



THE Source

NEWSLETTER OF LIFEBRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

January 2020

Important Dates

- ▶ **Monday, December 16:** Program sign-up begins at 9am
- ▶ **December 24-25:** LifeBridge office closed for Christmas
- ▶ **January 1:** LifeBridge office closed for New Year's

Program Planning in 2020

Welcome to 2020!!!!

Thank you for an incredible year and for all your efforts towards working on your Community Independence Goals!

In the New Year I want to encourage you to provide suggestions for upcoming programs! Here's an opportunity to be more independent, attend community events that you enjoy, and spend time with your friends! Please provide your February program suggestions when you call in for January events! I am looking forward to an amazing year and working alongside each of you! ~ Kelly Fraction ~



Communicating with LifeBridge Staff

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

Kelly Fraction: Community Training Supervisor	St. Louis City and St. Louis County Participants 314-989-1188 ext. 109/ kellyf@lifebridgestl.org
Chanese Harris: Community Training Supervisor	St. Louis County Participants 314-989-1188 ext. 106/ chaneseh@lifebridgestl.org
Katrina Farthing: Community Training Supervisor	St. Louis County Participants 314-989-1188 ext. 102/ katrinaf@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.

****New Number** After Hours Emergency Phone Line:**

314-778-0822 (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 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 Monday, Dec 16 at 9am

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

Cost does not include transportation

Friday, Jan 10: 5:30pm-9pm “Pizza and Game Night”

Friday fun night, is what I call it! Gather around with all your LifeBridge friends to play board games, video games and card games! Eat pizza by the slice from Domino's!

Join us on this night at the LifeBridge office.

Cost: \$10 admission

Saturday, Jan 11: 12pm-3:30pm “Shopping & Raising Cane’s”

Let's hit the bull's eye at Target! Come on out and shop at your favorite spot: Target, Burlington you may even want to hit up Dollar Tree.

Are you able to budget? Get those dollars out, and spend wisely.

Cost: \$8-\$10 lunch at Raising Cane's + spending money to shop with

Sunday, Jan 12: 12pm-4pm “Cinema Day”

Come on out Sunday to watch a movie at the Galleria Cinema! Meanwhile, let's see how you're able to budget on buying your dinner & movie ticket, you may even want to purchase a snack in the theater!

Cost: \$10 ticket, \$10-\$15 lunch inside the food court

Saturday, Jan 18: 12pm-3:30pm “MLK Celebration”

Celebrate and reflect on the life and legacy of Dr. Martin Luther King Jr. as we tour the Missouri History Museum in Forest Park. Cost: \$8-\$12 lunch, restaurant TBD

Sunday, Jan 19: 12pm-3:30pm “Loop Ice Carnival”

Family fun activities return this year throughout the Delmar Loop! Ice Carving Sculptures Ice Carving Demonstrations, Ice Slides and so on! Eat lunch at Fitz's first then walk the Loop.

Cost: \$15-\$20 lunch at Fitz's + spending money (optional) *dress appropriately for outdoor cold weather*

Friday, Jan 24: 6pm-10pm “Cathedral Concert”

Come together for a mini-series of Spiritual and Gospel concerts that will take place at the Cathedral Basilica. Featuring a local group: North City Deanery Choir directed by Simeon A. Layne, Jr & Danny DuMaine;

Cost: free concert, \$6-\$10 dinner at McDonalds