medical choices for you when you are unable to do so yourself.

2—Durable financial power of attorney. Estate attorneys often advise that not all of your assets can or should be in your living trust (IRA, credit cards, etc). The financial power of attorney allows a trusted person to act in your behalf regarding financial matters if and when you are incapacitated. This is critical if you want your spouse to be able to speak with financial institutions, creditors, or credit card accounts which are in your name only.

3—Revocable living trust. This document allows you to manage your financial affairs when you can, appoint someone to help when you can't, and help facilitate a smooth transfer of assets to your beneficiaries. When you die, it is easier for your loved ones to transfer assets in the trust to your beneficiaries. If you don't do this, then your option is probate which is often a lengthy and expensive process.

4—Advanced directive. This document (often called a living will) provides family and your health care professionals with a plan regarding your health care. It can designate what type of care you want or don't want.

5—Will. Professionally drafted, a will can avoid many problems by clearly designating who gets what from your estate. If you have assets and family, this document is absolutely critical. It should be reviewed on a regular basis.

The Scout's motto is be prepared. If you have these five documents thoroughly and professionally prepared, you will have made a huge step in preparing for the worst. The Missouri Bar Association and Legal Services of Eastern Missouri, Inc. provide helpful handbooks on constructing these documents. Limited supply available at The Gathering Place at the J or visit <http://missourilawyershelp.org/legal-topics/>

Alan Ludmer is the president of ARL, LLC; specializing in management and marketing consulting, career and executive coaching, and search/recruitment. He was the lead consultant for the JF&CS LifeLine Program.

Interested in attending a NORC program led by Alan? Contact Laura at 442-3255 or norc@jccstl.org

What's New for Medicare in 2019?

- 1. Cost Increases** include a 3 – 4% increase in Part A premiums, a 2% increase in the Part A deductible and copayments, and a 1% increase in Part B's deductible and premium.
- 2. New Enrollment Periods** include an Annual Medicare Advantage Open Enrollment Period (MA OEP) (Jan 1—Mar 31) and an Individualized MA OEP for new beneficiaries (first 3 months of enrollment in A & B), both allowing existing MA plan members a one-time opportunity to switch to a different MA plan OR switch from a MA plan to Original Medicare and a standalone Part D plan.
- 3. Enhanced Medicare Advantage Benefits**, which could include transportation services, meal deliveries or home and bathroom safety devices.
- 4. Opioid prescription limitations** and checks for Part D enrollees.

Source: National Council on Aging, My Medicare Matters ® Need more info? Call CLAIM at 800-390-3330.



2019 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:

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

Emergency Contact Name: _____ Phone: _____

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

~ Please TURN OVER for additional questions that help us to better serve you ~

2019 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!

JANUARY 2019 - RSVP to 442-3255 or norc@jccstl.org

TGP - The Gathering Place at the J (2 Millstone Campus Drive, Arts & Education Bldg)
Cov- Covenant Place, 8 Millstone Campus Dr, Lower Level (use management office entrance)



Laura Press Millner,
NORC Activities Coordinator

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7</p> <p>14 1-2:15pm Film Series- Frank Lloyd Wright (TGP)</p> 	<p>1 New Year's Day</p> <p>NORC Offices Closed</p> <p>The J is Open from 8am - 5pm</p> <p>8 11-11:45am Chair Yoga (TGP)</p> <p>12:30-1:45pm Current Topics (TGP)</p> <p>1:15-2:30pm Knit Group (TGP)</p> <p>6-7:30pm Drama Grp w Sheri Terry (Cov)</p>	<p>9</p>  <p>16 10:30am-12pm Creative Expressions Art Group (TGP)</p> 	<p>3</p> <p>10 1-2pm What is UP with Weights - Learn of benefits to weight training and incorporating into daily routine (TGP)</p> <p>17 4-5pm iPhone Basics w Larry Edison (1 of3) (TGP)</p> <p>4:30pm Dinner Out at O'Fallon Brewery (45 Progress Pkwy)</p>	<p>4 1-2:30pm Cov PI Wkly Movie - Colette (Cov)</p> <p>11 11am-12pm Living in Israel - Young Adults Perspective (TGP)</p> <p>1-2pm Cov PI Cabaret - RSVP to 432-1610</p> <p>18</p> <p>4-5pm iPhone Basics w Larry Edison (1 of3) (TGP)</p> <p>4:30pm Dinner Out at O'Fallon Brewery (45 Progress Pkwy)</p>
<p>21</p> <p>Martin Luther King Day</p> <p>NORC Offices Closed</p> <p>The J is Open</p>	<p>22</p> <p>11-11:45am Chair Yoga (TGP)</p> <p>12:30-1:45pm Current Topics (TGP)</p> <p>1:15-2:30pm Knit Group (Cov II)</p> <p>6-7:30pm Drama Grp w Sheri Terry (Cov)</p> 	<p>23</p> <p>OASIS' Medication Matters- CLASS CANCELLED</p>	<p>24</p> <p>9:15am-2:30pm Soldiers Memorial Museum Tour and Bus Trip \$14</p> <p>4-5pm iPhone Basics w Larry Edison (2 of 3) (TGP)</p>	<p>25 9-10am Men's Brkfst at McDonalds</p> <p>10:30am-12pm Drama Grp w Miles Bledsoe (1 of8) (TGP)</p> <p>1-2:30pm Cov Place Wkly Movie - Dog Days (Cov)</p>
<p>28 11am-12pm Drawing w Ed Farber (1 of3)(TGP)</p> <p>1-2pm Wii Brain Games (TGP)</p>	<p>29 11-11:45am Chair Yoga (TGP)</p> <p>12:30-1:45pm Current Topics (TGP)</p> <p>1:15-2:30pm Knit Group (Cov)</p>	<p>30 OASIS' Medication Matters- CLASS CANCELLED</p>	<p>31 4-5pm iPhone Basics with Larry Edison (3 of3) (TGP)</p>	

FEBRUARY 2019 - RSVP to 442-3255 or norc@jccstl.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>PROGRAM LOCATIONS: TGP - The Gathering Place at the J (2 Millstone Campus Drive, Arts & Education Bldg) Cov - Covenant Place, 8 Millstone Campus Dr, Lower Level (use management office entrance)</p>				
<p>4 11am-12pm Drawing w Ed Farber (2of3) (TGP)</p>	<p>5 11am-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP) 1:15-2:30pm Knit Group (Cov II)</p>	<p>6</p> 	<p>7 11:30am-12:30pm Lunch and Learn "Heart Health Bingo" with AW Health Care (TGP)</p> 	<p>1 10:30am-12pm Drama Grp with Miles (2of8) (TGP) 1-2:30pm Cov Place Wkly Movie - Operation</p>
<p>11 11am-12pm Drawing w Ed Farber (3of3) (TGP) 1-2:15pm Film Series: Ken Burns' Thomas Jefferson (1 of3) (TGP)</p> 	<p>12 11-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP) 1:5-2:30pm Knit Group (Cov II)</p>	<p>13 1-3pm Classic Film Viewing of <i>To Kill A Mockingbird</i> (TGP)</p> 	<p>14</p> 	<p>15 1-2:30pm Cov Plc Wkly Movie - <i>Little Italy</i> (Cov) 1-2:30pm Page Turners Book Group - Harper Lee's <i>To Kill A Mockingbird</i> (TGP)</p>
<p>18</p>	<p>19 10:30am-12pm Ask the Nurse & BP Check with ResCare (TGP) 11-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP) 1:15-2:30pm Knit Group (Cov II)</p>	<p>20 10:30am-12pm Creative Expressions Art Group (TGP)</p>	<p>21 4:30-6:30pm Dinner Out at Houlihan's (1085 N. Mason Rd)</p>	<p>22 9-10am Men's Brkfst at Mc Donalds (11521 Olive) 10:30am-12pm Drama Grp w Miles (4of8)(TGP) 1-2:30pm Cov Plc Wkly Movie - <i>Loving Pablo</i> (Cov)</p>
<p>25 1-2pm Wii Brain Games - play Jeopardy and stretch your brain (TGP)</p>	<p>26 11-11:45am Chair Yoga (TGP) 12:30-1:45pm Current Topics (TGP) 1:15-2:30pm Knit Group (Cov II)</p>	<p>27 10:15am-3pm Gateway Arch - Museum of Westward Expansion Bus</p> 	<p>28</p>	

SNEAK PEEK AT SPRING 2019 PROGRAMS

	<p>Fri, Mar 15 - 4:30pm - Dinner Out at St. Richard's Fish Fry (11223 Schuetz Rd) - CASH ONLY</p>
<p>Thurs, May 9 - SPRING COACH BUS TRIP w guided tour of Underground Railroad sites in Alton, lunch at Josephine's Tea Room in Godfrey, and shopping!</p>	<p>Fri, Apr 12 - 4:30pm - Dinner Out at Our Lady of Pillar Fish Fry (401 S Lindbergh)</p>

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 TO NORC PROGRAMS AVAILABLE FOR NORC MEMBERS WITH FULL BENEFITS (see page 3) CALL 442-3255!!!

New Drama Group Session Beginning!

Fridays, January 25 — March 22: 10:30AM—Noon

Miles Bledsoe from Stray Dog Theatre is back for a new session!

You will love Miles' energy and will learn so much from them. Increase creative skills, improve memory and concentration, boost self-confidence, and enjoy a positive group experience. Group meets weekly for 8 weeks. Generously subsidized by JCA Charitable Foundation.



Members: \$10 per 8-week session; Non-Members: \$15 per 8-week session. Open to all.

Advance registration required. The Gathering Place at the J. RSVP: 442-3255

Here's what participants from last session said about the group:

- ☛ *Class was interesting, fun and good for me as a non-actor!*
- ☛ *Very enjoyable class, and I feel a little more comfortable with expressing myself.*
- ☛ *I wasn't sure about the class but gave it a try – was wonderful! So happy I did this! Very therapeutic!*
- ☛ *I learned a lot and had a good time and met wonderful people.*



Lunch and Learn: Heart Health Bingo

Thursday, February 2 — 11:30AM—12:30PM

Presented by AW Health Care in honor of Heart Health Awareness Month, enjoy interactive heart health BINGO led by Liz Soldwish-Zoole RN. Bring brown bag lunch and enjoy discussion.

The Gathering Place at the J. RSVP: 442-3255

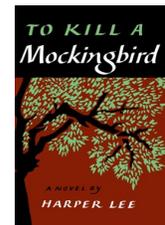


“To Kill a Mockingbird” Week at NORC

Wednesday, February 13 (1—3PM): Viewing of the Classic Film

Friday, February 15 (1—2:30PM): Lively discussion with Page Turners Book Club

The Gathering Place at the J. RSVP: 442-3255



Gateway Arch Bus Trip—Wednesday, March 6: 9:30AM—2:30PM

Tour the newly renovated Museum of Westward Expansion Payment due at time of reservation.

NORC Members: \$10. Non-members: \$15. Plus cost of lunch. Must RSVP: 442-3255.

Save-the-Date for NORC's Spring Coach Bus Trip

Thursday, May 9, 2019

Day will include guided tour of Underground Railroad sites in Alton, IL, as well as lunch and shopping at Josephine's Tea Room in Godfrey, IL. Please be on the lookout for details in upcoming flyers and newsletters.





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St. Louis NORC is coordinated by
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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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