

December
2018



THE
Source
NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



Important Dates

- ▶ **Thursday, November 8** Program sign-up begins after 9am
- ▶ **Sunday, November 4** Daylight Savings Begins (turn clocks back 1 hour)
- ▶ **Monday, November 12** Veterans Day (**Office Closed**)
- ▶ **November 22-23** Thanksgiving Break (**Office Closed**)

Annual Holiday Party Information

The time has come for LifeBridge's Annual Holiday Party!

When: Friday, December 7: 6:30 pm-9:00 pm

Where: Brentwood Community Center (2505 S Brentwood Blvd, Brentwood, MO 63144) ****NEW VENUE****

What: An evening to celebrate with the LifeBridge community that includes dinner, dancing, and holiday activities! Family members are invited to attend but must be registered and pay admission.

Cost: \$10 admission

Transportation: LifeBridge transportation services will ONLY be provided to participants who are unable to use Call-A-Ride or other means of transportation.

- **Registration begins on November 8.** Registration is NOT on a 1st come basis. We will confirm your registration by November 21.
- All payments must be received by **Friday, November 30.** NO EXCEPTIONS WILL BE MADE, REGARDLESS OF REASON. *Payments can be made with credit or debit card over the phone, through the mail, or in person with a LifeBridge Staff.*
No payments at the door!



LifeBridge Partnership - www.lifebridgestl.org - 314-989-1188

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



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:

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.

Sunday, December 2: 1p-4:30p “Jazz for the Holidays” This annual production, at UMSL’s Touhill Performing Arts Center, showcases holiday classics with a jazzy flair. The afternoon features such classics as Have Yourself a Merry Little Christmas, The Christmas Song, Jingle Bells and selections from A Charlie Brown Christmas. With additional song selections, concert organizers promise exciting new music that will be enjoyed by all! Lunch at Applebee’s before the concert
Cost: \$15-\$20/lunch

Wednesday, December 5: 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! Dinner to follow at Steak n’ Shake.
Cost: \$14/studio time + \$8-\$10/dinner

Thursday, December 6: 12p-3:30p “Jilly’s Cupcake Decorating” Decorate your own delicious cupcake at the amazing Jilly’s Cupcake Bar! Lunch at the St. Louis famous Lion’s Choice first.
Cost: \$13.50/cupcake decorating + \$8-\$10/lunch

Monday, December 10, 2018: 5p-8:30p “Jazz Up with Art” Create paintings while listening to Jazz music at this free event at Florissant Valley Library. Supplies and refreshments provided. Eat dinner at Subway.
Cost: \$10/dinner

Tuesday, December 11: 5p-8p “Lion’s Choice and Holiday Ornaments” Make your own magical Holiday ornaments from mason jar lids at Lewis and Clark library.
Cost: \$8-\$10/dinner

Thursday, December 13: 5p-8:30p “Wild Lights at the Zoo” Stroll through St. Louis Zoo for their Holiday lights. Dinner to TBD.
Cost: \$9/admission + \$7-\$10/dinner

Friday, December 14: 11:30a-2:30p “Avengers: Infinity War” Visit St. Louis County Library to check out all that they offer; books, DVDs, CDs, and more! While there watch *Avengers: Infinity War* on their big screen. Bring a sack lunch.
Cost: Free admission

Friday, December 14: 5p-8:30p “Laser Tag in the Stacks” Visit Grant’s View Branch for a fun night of team laser tag action. Late at night this library becomes an arena for laser tag. Dinner at Pasta House.
Cost: \$20/dinner

Saturday, December 15: 5p-8:30p “Science Illuminated” The St. Louis Science Center sets up a display of Holiday lights for visitors to walk through. Dinner to follow at Steak n’ Shake.
Cost: \$8/admission + \$8-\$10/dinner

Sunday, December 16: 10a-1:30p “Winter Jewels” The Sophia M. Sachs Butterfly House transforms into an enchanted land this winter! Escape the cold and experience Winter Jewels at the Butterfly House. Visit a fierce dragon and noble knights at the Castle, discover tropical jewel-toned butterflies and fairy gardens in the Conservatory, and meet new friends in the Gnome Forest. Lunch at Firehouse Subs after visiting the butterfly house.
Cost: \$8/admission + \$8-\$12/lunch

Sunday, December 16: 3p-6:30p “Polar Plunge” Polar Plunge snow tubing offers thrills, excitement, AND winter fun! Polar Plunge is at Hidden Valley Ski Resort. This activity does include physically traveling up a hill, sitting in a tube, and riding down a man-made snow hill.
Cost: \$20/admission + \$10/dinner or sack dinner

Monday, December 17: 11:30p-2:30p “Five Below and Lunch” Enjoy shopping for the holidays at Five Below. Lunch first at the Mellow Mushroom Pizzeria.
Cost: \$10/lunch + Optional shopping money

Thursday, December 20: 5p-8p “Raising Canes and Decorate a Mug” Decorate a mug and learn how to make a cake in it at Jamestown Bluffs Library. Dinner at Raising Cane’s.
Cost: \$10/dinner