

May 2021

THE SOURCE

THE NEWSLETTER OF LIFEBRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.



IMPORTANT DATES

Thursday, April 15-23

- May Program Requests

Monday, May 31

- Labor Day, LB office will be closed

WANT TO GET BACK OUT WITH OUT & ABOUT?

Hello Lifebridge Family!

We are excited to keep clients engaged in services and give them many opportunities to get back out in the community. To make the process as smooth as possible we have outlined some tips!

- ▶ Reach out to CTS to inform them of interest to go back out into the community
- ▶ Schedule/ complete Social Distance Training and Annual Assessment
- ▶ Sign up for virtual/ community programs before the close of the sign up period
- ▶ When confirmed for programs, be sure to respond to staff verifying your attendance

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’ed 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

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Community Training Supervisor

St. Louis City and County

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Community Training Supervisor

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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.



CREATING CONNECTIONS,
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May

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. Not all events are free.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1)
2)	3) Movie Night Madness 5:30pm-7:30pm (Virtual)	4) Pottery Night 5pm-7pm (Community) Patterned Bingo 6pm-7:30pm(Virtual)	5) 	6) Mother's Day Craft 5pm-6pm (Virtual)	7)	8)
9) Mother's Day 	10) Trains & Things 11:30am-2pm (Community)	11) Funniest Pets 5pm-6pm (Virtual)	12) Aquatic Adventures 11am-1:30pm (Community)	13)	14)	15) Family Feud 12pm-1pm (Virtual)
16)	17) Zoo Fun 12pm-3pm (Community)	18) Largest Aquariums in the World 5pm-6pm (Virtual)	19) Numbia: Ancient Africa 12pm-2:30pm (Community)	20) Kahoot: Incarnate Word 12pm-2pm (Virtual)	21) Fun Fitness 11am-12pm (Virtual) Drive-In Movie 5pm-8pm (Community)	22)
23) Home Riddle Game 1pm-2pm (Virtual)	24)	25) Social Game Pt. 3 5pm-6pm (Virtual)	26) Game Night 5pm-7pm (Community)	27) Mid Day Bingo 12pm-2pm (Community)	28)	29)
30)	31) 					

YOU MUST REGISTER FOR THESE EVENTS. There is no limit on the number of events you participate in, but please follow-through on your commitments. To register, call your CTS between the hours of 10am-5pm Monday-Friday. **You may email or Facebook message**



May

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Out and About Event Descriptions

Date	Time	Event	CTS	Event Description
Mon, May 3	5:30pm-7:30pm	Movie Night Madness (Virtual)	Kelly	Calling all movie lovers! Join us and watch a newly released show with other LifeBridge peers! Get your snacks ready!
Tues, May 4	6pm-7:30pm	Patterned Bingo (Virtual)	Kelly	Join us for a lot of rounds of Bingo and play different patterns! *there will be prizes*
Tues, May 4	5pm-7pm	Pottery Night (Community)	Chanese	Enjoy creating a piece of pottery at Dazed and Confused pottery studio. there will be light snacks Cost: \$15 supplies
Thurs, May 6	5pm-6pm	Mothers Day Craft (Virtual)	Chanese	Want to make your mom something nice for Mother's Day, well here's your chance! Join us for a mothers day craft night! Supplies will be delivered. Cost: \$10
Mon, May 10	11:30am-2pm	Trains and Things (Community)	Kelly	Choo Choo! Come on out and tour the rail artifacts and others including the Boston & Providence Railroad Passenger Coach built in 1833 at the National Museum of Transportation. Cost: \$12 ticket + \$10 lunch to grab a quick bite at Barrett's Landing Cafe inside the museum.
Tues, May 11	5pm-6pm	Funniest Pets (Virtual)	Chanese	Enjoy watching some of your favorite pets do some of the funniest and craziest things!
Wed, May 12	11am-1:30pm	Aquatic Adventures (Community)	Kelly	Take a tour at the St. Louis Aquarium at Union Station. From the local streams and rivers to the depths of the oceans, take a journey with us and explore the hidden treasures of the Missouri and Mississippi waterways. Cost: \$28 ticket includes parking *bring a light snack/lunch*
Sat, May 15	12pm-1pm	Family Feud (Virtual)	Chanese	Play a game of Family Feud. Show us how much you know while teaming up with your LifeBridge friends!
Mon, May 17	12pm-3pm	Zoo Fun (Community)	Chanese	Come out with your LifeBridge friends to visit our St.Louis Zoo animals! Please bring a sack lunch! Cost: Free

Date	Time	Event	CTS	Event Description
Tues, May 18	5pm-6pm	The Largest Aquariums in the World (Virtual)	Chanese	Enjoy getting a front row seat to see 12 of the largest aquariums in the world!
Wed, May 19	12pm-2:30pm	Nubia: Treasures of Ancient Africa (Community)	Kelly	With works spanning more than 2,000 years, Nubia: Treasures of Ancient Africa offers insights into the kingdoms that inhabited what is today the Sudanese Nile Valley. T. Hosted at the St. Louis Art Museum. Cost: \$12 ticket * bring a light snack/lunch*
Thurs, May 20	12pm-2pm	Kahoot w/ Incarnate Word (Community)	Kelly	Do you love Trivia? Well come on out and join the volunteers from Incarnate Word along with your LifeBridge friends! Don't worry, your favorite staff will be there as well! All the happenings at the LifeBridge office. \$5 admission *pizza will be served*
Fri, May 21	11am-12pm	Fun Fitness w/ Incarnate Word (Virtual)	Chanese	Enjoy easy workouts with volunteers of Incarnate Word to get you moving and will help you enjoy exercising. Share some of your favorite exercises with your LifeBridge friends.
Fri, May 21	5pm-8pm	Drive-In Movie (Community)	Chanese	Have you ever been to a drive in? If not, this is your chance to take part in the drive-in movie experience! We will be watching a movie outside and eating pizza at the Lifebridge office! Date will change based on any inclement weather. Cost: \$5
Sun, May 23	1pm-2pm	The Home Riddle Game (Virtual)	Chanese	Enjoy solving riddles that will help you find out facts about some of your favorite home items and appliances.
Tues, May 25	5pm-6pm	The Social Game Pt. 3 (Virtual)	Chanese	Enjoy a game with your Lifebridge peers that will test your knowlegde of how to handle social situations in a fun way!
Wed, May 26	5pm-7pm	Game Night (Community)	Chanese	Enjoy a night of playing your favorite games with your LifeBridge friends! Light snacks will be provided at the LB office. Client cost: \$5
Thurs, May 27	12pm-2pm	Mid Day Bingo	Kelly	Eat snacks and play Bingo with your friends at the LifeBridge office. Cost: \$5 admission *prizes will be given*