



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

April 2020

Important Dates

- ▶ **Friday, April 3:** Registration Opens for April Events

Out and About Update and Online Events

Greetings,

We can't tell you how much we miss being in the community with you and are anxious to get back out! LifeBridge is following the guidelines of our local governments and will be suspending community events until at least April 24. The LifeBridge office will remain closed and all staff are working from home. Many of you have had the opportunity to check in with your CTS (Chanese, Katrina, Kelly) and it sounds like you are practicing community safety and remaining in your homes!

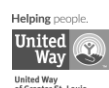
It is very important to us that we continue to support you through this time so starting the week of April 6, we will be offering some small group online activities through the use of Facebook video chat! Each member of our team has a Facebook profile and you can learn how to connect with them on page 2. Additionally, if you need help setting up a Facebook profile our team is happy to assist you over the phone.

Please see page 2 for more information on connecting to our team, how to register for online events, and more!

Thank You,

Heather, Adam, Kelly, Chanese, Katrina

Out and About Program Funders:



Communicating with LifeBridge Staff

The LifeBridge office is currently closed but all staff are working remotely and have access to a company cell phone, email, and Facebook.

Kelly Fraction: Community Training Supervisor	St. Louis City and St. Louis County Participants 314-778-0823/kellyf@lifebridgestl.org/Facebook (search): Kelly At LifeBridge
Chanese Harris: Community Training Supervisor	St. Louis County Participants (Mid, West, and South Counties) 314-778-0826/chaneseh@lifebridgestl.org/Facebook (search): Chanese LifeBridge
Katrina Farthing: Community Training Supervisor	St. Louis County Participants (Mid and North Counties) 314-778-0828 /katrinaf@lifebridgestl.org/ Facebook (search): Katrina At LifeBridge
Adam Saito: Program Support Manager	Support Services including transportation, volunteerism, quality management adams@lifebridgestl.org/Facebook (search): Adam At LifeBridge
Heather Ward: Chief Program Officer	314-583-7303/heatherw@lifebridgestl.org Facebook Profile (search): Heather At LifeBridge

Now Offering Online Events

The Out and About program is going ONLINE!

On page 3 you will see a new calendar of events that are primarily online. Participation in these events is NOT required and will NOT affect your status as an active member in the O&A program. These events are being offered to provide you a way to remain social and connect with your friends and our staff!

The average event time is between 30 and 60 minutes in length and will be facilitated with video chat through the Facebook app. The only way you can access these events is to have a Facebook profile and have “friended” a member of our staff. We are happy to assist you with this!

You will see a few events on the calendar that are not online and we encourage everyone to participate!



PLEASE REGISTER FOR THESE EVENTS There is no limit on the number of events you participate in, but please follow-through on your commitments. Events will be limited to 4 clients and 2 staff. To register, call your CTS between the hours of 10a-5p Monday-Friday. You may email in your choices any time.





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April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Welcome to the O&A Online Events calendar! Each event will be 30-60 minutes long and take place using Facebook Video. See page 4 for full event descriptions. All events are FREE.</p>			1	2	3	4
5	6	7	8 Intro to Virtual Programming: Session 1 3pm-4pm	9	10	11 Intro to Virtual Programming: Session 2 12pm-1pm
12 	13 Scavenger Hunt 11am-12pm	14 Pet Paradise 6:30pm-7:30pm	15 Dinner Time 6pm-7pm <hr/> ASL Alphabet 6pm-7pm	16	17 Celebrate National Poetry Month All Day **Not online**	18 Sports Fanatic 12p-1p
19 Cooking Club 1pm-2pm	20 Karaoke Club 5pm-6pm	21	22 Celebrate Earth Day 	23	24 Show and Tell 11am-12pm	25
26	27 Fitness with Friends 5pm-6pm	28 Flower Craft 5:30p-6:30p	29	30 Call a Friend Day All Day **Not online**	<p>To Register: Email or Call your CTS between 10 am–5 pm Monday through Friday to RSVP for an April event</p>	



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O&A Online Events Description

Date	Time	Event	CTS	Event Description
Wed, April 8	3pm-4pm	Intro to Online Events: Session 1	Chanese	Enjoy your first introduction to online events. Understand how it works and how to stay connected to your friends even after LifeBridge virtual events!
Sat, April 11	12p-1p	Intro to Online Events: Session 2	Kelly	Enjoy your first introduction to online events. Understand how it works and how to stay connected to your friends even after LifeBridge virtual events!
Mon, April 13	11a-12p	Scavenger Hunt	Katrina	We'll have a list items and see if you can find them in your house and in your yard! Whoever gets the most items on the list in the fastest time will win that round. There are multiple rounds so be ready to get moving!
Tues, April 14	6:30p-7:30p	Pet Paradise	Kelly	What's your favorite animal? Show us pictures of your favorite 2- or 4-legged friend. It may even be a fish! (pictures or live pet)
Wed, April 15	6p-7p	Dinner Time	Chanese	Cook your favorite dinner and join your LifeBridge friends online! We will talk about activities we have been doing or how things at work are going.
Wed, April 15	6p-7p	American Sign Language Alphabet	Katrina	Do you know American Sign Language (ASL)? Have you ever wanted to learn some sign language? In this session we will watch a video to learn the letters of the alphabet in sign language. Afterward we'll practice spelling our names along with some other words!
Fri, April 17	ALL DAY	**Not Online** Celebrate National Poetry Month	Kelly & Chanese	Explore the art of poetry, write a new poem and share with a friend, call an O&A team member or email it!
Sat, April 18	12p-1pm	Sports Fanatic	Kelly	Let's chat about your favorite sports team/person and even show clips. We can turn on ESPN and go from there!
Sun, April 19	1p-2p	Cooking Club	Kelly	Share your favorite recipes or skills in the kitchen. Are you a baker? Or do you prefer to cooking on the stovetop? Share with your friends your culinary skills.
Mon, April 20	5p-6p	Karaoke Club	Chanese	Enjoy virtually watching some of your LifeBridge friends sing some of their favorite songs. Each person will have the opportunity to sing and share with friends!
Fri, April 24	11a-12p	Show and Tell	Katrina	Have you ever wanted to show off something to your LifeBridge friends? Now is your chance. In this session you'll show things that are important to you and tell us about them. Everyone will have a few turns to show a variety of things like your pet kitty, a piece of art you've been making, or some pictures of your family!
Mon, April 27	5p-6p	Fitness with Friends	Chanese	Need some fresh air? Enjoy this program with your LifeBridge friends by taking a safe walk and exploring your neighborhood and participating in a scavenger hunt!
Tues, April 28	5:30p-6:30p	Toilet Paper Tube Flower Craft	Katrina	We'll create a flower wreath using toilet paper tubes! Start saving tubes now, the more tubes you have the larger the wreath and more layers you can create! Supplies Needed: toilet paper tubes, scissors, paint (works best)/crayons/markers/colored pencils, glue, buttons (optional)
Fri, April 30	ALL DAY	**Not Online** Call A Friend Day	All CTSs	Make some time today to call a friend! Make sure they are doing okay and share some happiness with them!