

Summer 2010

Volume 1, Issue 2



*Don't forget to register for our July 13 Link and Learn*

*12 to 1 pm at JF&CS*

*Stop Signs: Recognizing When It's No Longer Safe to Drive and Creating a Plan for the Next Step!*

*Space is limited, call today!*

*314-812-9300*



resources for jewish seniors

ELDERLINK ST. LOUIS IS AVAILABLE THANKS TO GENEROUS FUNDING BY THE LUBIN-GREEN FOUNDATION AND BJC HEALTHCARE. ELDERLINK ST. LOUIS IS A PROJECT OF THE SENIOR SERVICE INTEGRATION COMMISSION OF THE JEWISH FEDERATION OF ST. LOUIS AND IS ADMINISTERED BY JEWISH FAMILY & CHILDREN'S SERVICE.

## Relax & Refresh: A Retreat for Caregivers

Providing day-to-day in-home care to a loved one can present difficult challenges. Too often, caregivers place themselves at the bottom of the list - resulting in depression, isolation, physical fatigue and/or strain on relationships.

On Thursday, October 14, ElderLink St. Louis, in collaboration with the Jewish Community Center, will present a half-day program

designed especially for caregivers.

**"Relax, Refresh, Renew"** is specifically designed to provide caregivers a unique opportunity to unwind and join others who share similar experiences. Starting at 9 a.m. and ending at 2 p.m., the program will focus on renewal in spiritual, emotional and physical realms.



A nominal charge for the event will cover lunch, chair massages, meditation and other highlights. Register with a friend and save! Space is limited to 15. To register call, ElderLink, **314-812-9300**.

## ElderLink Presents "Writing the Next Chapter"

Change is a guaranteed part of life and sometimes an uncomfortable aspect of growing older. Aging can make transitions difficult, but it doesn't have to be this way.

On Tuesday, October 12, 2010, **Florence Schacter MSW and Lara Burch, MSW from The Gladys and Henry Crown Center** will present **"Writing the Next Chapter: Finding Your Niche as You Age"** as part of ElderLink's Link and Learn series.

Key points of the talk will include:

- Why is there a need to reinvent yourself when aging?
- How can you create a



*People and flowers can flourish ... anywhere*

legacy for the next generation?

• How can you personally overcome the stereotypes and assumptions associated with aging?

Link and Learn is a quarterly lecture series held at Jewish Family & Children's Service,

10950 Schuetz Road in Creve Coeur, from noon to 1 p.m. Bring a brown bag lunch, beverages provided, contact hours are available. There is no charge to attend; however, reservations are requested. Please call **Michele Marcus at 314-812-9320**.



**ElderLink provides FREE presentations to groups throughout the St. Louis area**

If your group is looking for an informative presentation, THINK ELDERLINK! ElderLink provides free presentations tailored especially to the needs of your group or organization. Call 314-812-9320 and ask for Michele for further details.



Our personal consultations are FREE and confidential.

Call 314-812-9300

Monday-Friday  
8:30 a.m.-5:00 p.m.

Tuesday + Thursday  
evenings by  
appointment



**We're on the Web!**  
Visit us at:  
[www.elderlinkstlouis.org](http://www.elderlinkstlouis.org)

## Ask Lori, our new ElderLinks newsletter feature

Dear Lori,

My mother recently suffered two falls in her home. I am very concerned about her, but I am not sure what steps I can take to make sure it doesn't happen again. I want her to live at home but I am worried about what the future may hold. Can you help me?  
Sincerely,  
Anxious in Olivette

Dear Anxious,  
Your anxiety about your

mother's future is understandable. Falls in older adults are a serious problem, but there are many safeguards that can be utilized to reduce the likelihood of further falls.

ElderLink is here to help you link with a variety of resources that can help you such as: getting a home safety/fall risk

assessment; finding a physical therapist to evaluate mother's strength and stability, obtaining an in-home emergency response system; homemaker assistance with household tasks and/or meal preparation, and companies that do home modifications for safety. For more information call:

**314-812-9300**

## Are You Looking for Kosher Meal Options?

A wide variety of options are available to older adults in the St. Louis Area who are seeking Kosher food or meals. Older adults can join others for a social meal or have meals delivered if they have difficulty leaving home.

•**Gladys and Henry Crown Center** for Senior Living offers a **Kosher dinner** program M-F and home-delivered meals.

•**Lunch Plus** at JCC meets Thursday and offers social interaction.

•**Jewish Community Center's Social Nutrition Program** serves Kosher dinners M-F at 4:30 p.m. at Covenant House. Home-delivered meals are also available.

•**The Harvey Kornblum Jewish Food Pantry** provides

free Kosher groceries for those of all ages in need.

•**The Sixty-Plus Lunch Program** is sponsored by three congregations which host a monthly rotating program.

For information on any of the above or to learn more call: **ElderLink St. Louis at**

**314-812-9300.**

## People say the nicest things . . . about ElderLink!

ElderLink St. Louis has been getting great feedback!

People have been writing, calling and emailing with the nicest comments, explains Lori Zimmerman, of ElderLink. After every call to ElderLink, the service doesn't stop there. We make a follow-up call to be sure the caller has been linked successfully with the services they need and that their experience was positive. Here are just a few of the

comments we have received about our service:

**"I can't thank you enough for all of the information you have provided!"**

**"As usual your service was superb."**



**"I wouldn't have known where to turn without ElderLink."**

**"Your organization was a tremendous help to me during a very difficult time."**

**"Your help is invaluable to those in need!"**

Thank you to all those who have expressed thanks to ElderLink. We can truly say that the pleasure is all ours. Keep that feedback coming our way!