



# THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP

# March 2018



## Important Dates

- ▶ **Thursday, February 15**      Calendar sign up begins after 9am
- ▶ **March 5-9**                      Adult Spring Break Week (See Below)

## Adult Spring Break Week

### LifeBridge and Vanderbilt University come together to host an ASB Week

During the week of March 5-9 students from Vanderbilt University in Nashville, TN will be assisting LifeBridge staff with a week of fun filled activities! Alternative Spring Break (ASB) is a student-run community service organization whose mission is to promote critical thinking, social action, and continued community involvement.

- Mon, March 5:            1pm to 4:30pm | St. Louis Science Center (**Sack Lunch OR \$15/lunch**)
- Tues, March 6:           10am to 1:30pm | Saint Louis Zoo (**Sack Lunch OR \$15/lunch**)
- Tues, March 6:           1pm to 4:30pm | Saint Louis Zoo (**Sack Lunch OR \$15/lunch**)
- Wed, March 7:           10am to 1:30pm | History Museum (**Sack Lunch**)
- Wed, March 7:           1pm to 4:30pm | History Museum (**Sack Lunch**)
- Thurs, March 8:          5pm to 8:30pm | Rock Climbing @ Upper Limits (**\$5/for pizza dinner | \$15/climb**)
- Fri, March 9:            11am to 2:30pm | Hawaiian Luau Party (**\$10 admission**)
- Fri, March 9:            5pm-8:30pm | Hawaiian Luau Party (**\$10 admission**)

**Events on March 8th and 9th must be prepaid by March 5th!**

Registration for these events starts on Thursday, Feb. 15 after 9am.

LifeBridge transportation will be available to those that do not have access to Call A Ride or personal transportation.

## Out & About Events Calendar

Keep in mind individuals are **NOT** guaranteed their 1st or 2nd choices.

Have your **program choices** ready when you call.

Prices listed do **NOT** include the cost of transportation.

### **Legislators Listen** Fri, March 2, 5pm-9pm, \$10/admission (includes dinner)

Come to the LifeBridge office and write letters to local legislators to advocate for people with disabilities. Event-goers will also have the opportunity hand painted disability awareness quilted squares, which will be sewn into a community advocacy quilt to be displayed at the LifeBridge Partnership Office.

*Bring a **Sack Lunch** and save \$7 on admission.*

### **A Day in The Delmar Loop** Sat, March 3, 11:30am-3:30pm, \$8-20/lunch | \$11/bowling

Experience the sights and sounds of one of the top 10 streets in the United States, The Delmar Loop with more than 145 specialty shops including entertainment, restaurants, galleries and more. Event-goers will enjoy special stops at the Peacock Loop Diner and Pin-up Bowl.

### **Mexican and Music** Sun, March 4, 1:45pm-5:15pm, \$8-15/lunch | \$3/parking

Join us at the Second Presbyterian Church to listen to local musician Mark Akins play his guitar. A popular teacher and performer, Akin's has preformed numerous concerts and has been heard on Nashville Public Radio. A late lunch to start at El Burro Loco.

### **Music, Message, & Dinner** Wed, March 14, 5:30pm-9pm | \$7/ice cream (Optional)

Come enjoy a FREE dinner followed by a message and live music by Paul Demming. Held at the Gospel Café at St. Luke's United Methodist Church in Mehlville, MO. Afterwards grab a scope of ice cream from Cold Stone Creamy.

### **National Museum of Transportation** Fri, March 16, 10:30am-2:30pm, \$12-20/breakfast | \$8/entrance

Come out and have breakfast at First Watch in Kirkwood followed by a self-guided tour of the National Museum of Transportation. The museum has plenty of vehicles, displaying a large collection of locomotives, automobiles, aircrafts, and other transportation technologies.

### **Great Outdoors Day** Sat, March 17, 11:30am-3:30pm, Sack Lunch **OR** \$12-20/lunch | \$5/supply fee

Join us at Creve Coeur Memorial Park and celebrate the start of spring with your friends. Enjoy kite making/flying, play card/board games, and enjoy an afternoon of fishing on the lake. A picnic-lunch to start with the option to purchase lunch inside the Creve Coeur Lakehouse Restaurant.

### **Canvas Painting in the Park** Mon, March 19, 4:30pm-8:30pm, \$12-20/dinner | \$10/supply fee

Let your artistic side out and join us for an evening of freestyle painting at Tower Grove Park. The afternoon will also include, music, games and other activities. Every participant will bring home a self-made painting on a 16 x 20 canvas. After canvas painting enjoy dinner at City Park Grill.

### **Late Night Artist** Wed, March 21, 5pm-8:30pm, \$8-12/dinner | \$10/studio fee

Come enjoy a late night art session at Artists First. Event-goers will have the opportunity to access, explore, and grow through experimentation with a myriad of art forms. Event-goers will then have a bite to eat at Raising Cane's Chicken.

### **Brentwood Promenade** Sat, March 24, 11am-3pm, \$8-\$10/lunch | Optional Spending

Shop 'til you drop at the stores in the Brentwood Promenade, stores include Five Below, Target, PetSmart, World Market and many more! Lunch to start at Chick-Fil-A.

### **World Eagle Day** Sun, March 25, 11am-2:30pm, \$8-12/lunch

Celebrate eagles from around the world at World Bird Sanctuary. Be sure to bring your camera! We'll start the day off with Steak 'N Shake for lunch.

## Meet Our Program Staff

Recently, we have been experiencing transition with our full time positions in the Out and About Department. Anne Stumpf has transitioned to a role that no longer includes office hours but is solely focused on working with clients out in the community. Sarah Boyd and Kimyatta Smith have transitioned into a role that coordinates all Out and About activities with additional office time and less time in the community. Sarah and Kim will be your main points of contact when it comes to scheduling, arranging transportation, and confirming all of your activities.

In addition we want to take this opportunity to introduce you to our wonderful team of part time employees! LifeBridge employs 22 part time staff to assist with providing transportation and support at all of our activities. Due to our recent staffing transitions, you will be seeing more of our part time employees and we want you to get to know them!

If you have any questions about our transitions, please contact:

Heather Ward, Chief Program Officer, [heatherw@lifebridgestl.org](mailto:heatherw@lifebridgestl.org), 314-989-1188 ext. 104

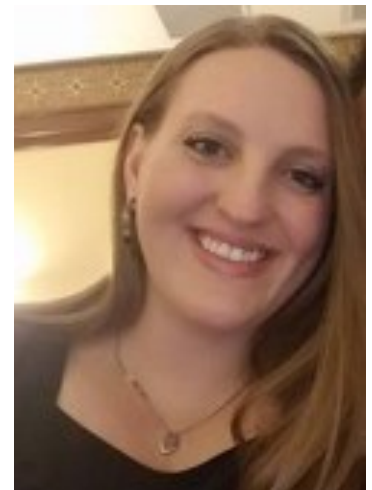
### *Meet: Rosie Rotter, Direct Support Professional*

Rosie joined LifeBridge team in June of 2016. Rosie is currently working on her Masters in Speech and Language Pathology at St. Louis University. She has lived in St. Louis her entire life and enjoys hiking, hanging out with friends, and going to concerts!



### *Meet: Kristin McGilligan, Direct Support Professional*

Kristin joined the LifeBridge team in December of 2017 and had previously worked as a camp counselor for youth camps in 2015 & 2016. Kristin has a bachelors in health & society with a concentration in cultural competencies and a masters in family & consumer sciences-child life and is a certified child life specialist. She grew up in St. Louis, but lived in 3 other states for school and work as well. She loves dogs going to museums, and trying new restaurants with friends or cooking with her fiancé, Ray.



## Pretzel Boys Host LifeBridge Fundraiser

Date: March 2, 2018

Location: Any Pretzel Boys Location

⇒ 11750 Manchester Rd, Des Peres, MO 63131

⇒ 3802 S Lindbergh Blvd, St. Louis, MO 63127

Pretzel Boys is helping LifeBridge raise some funds! Pretzel Boys will be donating a percentage of all sales to LifeBridge on Friday, March 2 only. You can also purchase gift cards and save them for a later date instead of purchasing pretzels now!

For more information contact Patrick Martchink 314-989-1188 ext. 114



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### Stay Current With All Things LifeBridge

Be sure you have “liked” the LifeBridge Facebook page! We frequently post photos, information about fundraising events, and agency updates. Like our page by searching: LifeBridge Partnership or use the following link: <https://www.facebook.com/lifebridgeSTL/>

