

April  
2019



# THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



## Important Dates

- ▶ **Saturday, March 9**      Daylight Savings: Set clocks forward 1 hour @ 2am
- ▶ **Thursday, March 14**      Program sign-up begins after 9am

## Out and About Program Re-Design Update

### Join us for a Round Table Event

**Thursday, March 21, 2019 from 6:30p-8p**

**What:** LifeBridge staff will be sharing exciting details on our progress with the project to update Out and About services and the LifeBridge FRIENDS group. This will be an interactive event with opportunities to ask questions, share ideas, and be apart of the change! This event is for Out and About members, FRIENDS members, and parents/family members. **LifeBridge transportation and staff supports are not provided for this event.**

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

**Dinner:** LifeBridge will provide a FREE pizza dinner



Can't join us in person.....join us on the LifeBridge Facebook page live! You can watch, listen in, make comments, and ask questions! You can find our Facebook page here:

<https://www.facebook.com/lifebridgestl/>

**RSVP by Friday, March 15 to Heather Ward:**

**heatherw@lifebridgestl.org/ 314-989-1188 ext. 104**

## LifeBridge is Hiring

In March's newsletter, we had mentioned that we had a new member joining our staff but unfortunately, that did not work out. We are currently seeking applicants to serve as a full-time Community Training Specialist as well as part-time Direct Support Professionals.

Thank you for your patience while we work hard to find the best person to join our team! To learn more about our employment opportunities, please visit our website: <https://www.lifebridgestl.org/job-opportunities/>

## Communicating with LifeBridge Staff

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

<b>Kelly Fraction:</b> CTS	St. Louis City and St. Louis County Participants 314-989-1188 ext. 109/ <a href="mailto:kellyf@lifebridgestl.org">kellyf@lifebridgestl.org</a>
<b>Chanese Harris:</b> CTS	St. Louis County Participants 314-989-1188 ext. 106/ <a href="mailto:chaneseh@lifebridgestl.org">chaneseh@lifebridgestl.org</a>
<b>Adam Saito:</b> Program Support Manager	Support Services including transportation, volunteerism, quality management 314-989-1188 ext. 105/ <a href="mailto:adams@lifebridgestl.org">adams@lifebridgestl.org</a>
<b>Heather Ward:</b> Chief Program Officer	St. Louis City and St. Louis County Participants 314-989-1188 ext. 104/ <a href="mailto:heatherw@lifebridgestl.org">heatherw@lifebridgestl.org</a>

- ⇒ 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!

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### After Hours Emergency Phone Line:

**314-803-2270 (call only, no text capabilities)**

- ⇒ 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.

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### Out and About Program Cancellation Policy

In the event that you need to cancel for a program for any reason, please notify O&A staff immediately. If it is more than 7 days before the program, there will be no penalty for your cancellation. If you cancel for a program less than 7 days before, it will result in the following penalties:

- If you cancel more than 3 programs in a 2 month period you will not be suspended from services for a one month period. A warning will be provided after 2 cancellations.
- You will be responsible for any fees that are associated with the activity (admissions, ticket costs, etc.). These fees must be paid before you can register for additional activities.

## Out & About April Programs

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

**Mon, April 1: 11a-2:30p “Lunch and Herbaria Tour”** Take a tour at Herbaria! I know what you're thinking, what's Herbaria!? Well, let me tell you, Herbaria located near the Hill creates vegan products ranging from soaps to laundry detergent even products for your loving pets! Get a free bar of soap after tour ends. Client cost: \$12 lunch restaurant TBD

**Tue, April 2: 11a-2:30p “Lunch and Zoo Tour”** Spring is a great time to visit with our favorite animals at the St. Louis Zoo! Either pack a sack lunch or plan to purchase at the Zoo. Client Cost: Sack lunch or \$10-\$12 lunch

**Wed, April 3: 10a-1:30p “Cooking Club: Muffin Madness”** Join us for a fun cooking experience, focusing on how to make delicious muffins at the Oak Bend Library Branch in south county, following we will grab lunch at Chilli's. Client Cost:\$10-15 lunch

**Wed, April 3: 4p-7:30p “Punny Plant Pots”** Enjoy a meal at Longhorn Steakhouse and prepare for spring, by decorating plant pots at the Florissant Valley Library Branch in north county. Client Cost:\$11-\$15 dinner

**Fri, April 5: 4:30p-8:30p “Fish Fry and Game Night”** We will visit one of the local Fish Fries for a fun community style church dinner. Following dinner, we will head to the LifeBridge office for an exciting evening of group games! Client Cost: \$9-\$13 dinner

**Sat, April 6: 9:45a-1:15p “Life of a Pirate and Lunch”** Experience the life of a pirate at the Weber Road Library Branch in south county! Afterwards we will head to Fuddruckers for lunch. Client Cost:\$10-\$15 lunch

**Sun, April 7: 12p-3:30p “Lunch and Brewery Tour”** Join us as we take a tour through the Budweiser Brewery in the heart of Soulard. This tour includes stops at three famous historical landmarks, a quick visit at the Clydesdale stable, and of course the packaging room. There are short portions of the tour that are not wheelchair accessible. Before the tour we will enjoy a nice Sunday lunch with location TBD. Client cost: \$15 lunch

**Mon, April 8: 4:30p-8p “Jazz it up with Art: Lady Bugs”** Mix relaxation and crafting by making beautiful paintings focusing on Ladybugs, supplies and refreshment provided in north county at Natural Bridge Library Branch . Fill your belly at Bandana's Bar-B-Que. Client cost: \$10-15 dinner

**Tue, April 9: 4:30p-8:30p “Dinner and Baseball Crafts”** Join us for a meal at Dennys and then head over to the Indian Trails Library in north county to watch the movie “42” and make baseball bracelets and beaded earrings to start off the baseball season. Client Cost: \$8-11 dinner

**Thur, April 11: 5:30p-9p “Casino Night”** Get ready for Casino Night at the LifeBridge Office hosted by the LifeBridge Young Professional Board. Games will include Texas Hold'em, Poker, Roulette and more! A pizza dinner will be served including salad and dessert. Cost: \$10 admission

**Fri, April 12: 4:30p-8p “Dinner and Laser Tag”** Enjoy a meal at O'Charleys and then an adventure of fun laser tag after hours at the Cliff Cave Library in south count. Explore the library while competing to be named the ultimate laser tag champion! Client Cost \$11-15 dinner

**Sat, April 13: 10:30a-2p “South County Flea Market and Lunch”** You may find a hidden treasure at the South County Flea Market held at the Afton Community Center! Following our shopping, we will enjoy lunch at 54th Street Grill. Client Cost: \$10-\$15 lunch +spending money

**Sat, April 13: 11a-2:30p “Soldiers Memorial Tour”** Fill your belly at Houlihans and enjoy the newly renovated interactive Soldiers Memorial Military Museum in downtown St. Louis. Client Cost:\$15 lunch

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## Out and About February Events

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

**Tue, April 16: 11a-2:30p “Lunch and Art Museum Tour”** Located in Forest Park, the Art Museum is one of the nation’s leading comprehensive art museums with collections that include works of art of exceptional quality from virtually every culture. We will enjoy lunch at Bloom Cafe first! Client Cost \$10-\$13 lunch

**Wed, April 17: 5p-8:30p “Dinner and Creative Music Performance”** Creative Music Making returns to the stage of Powell Hall to celebrate its 10 year anniversary! This very special collaborative performance between students and faculty from the Music Therapy Program at Maryville University, participants with different abilities from St. Louis Arc, and musicians from the SLSO has been touching hearts for a decade. We will enjoy a quick dinner before the show with location TBD. Client Cost: \$10-\$15/dinner + \$3 parking

**Tue, April 23: 5:45p-9:45p “Cardinals VS Brewers”** So excited to have our Cardinals back in action!! Join us as we welcome in the 2019 season. This game includes a give-away of an adult sized T-shirt. Client Cost: \$15 ticket/parking (includes a \$5 concessions credit) + sack dinner or spending money

**Fri, April 26: 11a-2:30p “Chocolate Tour and Lunch on the Hill”** Fulfill a childhood dream and visit the Chocolate Chocolate Chocolate Company factory. We will take you down onto the factory floor so you can see, hear, smell and taste chocolates right in front of your eyes! We will show you our candy kitchen and chocolate enrobers - so you can watch our candy makers hand make chocolates right in front of your eyes! Before the tour, we will enjoy lunch at Zia's on the Hill. Client Cost: \$12-\$15 lunch

**Fri, April 26: 1p-5p “Bowling Fever”** Join us for food at 54th St and then head over to Concord Lanes in South County for bowling. Client cost \$1.50 per game + \$11-\$15 lunch.

**Sat, April 27: 11:30a-3p “Jewelry Making”** Join us at the Florissant Valley Library in north county for a special event of Jewelry Making! Start with the basics and craft a special project to take home with you. While creating, we'll talk about the art of beading. Lunch will be served at Arby's. Client cost: \$10 lunch

**Sat, April 27: 5:30p-9p “Comedy Sports Improv Show”** Enjoy dinner at Talayna's World Class Pizza on Main Street St. Charles and then head to Sugarcub for a family friendly improv show that is full of laughs. Client Cost: \$15 ticket + \$15 dinner **Limited transportation will be available due to location of St. Charles**

**Sun, April 28: 12p-3:30p “Spring Games and Craft”** Join us at the LifeBridge office for an afternoon of fun! We will be joined by a group of volunteers from the UMSL Volleyball team to ensure a great time for all! We will make spring crafts, play group games, and enjoy a pizza lunch! Client Cost: \$10 admission

**Mon, April 29: 10:30a-2p “Basketball and Lunch”** Do you enjoy a friendly game of basketball or practicing your dribbling or shooting skills? We are headed to the North County Recreation Complex for a morning of great exercises and then following with a light lunch with location TBD. Client Cost: \$8-\$11 lunch

**Tue, April 30: 4:30p-8p “Oscar Winning Movie Night”** Enjoy dinner at the Pasta House and then join us to watch the film "Green Book" the Oscar winning feel good film at the Grant View Library in south county. Client cost: \$11-\$15 dinner

## Program Planning and Participation

**REMINDER**

**Don't see an event that you like or fits your schedule?** Feel free to give us a call to have an event set up for you! We leave space available in our program calendar for members to book their own events with the help of our staff!

**Haven't been out with us in a while?** In order for LifeBridge to support your community independence goals, we have to see YOU! Be sure you are participating in at least 1 program per month! Lack of participation in monthly programs will lead to dismissal from the Out and About program to allow for people who are on the waiting list for services to enroll. If you are unable to participate monthly due to medical complications, financial constraints, or work schedules be sure to check in with us!