

**May
2019**



**THE
Source**
NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



Important Dates

- ▶ **Monday, April 15** Program sign-up begins after 9am
- ▶ **Friday, April 19** LifeBridge Office Closed for Technology Update

Out and About Program Re-Design Update

Thank you to those of you who joined us in person and through our Facebook Live event on March 21! We were so excited to share our proposed updates to the Out and About program!

We have many exciting updates to share with you including an updated annual assessment process, programming changes, and new opportunities for growth towards community independence skills! Please watch your mailboxes in early May for a full description of our updates!

Our Board of Directors, Staff, and Volunteers are working hard to ensure we are providing the highest quality services to you and your families!



LifeBridge is Hiring

We are currently seeking applicants to serve as a as part-time Direct Support Professionals.

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:

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: Support Services including transportation, volunteerism, quality management
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

- ⇒ 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!

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.

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 May Programs

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

Wed, May 1: 10a-1:30p “Taco Palooza”

Join us for cooking club, with a focus on making tacos. Samples will be provided at the south county Oak Bend Library. Afterward enjoy lunch at Applebee's. Cost: \$11-\$16 Lunch

Thurs, May 2: 5pm-8:30pm “Sugarfire and Animal Crafting”

Dinner at the famous St. Louis Sugarfire Smokehouse and then head to the LifeBridge office for an evening of crafting for our furry friends. We will be making blankets and toys for cats and dogs and some items will be taken to the Humane Society during our tour on May 8th. Join for both events if you can! Cost: \$10-\$12 dinner + \$5 supply fee

Fri, May 3: 6pm-9pm “First Friday: Movie Magic”

Calling all who love movies! Join us for a St. Louis Science Fiction & Fantasy Short Film Festival, a regional film competition presented by the Science Center and Cinema St. Louis. Cost: \$10-\$15 dinner

Sat, May 4: 12:30pm-4pm “Food and Karaoke”

Come out and enjoy lunch at Chili's and then head over to the Rock Road Library Branch in North county for entertainment and fun with Karaoke. Cost: \$10-\$15 lunch

Sat, May 4: 9:45am-1:15pm “Acapella Music Group & Lunch”

Enjoy the sweet sounds of all girl Acapella group "Beyond Reason" at the Weber Road Library in South County as they provide you with great music. Afterwards we will head to Chili's for lunch. Cost: \$11-\$16 lunch

Mon, May 6: 4:15pm-7:45pm “Dinner & Soap Making”

Enjoy a meal at 54th Street and then head over to the Prairie Commons Library in North County and pamper yourself and make handmade soap that you can take home! Cost: \$15-\$20 dinner

Tues, May 7: 4:30pm-8pm “Dave & Buster’s Night”

Enjoy fun, food, and games at Dave & Busters in Earth City. You will have the chance to play as many games as you can in one hour for just \$10! It is only on the arcade games, not any ticketed games. Cost: \$30 admission and dinner

Wed, May 8: 11am-2:30pm “Lunch and Humane Society”

Enjoy a delicious Italian lunch at on the Hill and then we will head over to the Humane Society for a behind the scenes tour and educational class! The Humane Society provides a safe and caring haven to all animals in need – large and small – that have been abused, neglected or abandoned. Cost: \$12-\$15 lunch + \$3 tour admission

Thurs, May 9: 4pm-7:30pm “Totes & Quotes”

Personalize and decorate a tote bag with your favorite quotes, tote bags and supplies provided at the Natural Bridge Library located in North County. After creating, enjoy delicious chicken wings at Wing Stop. Cost: \$11-\$16 dinner

Fri, May 10: 10:30am-1:30pm “Powder Valley Nature Center”

Discover wildlife by leaving your chaotic lifestyle behind and escape to the tranquility of nature at the Powder Valley Nature Center. The Nature Center includes paved walking trails as well as an indoor discovery center. After we explore nature we will eat the "World's Greatest Hamburger" at Fuddruckers. Cost: \$12-\$15 lunch

Sat, May 11: 12pm-3pm “Spring Picnic and Party”

The Young Professional Board of LifeBridge would like to invite you to join them at TASK in Fenton for a Welcome Summer Luau. Join us for games, dancing, food and fun with a Luau theme! LifeBridge transportation will be limited to those that do not have access to Call A Ride or can provide their own. Cost: \$5 admission fee

Mon, May 13: 12pm-3:30pm “Lunch & Book Bingo”

Enjoy a meal at Joey B's, best know for their pizza and chicken wings. Then have fun playing a classic game of bingo that is based on some of your favorite books, and win prizes at the Grants View Library in South County. Cost: \$13-\$16 lunch

Wed, May 15: “Cooking Club: Tour of the Hill”

Enjoy Italian food at Amighetti's restaurant then enjoy a tour of the Historic Hill area in South St. Louis. The tour will include walking up to a mile around the Hill. Cost: \$13-\$17 lunch

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Out and About February Events

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

Wed, May 15: 11a-2:30p “Museum of Transportation”

Put on your walking shoes to explore the many collections of automobiles, buses, aircraft, and riverboat materials! Lunch at Arby's. Cost: \$12 admission, \$10 lunch

Wed, May 15: 9:30a-4:30p “Six Flags”

Are you a thrill seeker? Let's head to Six Flags for a little pre-season action! This will not include the water park. Transportation will only be provided from the LifeBridge office with arrival at 9:30am and return at 4:30pm. Cost: \$40 including ticket/parking/transportation + sack lunch or spending money

Sat, May 18: 11a-2:30p “Craft Hour: Stained Glass Suncatchers”

Plan this day to make beautiful crafts at Jamestown Bluffs Library in North County. We will be creating suncatchers using a faux stained glass method. Dress to be messy. Afterwards will enjoy lunch at Raising Cane's. Cost: \$8-\$12 lunch

Sun, May 19: 11:30a-3p “Butterfly House & Crafts”

Enjoy lunch at the delicious Cheesecake factory and then head over to the Butterfly house in Chesterfield. Get outside and get inspired by animals, plants, and conservation. In this class, families, explore and create garden projects and the focus today will be on making seed bombs. Cost: \$20-25 lunch + \$9 admission

Mon, May 20: 4:30p-9p “Jurassic World”

Enjoy a meal at Buffalo Wild Wings and then head over to the St. Louis County Library headquarters in South County to watch the Jurassic Park classic film. Cost: \$12-\$16 dinner

Wed, May 22: 11:15a-3:15p “Cardinals VS Royals”

Join us at Busch Stadium as we cheer on the Cardinal's as they take on the 2015 World Series Champions the KC Royals. Cost: \$15 ticket/parking (includes a \$5 concessions credit) + sack dinner or spending money

Fri, May 24: 12p-3p “Lip Balm Creation”

Learn to make your own lip balm! All at Rock Road Library located in Northwest County. We will grab a quick lunch before heading the library. Let us know where you would like to go! Cost: \$12-\$15 lunch

Fri, May 24: 10:30a-2p “Brunch & Movie”

Fill up your belly at Ihop in South County. Then enjoy *Instant Family*, a hilarious family film about a family that has to be put together because of chance life experiences at the Oak Bend Library. Client Cost: \$11-\$15 brunch

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!