

January
2019



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



Important Dates

- ▶ **Friday, December 14** Program sign-up begins after 9am
- ▶ **December 24-25** **LifeBridge office closed for Christmas**
- ▶ **January 1** **LifeBridge office closed for New Years**

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/mailed 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

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



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 Monday, 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!



LifeBridge Fundraiser



LifeBridge Trivia Night



Friday, January 25, 2019

Royale Orleans Banquet Hall

2801 Telegraph Road

St. Louis, MO

\$30 per person/ \$300 for table of ten

Doors open at 6 pm/ Trivia start at **7:00 pm**

**Open Bar, Live Music,
Silent Auction, 50/50 & Raffle**

All proceeds benefit LifeBridge Partnership and this event has sold out the past 4 years!! If you have questions contact Patrick Martchink:

patrickm@lifebridgestl.org/ 314-989-1188, ext. 114

Register online at www.lifebridgestl.org/events/

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

Chanese Harris: St. Louis County Participants
CTS 314-989-1188 ext. 106/chaneseh@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!
- ⇒ 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.

Out & About January Events Calendar

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

Thursday, January 3: 5pm-8pm “Beauty Cents at Flo Valley” - Look good, feel good and don't break the bank. Lets make our own body scrubs at Florissant Valley Library. Dinner at Chimi's first. Cost: \$11/dinner

Saturday, January 5: 11am-2:30pm “West County Mall Shopping” - Shop those post-holiday deals and use all those gift cards you received for Christmas. Lunch will be in the food court at the mall. Cost: \$7-\$10/lunch + shopping money

Sunday, January 6: 3pm-6pm “SLU Basketball” - Lets watch the Saint Louis University Billikens Men's Basketball team whoop the University of Rhode Island! Cost: \$10/ticket + \$10-\$12 for dinner

Wednesday, January 9: 5:30pm-8pm “Hand Lettering for Beginners” - Practice the basic of lettering as we create beautiful wood signs at Flo Valley Branch Library. Dinner at Culver's. Cost: \$8-\$10/dinner

Thursday, January 10: 5pm-8:30pm “Power Hour at Dave and Buster's” - Play unlimited VIDEO GAMES for a whole hour at Dave and Buster's. Dinner to follow Power Hour. Cost: \$10/Power Hour + \$20/dinner

Saturday, January 12: 12pm-3:30pm “Lunch and Casino”- Eat, play, win! The casino is your one-stop shop for fun, excitement and delicious food. Test your luck at one of the area casinos. Location to be determined based off client registration. Cost: \$12/lunch + Spending Money

Tuesday, January 15: 5pm-8:30pm “Dinner and Bowling” - Join your friends for a fun night of bowling. Location to be determined based off client registration. Cost: \$7-\$10/dinner + \$10/bowling

Wednesday, January 16: 4:30pm-8:30pm “Free Movie at Ballpark Village” - Ballpark Village is home to many different restaurants. After dinner enjoy a free showing of “Incredibles 2” inside Fox Sports Midwest Live! Cost: \$20-\$25/dinner

Thursday, January 17: 5pm-8pm “Make it & Take it: Cookie Jar” - Learn how to decorate your own cookie jar and take home a finished product filled with homemade cookie dough all at Jamestown Bluffs Library. Dinner will be at Culver's. Client Cost: \$8-\$10/dinner

Friday, January 18: 6pm-9pm “Tote Bag Painting” - Let's get creative while painting tote bags with friends at the LifeBridge office! We will enjoy a pizza dinner and dessert. Client Cost: \$12 admission

Saturday, January 19: 11am-2:30pm “Loop Ice Carnival” - The Loop Ice Carnival is two-day festival full of icy fun for all ages. Held on Delmar Blvd. in University City, the carnival features live ice carving demonstrations, more than 50 ice sculptures, human snow globes, jugglers, a ferris wheel, fire performers, stilt walkers, photo opportunities, a Zip Flyte Zipline, and lots more. Cost: \$15/lunch

Wednesday, January 23: 4:30pm-8pm “Artists First” - Let your imagination and creativity run wild at Artists First. Paint or sketch a beautiful picture. Make some fine jewelry. Dinner to follow at Raising Cane's. Cost: \$14/studio time + \$8-\$10/dinner

Thursday, January 24: 3pm-6:30pm “STL Auto Show” - The largest automobile event in the St. Louis area held at the Americas Center, the Auto Show features more than 500 new cars, trucks, SUVs and luxury vehicles from over 25 manufacturers all under one roof. Check out the "Million Dollar Mile", a collection of some of the most luxurious cars on the market. Cost: \$12/admission + \$3/parking + \$10/dinner

Saturday, January 26: 6:30pm-10pm “Motorcycles on Ice” - Xtreme International Ice Racing is a Professional Racing tour... ON ICE! Man and machine going from 0-60mph in under 3 seconds! Speedway bikes and quads are modified and compete on an indoor ice arena at the Family Arena in St. Charles County. Cost: \$15/admission + \$3/parking + \$15/dinner

Sunday, January 27: 12pm-3:30pm “STL Auto Show” - The largest automobile event in the St. Louis area held at the Americas Center, the Auto Show features more than 500 new cars, trucks, SUVs and luxury vehicles from over 25 manufacturers all under one roof. Check out the "Million Dollar Mile", a collection of some of the most luxurious cars on the market. Cost: \$12/admission + \$3/parking + \$10/dinner

Sunday, January 27: 4:45pm-8:30pm “Winter Jam 2019”- Held at Enterprise Center, Christian music's hottest lineup includes Newsboys United, Danny Gokey, Rend Collective, NewSong, Hollyn, and more! Cost: \$20/admission and parking + \$15/dinner

Thursday, January 30: 11am-2:30pm “Soldiers Memorial Museum” - Soldiers Memorial Military Museum is a state-of-the-art facility honoring local military service members, veterans, and their families. Located in the heart of downtown, Soldiers Memorial is home to exhibits that tell the story of American military history through the lens of St. Louis. Before exploring the museum, we have lunch downtown (TBD). Cost: \$15/lunch and parking