

APRIL 2021

# THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE PARTNERSHIP



CREATING CONNECTIONS,  
ENRICHING LIVES.



## IMPORTANT DATES

Thur, March 18

- Program sign-up

Sun, April 4

- Happy Easter!!!!

Mon, April 5

- Office closed in observance of Easter

## Social Distance Training

With warmer weather approaching, we have a lot of upcoming events and wouldn't want you to miss out on staying connected with peers. We encourage clients to sign-up and participate in virtual and/or in-person programs to stay engaged in the Out & About program. For those who want to get back in the community and have not completed the Social Distance Training, please reach out to Kelly or Chanese to schedule a date and time to be assessed. We look forward to seeing you soon!

Out and About  
Program Funders:



# THE OUT AND ABOUT PROGRAM IS ONLINE

On the next page you will see a new calendar of programs that are happening online. Participation in these programs is NOT required and does not affect your status as an active member in the O&A program. These programs are being offered to provide you a way to remain social and connect with your friends and our staff!

The average program time is between 30 and 90 minutes in length and will be facilitated with video chat through Zoom. The best way to access these events is to have a Facebook profile and have “friended” each member of our staff. You’ll then receive an invite to the program on Facebook, be sure to RSVP as “Going.” We are happy to assist you with this! You’ll receive reminders and important updates once you have RSVP on Facebook. The link to the Zoom programs will be on the Facebook event page but we can email them if necessary, please specify this when signing up for programs.

Reminders via email and phone calls will not occur so make sure you keep track on your calendar!

*There is no limit to the number of online programs you can participate in, but please follow through on your commitments. To register, call your CTS at the office, email, or Facebook message your program choices at any time.*

## Communicating with LifeBridge Staff

Kelly Fraction

Community Training Supervisor

St. Louis City and County

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Chanese Harris

Community Training Supervisor

St. Louis County (West, and South County)

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Adam Saito

Program Support Manager

Support Services (Transportation, Volunteerism, Quality Management)

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Heather Ward

Chief Program Officer

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If you are trying to reach a staff member by phone, please leave a message and allow up to one business day for a return phone call before calling again. Calling the office repeatedly does not get your phone call returned faster and may lead to suspension of services.

If you have access to email, be sure to let LifeBridge staff know your email. In most cases email is the quickest way to communicate with staff concerning program planning and questions.



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Welcome to the O&A Virtual/Community Events calendar!  
Virtual events will be 1 hour long and take place using  
Zoom video. See page 4 for full event descriptions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1) Nachos with Friends 5:45pm-7:45pm (LB Office) April Fool's Pranks 6:30pm-7:30pm (Virtual)	2)	3)
4) 	5)	6) Throwback Cartoon 5:30pm-7:30pm (Virtual)	7) Retro Cartoon 11:30am-1:30pm (LB Office) Coastal Seas 5pm-6pm (Virtual)	8) Workout Tour 11am-12:30pm (Community)	9) Music Madness 7pm-8pm (Virtual)	10)
11) America's Most Talented Pets 12pm-1pm (Virtual)	12)	13) Pop & Painting 12pm-2pm (LB Office) Disney Movie Night 5:30pm-7:30pm (Virtual)	14) Beyond The Ballot 11:30am-1:30pm (Community) The Social Game Pt. 2 5pm-6pm (Virtual)	15) Trailblazing 12pm-2pm (Community)	16)	17) Earth Day Craft 1pm-2pm (Virtual)
18)	19)	20)	21) Family Feud 6pm-7pm (Virtual)	22)	23) Friday Night Bingo 5:30pm-7:30pm (LB Office)	24)
25)	26)	27) Game Night 5pm-7pm (LB Office)	28) Superhero Movie 5pm-7pm (Virtual)	29)	30)	



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## Out and About Event Descriptions

Date	Time	Event	CTS	Event Description
Thur, April 1	5:45pm-7:45pm	Nachos with Friends (LB Office)	Kelly	How social are you? Come on out and engage in conversations with your peers. Meanwhile get your appetites ready for nachos and chat it up with your peers at the LifeBridge office. Cost: \$5 admission
Thur, April 1	6:30pm-7:30pm	April Fool's Pranks (Virtual)	Chanese	Enjoy watching hilarious April Fools Day pranks, and tell some jokes if you are up to it! Watch videos of America celebrating April Fools Day with your peers.
Tue, April 6	5:30pm-7:30pm	Throwback Cartoon (Virtual)	Kelly	What's your favorite childhood cartoon? Is it Flintstones? Jetsons? He-Man? Dennis the Menace? Engage with your LifeBridge friends and watch throwback cartoons.
Wed, April 7	11:30am-1:30pm	Retro Cartoon (LB Office)	Kelly	Share laughter with your friends while watching funny retro cartoons at the LifeBridge office. Cost: \$5 admission + light lunch served
Wed, April 7	5pm-6pm	Coastal Seas (Virtual)	Chanese	Experience our planet's natural beauty and examine how climate change impacts all living creatures in this ambitious documentary of spectacular scope. See beautiful sea creatures and their habitats and learn about them!
Thur, April 8	11am-12:30pm	Workout Tour (Community)	Kelly	Take a tour at Paraquad's new Health & Wellness Center. This is a welcoming and supportive environment with trained expert staff. Be sure to wear comfortable shoes! Cost: free *bring sack lunch*
Fri, April 9	7pm-8pm	Music Madness (Virtual)	Chanese	We will be joined by Erika, a certified music therapist to explore singing, dancing, and song writing! You won't want to miss out!
Sun, April 11	12pm-1pm	America's Most Talented Pets (Virtual)	Chanese	Celebrate national pet day with LifeBridge by enjoy videos of very talented pets. Everyone will also be able to introduce their pet to the group and tell us why they make a great pet!
Tue, April 13	12pm-2pm	Pop & Painting (Virtual)	Chanese	Enjoy painting a picture while listening to your favorite pop tunes at the LifeBridge office. The group will decide what picture they will paint at the event and light snacks and soda will be provided. Cost: \$5 admission
Tue, April 13	5:30pm-7:30pm	Disney Movie Night (Virtual)	Kelly	Come join other LifeBridge friends and watch a Disney movie virtually. Get your popcorn and snacks ready!

Date	Time	Event	CTS	Event Description
Wed, April 14	11:30am- 1:30pm	Beyond The Ballot~History Museum (Community)	Kelly	Through an engaging mix of artifacts, images, media, and inter actives, Beyond the Ballot explores women's unique roles in St. Louis history. One major element of the exhibit traces the long history of the fight for woman's suffrage in St. Louis and the events leading up to the passage of the 19th Amendment in 1920. Touring at the Missouri History Museum. Cost: free, sack lunch preferred
Wed, April 14	5pm- 6pm	The Social Game Pt. 2 (Virtual)	Chanese	Enjoy a game that helps you understand social situations and emotions, to help you with skills you will use in the community.
Thur, April 15	12pm- 2pm	Trailblazing (Community)	Kelly	Catch a breath of fresh air! Let's get out in nature and walk through trails at a local park. Be sure to have your water bottle and sack lunch handy! Cost: free + park location is TBD
Sat, April 17	1pm- 2pm	Earth Day Craft (Virtual)	Chanese	To prepare for Earth day on the 22nd of this month, we will create a craft that will help us celebrate! We will also discuss important issues affecting the earth and what we love most about our planet! Cost: \$10 supplies
Wed, April 21	6pm- 7pm	Family Feud (Virtual)	Chanese	Play a game of Family Feud. Show us how much you know while teaming up with your LifeBridge friends!
Fri, April 23	5:30pm- 7:30pm	Friday Night Bingo (LB Office)	Kelly	Calling all bingo players! Did your hear me? Calling all bingo bingo players! Join us for a fun night of bingo at the LifeBridge office. There will be bingo prizes! Cost: \$5 dinner
Tue, April 27	5pm- 7pm	Game Night (LB Office)	Chanese	Enjoy paying some of your favorite games at the LifeBridge office. There will be light refreshments and snacks during this program, but no meal. Cost: \$5 admission
Wed, April 28	5pm- 7pm	Superhero Movie (Virtual)	Chanese	Celebrate National Superhero Day by watching a film about superheros. The group will get to pick the movie and you can come dressed as your favorite superhero!