

Summer
2011



LUBIN-GREEN
FOUNDATION

*Simons
Endowment for
Senior Services*

BJC HealthCare



ELDERLINK ST. LOUIS IS AVAILABLE THANKS TO GENEROUS FUNDING BY THE LUBIN-GREEN FOUNDATION, SIMONS ENDOWMENT FOR SENIOR SERVICES 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.

Taking Care of Your Parents – Fall, 2011

A four-part workshop series similar to the one hosted by ElderLink this past April will take place in October, this time co-sponsored by Temple Israel and ElderLink St. Louis.

Each program will deal with a different topic of interest to senior adults and their family members, with guest experts from the community offering heartfelt advice related to each topic.

Once again, participants

may attend any or all of the sessions, which will be held from 7:00 – 8:30 p.m. on four consecutive Monday evenings, beginning October 3.

Topics :

1) U.S. Health Reform: What Does it Mean for Seniors?

2) Should I Stay or Should I Go? - Home modifications and safety precautions for choosing to age in your own home.

3) Should I Stay or Should I Go? - Long-term care options that

exist, criteria to use, resources available to help you choose..

4) Paying for Long-term Care: Issues related to Medicare, Medicaid, Trust Assets, etc.

Workshops are free and open to the public, but pre-registration is appreciated. To register, contact Marcia Mermelstein at ElderLink at 314- 812-9320, or at info@elderlinkstlouis.org

ElderLink St. Louis is now on Facebook!

ElderLink has added yet another exciting way to keep up to date with what's happening in our older adult community.



We will be updating our Facebook page regularly with photos, event listings and other info. Come check it out and feel free to post all your questions and comments!

If you are on Facebook we would greatly appreciate your support by "liking" us and telling your "friends".

You can find us at:

<https://www.facebook.com/home.php#!/pages/ElderLink-St-Louis/186097108103290>

Upcoming Events

September 22 -
AARP Driver Safety
Program Learn
strategies and
possibly save
money on your auto
insurance –
1:00-5:00 in the Arts
& Education bldg at
the JCC

October 3 – starts
our 4 week
“Taking Care Of
Your Parent:
Heartfelt Advice
From the Experts”
workshop series–
7:00-8:30 pm
Mondays at Temple
Israel



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



resources for jewish seniors

We're on the Web!

Visit us at:

www.elderlinkstlouis.org

Ask ElderLink: Driving solutions

Dear ElderLink:

Mom's had a couple of accidents recently and I'm not sure if she should still be driving. How can we tell when it's no longer safe to drive?

Dear Staying Safe:

Because driving represents independence and freedom for most older adults, the idea of limiting or giving up driving can be a deeply personal and emotional issue.

Starting the conversation can be

challenging. One strategy is to look for opportunities to bring the subject up when discussing health changes, near misses or getting lost.

Be sure to include alternatives for your mom. Maybe she needs to limit her driving to daytime hours only or only in her neighborhood.

Let her know about transportation options in the community that can take her to doctors'

appointments or other local errands.

There are also driver safety assessments that can provide an outside opinion on her driving skills and identify ways to continue driving safely.

ElderLink can help you start this discussion and find you local assessment and transportation options. You can reach us at (314)812-9300.

With a Little Help From Your Friends...

ElderLink and Central Reform Congregation are co-sponsoring a summer caregivers' support group, "Taking Care of Your Aging Parents...and YOU"

This four-week group is offering the ten participants the opportunity, through informal discussion to support and learn from each other

under the guidance of Sylvia Nissenboim, MSW, LCSW, Call Elderlink at 314-812-9300 for information about our next support group in the fall.

Elderlink Takes Its Show on the Road

As a response to the increasingly common problem of workers being overly stressed by the burdens of caregiving, ElderLink is taking our "Link and Learn" program on the road to agencies within the Jewish community.

Having to care for an older family member can take a toll on employees' work lives as well as their personal lives, which causes them to bring to work with them their stress, worry,

resentment, fear and exhaustion---all

of which can have a direct impact on the quality of work they are able to do.

"Caregiving and Work: A Balancing Act" is our workshop for employees that can be presented while they eat their own brown bag lunches. One of our staff members will come to your workplace (at no charge) to provide

information and support, *along with dessert!*

This workshop can link employees to resources that can potentially lighten their load as caregivers, and allow them to be more focused at their workplace.

To schedule a date for this program at your agency, contact ElderLink at 314-812-9300 to speak with Lori Zimmerman or Marcia Mermelstein, ElderLink Senior Information and Referral Specialists.