



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

May 2020

Important Dates

- ▶ **Thursday, April 23:** Registration Opens for May Events
- ▶ **Monday, May 25:** Memorial Day; LifeBridge Closed

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 further notice. 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 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 us 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 Profile: Kelly At LifeBridge
Chanese Harris: Community Training Supervisor	St. Louis County Participants (Mid, West, and South Counties) 314-778-0826/ chaneseh@lifebridgestl.org/ Facebook Profile: Chanese LifeBridge
Katrina Farthing: Community Training Supervisor	St. Louis County Participants (Mid and North Counties) 314-778-0828/ katrinaf@lifebridgestl.org/ Facebook Profile: Katrina At LifeBridge
Adam Saito: Program Support Manager	Support Services including transportation, volunteerism, quality management adams@lifebridgestl.org/ Facebook Profile: Adam At LifeBridge
Heather Ward: Chief Program Officer	314-583-7303/heatherw@lifebridgestl.org Facebook Profile: 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 Facebook. The only way you can access these events is to have a Facebook profile and have “friended” a member of our staff. You’ll then receive an invite to the event on Facebook, be sure to RSVP as “Going.” You’ll receive reminders and important updates once you have RSVP’ed on Facebook. We are happy to assist you with this!

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 so get your choices in right away. To register, call your CTS between the hours of 10a-5p Monday-Friday. You may email or Facebook message your choices at any time.





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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 The Talk 4pm-5pm	2
3	4 Craft Time 5pm-6pm	5 	6 Horsin' Around 12:50-1:50pm	7 Hangman & Pictionary 6pm-7pm	8	9 Make your mother a gift for Mother's Day
10 	11	12 World Tour 5:30pm-6:30pm	13 ASL Part 2 5pm-6pm	14 Fun at the Zoo! 5pm-6pm	15	16
17 Take a walk, get fresh air!	18 BINGO! 11am-12pm	19	20 Dance Fever 6pm-7pm	21	22	23 Call A Friend Day! Call that someone you have been thinking about!
24	25 	26 Scavenger Hunt 6pm-7pm	27	28 Dessert Time 5pm-6pm	29 Pet Saga 5:30pm-6:30pm	30
31	<p>To Register: Email or Facebook message anytime, or call your CTS between 10 am–5 pm Monday through Friday to RSVP for a May event. Be sure to RSVP as “Going” to the event invitations on Facebook to receive reminders and updates for your programs!</p>					



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O&A Online Events Description

Date	Time	Event	CTS	Event Description
Fri, May 1	4pm- 5pm	The Talk	Kelly	What have you been up to? Do you have any exciting news to share? Let's talk about your favorite thing to do!
Mon, May 4	5pm- 6pm	Craft Time	Chanese	Enjoy your favorite craft with friends. You can color, draw, or craft something and share it with your friends at the end of the program!
Weds, May 6	12:50- 1:50pm	Horsin' Around	Katrina	TREE House of Greater St. Louis is a therapeutic horseback riding stable that will do a live lunch time feeding of their horses just for us! Ask them anything about horses!
Thurs, May 7	6pm- 7pm	Hangman & Pictionary	Katrina	Grab some paper and a marker and get ready to play some favorites! We'll play Hangman where everyone will get a few turns. If you're feeling artsy, we'll also play a few rounds of Pictionary! <u>Supplies Needed:</u> Multiple sheets of paper and a dark-colored marker (pens and pencils won't show up well on the cameras)
Tues, May 12	5:30pm- 6:30pm	World Tour	Kelly	Tour the world from your living room! Let's travel to some of the most beautiful sites in the world.
Wed, May 13	5pm- 6pm	American Sign Language Part 2	Kelly	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 different sign language letters. Afterward we'll practice spelling our name and some other words!
Thurs, May 14	5pm- 6pm	Fun at the Zoo!	Chanese	Enjoy a virtual tour of a zoo and see cool and exotic animals with your LifeBridge friends!
Mon, May 18	11am- 12pm	BINGO!	Katrina	We'll play Bingo together! I will send the bingo cards prior to the games and you may either print them or copy them by hand. <u>Supplies Needed:</u> printed bingo sheets, a way to mark the bingo cards (beans, coins, etc.)
Wed, May 20,	6pm- 7pm	Dance Fever	Chanese	Play a game where everyone dances to music and when the music goes off everyone must stop! If you stay standing you will be crowned our Dance Fever Champion!!!
Tues, May 26	6pm- 7pm	Scavenger Hunt	Katrina	We'll create a list items and see if you can find them in your house and maybe 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!
Thurs, May 28	5pm- 6pm	Dessert Time	Chanese	Enjoy your favorite dessert and watch a virtual tutorial of a chef making a delicious chocolate cake!
Fri, May 29	5:30pm- 6:30pm	Pet Saga	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)