



THE Source

NEWSLETTER OF LIFEBRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

June 2019

Important Dates

- ▶ **Fri, May 10** Program sign-up begins after 9am
- ▶ **Mon, May 27** LifeBridge Office Closed for Memorial Day

Out and About Staff Update

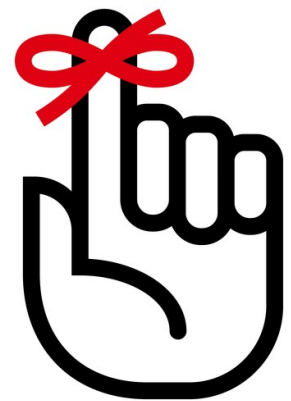
Please help us welcome Katrina Farthing to the Out and About team! As of April 17th, Katrina is serving as a Community Training Supervisor. Katrina recently moved to St. Louis and spent most of her career supporting people with disabilities in the state of Texas. Katrina loves animals, spending time outdoors, and the St. Louis Cardinals! Katrina has had a chance to meet many of you and looks forward to getting to know you better over the next few months!



Program Planning and Participation Reminder

Don't see a program 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 one 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. If you are unable to participate monthly due to medical complications, financial constraints, or work schedules be sure to check in with us!



Communicating with LifeBridge Staff

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

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| Katrina Farthing: CTS | St. Louis County Participants 314-989-1188 ext. 102/ katrinaf@lifebridgestl.org |
| 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, quality management 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.

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 one month. 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.

Registration begins Friday, May 10

Contact Kelly: 314-989-1188 ext. 109/ kellyf@lifebridgestl.org

Cost does not include transportation

Thurs, June 6: 9:30am-4:30pm “Six Flags”

Are you a thrill seeker? Let's head to Six Flags for a little action! This will not include the water park. Transportation will only be provided from the LifeBridge office with arrival at 9:30 am and return at 4:30 pm

Cost: \$40 including ticket/parking/transportation + sack lunch or spending money

Transportation only available from the LifeBridge office

Mon, June 17: 12pm-3pm “Galaxy Light”

Decorate a glass with colors of the galaxy and light it with a tealight at Lewis & Clark Library Located in North County

Lunch at Cracker Barrel

Cost: \$10-\$15 lunch

Wed, June 19: 12pm-3:30pm “Cardinals vs Marlins”

Let's go Cardinals!!! Join us as we cheer on the Cardinals as they take on the Marlins!

This game features a free t-shirt giveaway and seats are located in section 240 on 1st base lodge Busch stadium allows you to bring in your own drinks and snacks; no glass or aluminum.

We have a limited number of ADA accessible seats.

Cost: \$5 ticket/parking + sack dinner or spending money

Sun, June 23: 12pm-3:30pm “Brewery Tour”

Join us as we take a tour through the Budweiser Brewery in the heart of Soudard. Tour includes stops at three famous historical landmarks, a quick visit at the Clydesdale stable, and packaging room. There are short portions of the tour that are not wheelchair accessible. Before the tour we will enjoy a nice Sunday lunch at

Panera Bread.

Client cost: \$12-\$15 lunch

Wed, June 26: 10:30am-2pm “Olivette Lanes”

Do you have bowling fever? Lets get some strikes at Olivette Lanes in Creve Coeur! Enjoy a concession lunch at the alley.

Cost: \$10 bowling + \$8-\$12 lunch

Fri, June 28: 4:30pm-8pm “Jungle Boogie-Zoo”

Enjoy some good music outdoors at the Zoo with the famous Charles "Skeet" Rodgers who is a singer with a strong compelling sound that really moves the crowd, with a little of watching zoo animals in their habitat.

Enjoy his very own band "The Inner City Blues Band"!

Cost: \$10-\$15 dinner at the zoo or sack dinner