

February
2019



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



Important Dates

- ▶ **Thursday, Jan. 17** Program sign-up begins after 9am
- ▶ **Monday, Jan. 21** LifeBridge office closed for MLK

New in 2019 ~ Program Sign Up Process



The O&A team just wanted to share our updated program sign up process to reduce confusion and ensure a more positive registration process!

Step 1: *The Source*, is mailed/emailed to you monthly and includes a date to begin registering for programs.

Step 2: Either on or after the date posted for program sign up, call or email your requests to the O&A team. You may request as many programs as you like. 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.** Registration remains open for a minimum of 3 business days to allow all participants an opportunity to register.

Step 3: About a week after registration opens, the O&A team will provide confirmation through phone or email for the programs that you have been scheduled for. Our team ensures that each program meets your personal needs, allows you the opportunity to work on your ISP goals, and allows for an efficient driving route.

Step 4: You will receive a reminder phone call or email from the O&A 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 O&A team makes every effort to meet your needs! If you do not see any programs in *The Source* that interest you, 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

Welcome to the Team ~ Chanese Harris

Please help us welcome Chanese Harris to the LifeBridge Out and About Team! Chanese started her employment with us on December 10 and is serving as a Community Training Supervisor. Chanese earned her B.S. in Psychology from Bradley University and her M.A. in Counseling from Missouri Baptist University.

Chanese has 5 years of experience working in case management, life skills training, and community engagement with people with disabilities. Chanese is a St. Louis native and enjoys spending time with her family and dog Acey, dancing, and is excited to meet all of you!



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: CTS	St. Louis City and St. Louis County Participants 314-989-1188 ext. 109/ kellyf@lifebridgestl.org
Chanese Harris: CTS	St. Louis County Participants 314-989-1188 ext. 106/ chaneseh@lifebridgestl.org
Adam Saito: Program Support Manager	Support Services including transportation, volunteerism, program evaluation 314-989-1188 ext. 105/ adams@lifebridgestl.org
Heather Ward: Chief Program Officer	St. Louis City and St. Louis County Participants 314-989-1188 ext. 104/ heatherw@lifebridgestl.org

- ⇒ 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!

In the event 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 February Events

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

Saturday, Feb 2: 9:30am-1pm “Saturday Explorers: Art Museum” Explore art and culture at Weber Road Library with pieces from your local art museum and fill your belly up at the Pasta House. Cost: \$15/lunch

Saturday, Feb 2: 1:30pm-5pm “African Arts & Dance” Come out Bridgeton Trails Library and celebrate Black History Month by joining the Dimbayaa Arts performers as they guide patrons in traditional African and African Diaspora dance. Dinner at Applebees after the performance. Cost: \$15/dinner

Monday, Feb 4: 12pm-3:30pm “Beginner’s Yoga” Interested in learning the basics to yoga? Join us at the Lewis and Clark Library to try yoga poses to relieve stress. Let’s eat first at Cracker Barrel before we relax on the “good mood food”! Cost: \$15/lunch

Tuesday, Feb 5: 5pm-8:30pm “Trivia Night” Put your noggin to the test and compete to win books and other prizes at Cliff Cave Library. Dinner will follow at Firehouse Subs. Cost: \$10/dinner

Wednesday, Feb 6: 4:30pm-8pm “Cooking Club: Shortbread Cookies” Explore cooking techniques with a focus on how to make shortbread cookies at the Indian Trails Library. There will be samples of shortbread cookies available. Dinner first at Chimis Fresh Mex. Cost: \$13/dinner

Friday, Feb 8: 12pm-3:30pm “Chicken & Dressing” Do you want to build your cooking skills by learning and watching how to make Papa Ford’s famous chicken and dressing? The Florissant Valley Library is hosting a demonstration with light tasting. We will swing by Bandanas BBQ for Lunch first! Cost: \$10/lunch

Friday, Feb 8: 5:45p-10p “Night to Shine Dance” Join us for an extra special evening of dinner and dancing “Night to Shine”. This event is being sponsored by the Tim Tebow Foundation and being hosted at the Messiah Lutheran Church in St. Charles. Guests will have the opportunity to walk the red carpet, receive a corsage or boutonniere, enjoy dinner, and dance the night away! Formal attire preferred but not required (dresses for ladies, suits or collared shirts for gentleman). Client Cost: \$15/admission and transportation. Transportation may be limited to those that can meet at LifeBridge office.

Sunday, Feb 10: 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

Monday, Feb 11: 5pm-8:30pm “Jazz Up with Art” Do you enjoy listening to Jazz music and creating art? Well plan to attend this special event at the Natural Bridge Library! All supplies and refreshments provided. We will grab dinner before the event with location TBD. Cost: \$12-\$17

Wednesday, Feb 13: 5pm-8:30pm “Dinner and Valentines Craft Night” The Jamestown Bluffs Library is hosting a unique event where you will be creating art out of book pages! Before heading to the library, we will enjoy dinner at Denny’s. Cost: \$15/dinner

Friday, Feb 15: 11:30am-3pm “Book Bingo” Play bingo, have fun, and win books at the Rock Road Library. Brunch will be served at IHOP Cost: \$10-\$15/brunch

Saturday, Feb 16: 10:30am-2pm “Zumba” Join Adonica Banks at Cliff Cave Library, she will get you moving and grooving with rhythms of Latin Dance! “Whew I’m tired just thinking about all of the fast moves”! Breakfast at IHOP. Cost: \$10-\$15 breakfast

Sunday, Feb 17: 12:30pm-4pm “SLU Women’s Basketball Game” We will grab a quick lunch and then head to Chaifetz Arena to cheer on the SLU Women’s Basketball team as they take on Richmond. Lunch is TBD. Cost: \$15/ticket&parking + \$8/lunch

CONTINUED ON BACK

Out and About February Events

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

Tuesday, Feb 19: 6pm-10pm “Blues Game” Join us at the Enterprise Center to cheer on the Blues as they take on the Toronto Maple Leafs! Cost: \$37 for ticket and parking + spending money for dinner.

Wednesday, Feb 20: 11am-2:30pm “Orchid Show at Botanical Gardens” Immerse yourself in a tropical oasis brimming with vibrant blooming orchids at the Orchid Show, a once-a-year opportunity to view a rotating display of hundreds of orchids from the Garden’s expansive living collection at the MO Botanical Gardens. Following our tour, we will enjoy at late lunch with location TBD. Client Cost: \$5/admission + \$15/lunch

Thursday, Feb 21: 5:30pm-9pm “Games & Pizza” Show off your gaming skills at LifeBridge office! Enjoy pizza from Dominos! Cost: \$7/dinner

Friday, Feb 22: 5pm-8:30pm “Creation Shardnation” We have special guest joining us at the LifeBridge office! *Creation Shardnation* is a crafting company that helps you create art using recycled glass and other materials! A pizza dinner will be served. Cost: \$10/supplies \$5/dinner

Sunday, Feb 24: 12pm-3:30pm “World Fest: Cultural Arts Celebration” Celebrate diversity with activities such as international song and dance groups; colorful arts, crafts and jewelry; delicious international cuisine; and so much more at the Maryland Heights Center. But first we’ll enjoy a light lunch at Subway. Cost: \$10/lunch

Sunday, Feb 24: 11am-2:30pm “Mardi Gras Pet Parade” Eat lunch at Tuckers Place then enjoy the world's largest costumed pet parade, with all of the combined fun of Mardi Gras in Soulard. Cost: \$15/lunch

Wednesday, Feb 27: 5pm-8:30pm “Craft Hour: Bad Art Night” Participants will have 40 minutes to create a “bad” sculpture using recyclables and basic art supplies. Finished works will be exhibited and trophies awarded at Jamestown Bluffs Library. Dinner first at Raising Cane’s. Cost: \$10/dinner

Program Photos and More

Did you know we have an awesome LifeBridge Facebook page??

Be sure you have “liked” the LifeBridge Facebook page! We frequently post photos from Out and About events, provide agency updates, and share community events! Simply search “LifeBridge Partnership” when you are in Facebook or you can use the link below:

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

