

November
2018



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



Important Dates

- ▶ **Thursday, October 11** Program sign-up begins after 9am
- ▶ **Monday, October 8** Columbus Day (**Office Closed**)
- ▶ **Sunday, November 4** Daylight Savings Begins (turn clocks back 1 hour)
- ▶ **Monday, November 12** Veterans Day (**Office Closed**)

Welcome Kelly Fraction, Community Training Supervisor

Please extend a warm LifeBridge welcome to Kelly Fraction! Kelly is serving as a Community Training Supervisor with the Out and About team. Kelly will be coordinating our St. Louis City caseload as well as assisting with events for St. Louis County. Kelly joined our part-time team in 2016 and supported our youth and adult services. We are pleased to have Kelly join our full time staff!



Out and About Program Redesign Round Table

What: LifeBridge staff will be sharing exciting details on how we plan to update Out and About services and the LifeBridge FRIENDS group over the next year. This will be an interactive event with opportunities to ask questions, share ideas, and be apart of the change! This event is for LifeBridge clients and parents/guardians. LifeBridge support services are not available for this event including personal care or transportation.

Date: Tuesday, November 27, 2018 from 6:30p-8p

Location: LifeBridge Partnership (1187 Corporate Lake Drive, Suite 100, St. Louis, 63132)

Dinner: LifeBridge will provide a FREE pizza dinner

RSVP by November 21 to Heather Ward: 314-989-1188 ext. 104/ heatherw@lifebridgestl.org



Agency Announcements

Pati Egan, Community Training Specialist Lead has announced her retirement from LifeBridge Partnership effective October 31. Pati joined our staff in January of 2016 and has provided LifeBridge with countless hours of support from managing the St. Louis City client caseload to working 1-1 with our Out and About clients in the community. Pati's career has included being a middle school science teacher, serving as a job recruiter and as an Employment Services Manager for Easter Seals Midwest, and finishing her career with LifeBridge! Pati's dedication and passion for serving those with disabilities did not go unnoticed. Pati's thoughtfulness, passion, and can-do attitude will be greatly missed by LifeBridge staff and families. We tip our hats to Pati as she takes begins her retirement adventure!

If you wish to express your congratulations to Pati, you may send cards to the LifeBridge office or email her at patie@lifebridgestl.org

Message from Pati: Thank you for all of the wonderful memories I will take with me from working with you! It has been an honor and a privilege getting to know each of you, Pati



Program Sign-Up Process

The Out and About team just wanted to share our program sign up process to reduce confusion and ensure a more positive registration process!

Step 1: *The Source*, the newsletter for Out and About services is mailed/emailed to you monthly and will include a date to begin registering for programs.

Step 2: Either on or after the date posted for program sign up, call or email your program requests to the Out and About team. You may request as many programs as you would like. Be sure to indicate if you need LifeBridge transportation or will be using Call-A-Ride or personal transportation. Program registration is not a first come, first served basis. Staff typically keep registration open for a full week to allow all participants an opportunity to register.

Step 3: About a week after registration opens, the Out and About team will provide confirmation for the events that you have been scheduled for. Out team ensures that each program meets the personal needs of the participant, is a program that allows them to work on the goals in their individualized support plan, and if using LifeBridge transportation, allows for an efficient driving route.

Step 4: You will receive a reminder phone call or email from the Out and About team up to 1 business day before your scheduled program. You will be notified of your transportation times, approximate amount of money needed, and any other important information.

The Out and About team makes every effort to accommodate the requests of every participant! If you do not see any programs in *The Source* that you are interested in, call one of our team members to set up a program that you would like to try!

If you need more information on our program sign up process, please contact Heather Ward, Chief Program Officer at 314-989-1188 ext. 104/ heatherw@lifebridgestl.org

Communicating with LifeBridge Staff

To schedule upcoming programs, ask questions, or cancel for programs, please contact a member of our Out and About team:

Pati Egan: St. Louis City Participants (until October 31)
CTS Lead 314-989-1188 ext. 106/ patie@lifebridgestl.org



Kelly Fraction: St. Louis City and St. Louis County Participants
CTS 314-989-1188 ext. 109/ kellyf@lifebridgestl.org

Adam Saito: St. Louis County Participants
Program Support Manager 314-989-1188 ext. 105/ adams@lifebridgestl.org



Heather Ward: St. Louis City and St. Louis County Participants
Chief Program Officer 314-989-1188 ext. 104/ heatherw@lifebridgestl.org

- ⇒ Effective October 1, LifeBridge staff will not be able to give out their personal cell numbers to participants and family members. Communication with LifeBridge staff will be completed during business hours which includes Monday-Friday from 8 am to 4:30 pm.
- ⇒ LifeBridge staff are frequently out of the office on programs and meeting with new participants and community members. If you are trying to reach a staff member by phone, please leave a message and allow up to 1 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!
- ⇒ Between October and the end of December, additional staff will be added to the Out and About team with updates provided monthly.
- ⇒ Thank you for your patience while communicating with LifeBridge staff!

In the event that you need to communicate with staff with an emergency and it is after business hours, you may call the Emergency Cell Phone Line:

314-803-2270

- ⇒ The emergency phone is answered Monday-Friday after 4:30pm and all day Saturday and Sunday.
- ⇒ You can call the emergency phone to let staff know that you are unable to attend your scheduled program, have transportation concerns, or if a family member needs to get ahold of you while you are on a program.
- ⇒ You may NOT call the emergency phone to ask questions about an upcoming program or ask who is driving your program. These types of questions need to be asked during business hours. Repeatedly calling the emergency phone line will lead to suspension of Out and About services.
- ⇒ The emergency phone is answered on a rotating weekly schedule by our executive team. Please leave a message and your call will be returned within 15 minutes.

Out & About Events Calendar

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

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

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

Thurs, Nov. 1, 2018: 5p-8:30p “Book Bingo” Everyone loves books and everyone loves Bingo! Play Bingo at Jamestown Bluffs Library for a chance to win some books. We'll have dinner first and after Bingo we will explore the library. Cost: \$8-\$10/dinner

Fri, Nov. 2, 2018: 6p-9:30p “Mary Poppins the Musical” One of the most popular Disney movies of all time is being performed as a perfect musical! Mary Poppins is an enchanting mixture of irresistible story, unforgettable songs, and breathtaking dance numbers performed at Lindenwood Univ. in St. Charles. Dinner to start at TBD. \$15 ticket + \$10 dinner

Sat, Nov. 3, 2018: 6p-9p “Comedy Sportz” ComedySportz is a clean, outrageously funny Improv show like you've seen on Whose Line Is It Anyway. It's the perfect Combo of funny and Sports creating an explosion of laughter and competition on stage. Held at Sugar Cubed on Main Street in St. Charles. Cost: \$8-\$10 Dinner + \$17/admission

Sun, Nov. 4, 2018: 11a-2:30p “Lunch and Bowling” November is all about turkeys. So join us as we go bowling for some turkeys! Lunch before bowling. Location is TBD. Cost: \$10-\$15/bowling + \$8-\$10/lunch

Wed, Nov. 7, 2018: 6p-10p “Into the Breeches” *Into the Breeches at the Grandal Theater* is a hilarious and heartwarming look at the WWII home front and a group of St. Louis ladies who band together to keep their favorite theater going with an all female production of *Henry V*. Dinner at Sweetie Pies before the show. Cost: \$10-\$15/dinner + \$5/admission

Sat, Nov 10, 2018: 11a-2p “Fall Fun with YPB” The LifeBridge Young Professional Board is hosting a fall fun day with a BBQ, games, and more! Event will be held outside (weather pending) or at the LifeBridge office. Admission: Free

Tues, Nov. 13, 2018: 5:45p-9:30p “WWE Smackdown” See your favorite Smackdown Live WWE Superstars at the Enterprise Center including a Double Main Event: WWE Champion – AJ Styles & Daniel Bryan vs. Samoa Joe & The Miz, Charlotte Flair. Cost: \$22 ticket + \$3 parking + spending money for dinner

Wed, Nov. 14, 2018: 4:30p-8p “Artists First” Wednesday nights are open studio at the coolest place in town. You have your choice from painting, beading, clay, and much more! Cost: \$14/studio time + \$15/dinner

Fri, Nov. 16, 2018: 2:30p-6:30p “Young Artist Competition and Dinner” UMSL Music is proud to present the 11th Annual Young Artist Competition at Touhill. Hear inspiring and exciting performances by the area's finest young musicians as they compete for a chance to perform in Spring 2019 with the UMSL Symphony. Dinner to follow at TBD. Cost: \$10/dinner

Sun, Nov. 18, 2018: 2:30p-6p “Ambush Fan Fest” The popular annual event will feature family activities and an exhibition soccer game. Admission to the game and activities will be free. Cost: \$15/food + \$5/parking

Mon, Nov. 19, 2018: 11a-2:30p “Adult Story Time” The STL County Headquarters Library is hosting a therapeutic story time featuring stories and songs for adults with developmental/cognitive disabilities. Lunch after story time. Cost: \$10/lunch

Mon, Nov. 19, 2018: 6p-10p “Blues v. Kings” Join us at the Enterprise Center to see the Blues take on the Kings for a 7pm game! Tickets: \$25 + \$3 parking + spending money for dinner

Mon, Nov. 26, 2018: 4p-7:30p “Paws for Reading” Head to the Rock Road Branch Library to spend time reading a book to a service dog! You do not need to know how to read, just come and enjoy spending time with service dogs and exploring the library. Dinner to follow at local restaurant. Cost: \$12/dinner

Wed, Nov. 28, 2018: 5p-8:30p “Garden Glow” Celebrate the season with over one million dazzling lights, illuminating the Botanical Gardens landscape. Cost: \$18/admission + \$8-\$10/dinner.

Thurs, Nov. 29, 2018: 5p-8:30p “Wild Lights” Stroll through the Saint Louis Zoo's enchanting holiday wonderland and enjoy festive fun for the whole group! Cost: \$9/admission + \$10/dinner

Fri, Nov. 30, 2018: 6p-9:30p “A Christmas Carol” Lindenwood University in St. Charles presents Charles Dickens' A Christmas Carol. This timeless classic follows the tale of Ebenezer Scrooge on a fantastic journey through time and space. A Christmas Carol is the perfect way to get into the Christmas spirit, and to reflect upon the true meaning of Christmas. Dinner to start at TBD. Cost: \$15/tickets + \$10/dinner