



# THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,  
ENRICHING LIVES.

May 2020

## Important Dates

- **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 starting with this May Source, we will be offering some activities each month that to keep your mind working and your creativity flowing. Each source moving forward will have an activity until we are able to resume to regular programming.

Please see page 3 for the activity calendar, and if you want to share how you liked the activity you can reach out to your CTS.

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.

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

## Out & About Updates

### The Out and About program is offering Activities!

On page 3 you will see a new calendar of events that provide some activity suggestions! Participation in these events is NOT required and will NOT affect your status as an active member in the O&A program.

The events are created to keep you moving and to find interesting things to do that will make these trying times more bearable.

After you complete the activity feel free to reach out to your CTS and tell them how the activity made you feel and why you enjoyed.

**Online programming:** The O&A program has moved activities online through the use of Facebook Video Chat! If you would like help learning how to connect to these events we are here to help! Please contact your CTS and they will walk you through the process!



# May 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Welcome to the O&amp;A Activities Calendar.</p> <p>Each month we will have this calendar to keep you engaged and active during these trying times. Please participate in the activities and follow up with your CTS on how you enjoyed them!</p>					1	2 Brother & Sister Day- take a picture with siblings
3 Take a walk, get fresh air!	4	5 Cinco De Mayo 	6	7	8 Make your mother a gift for Mother's Day	9
10 Mother's Day 	11	12	13	14	15 National Chocolate Chip Day: Enjoy dessert!	16
17 Boogie out to your favorite song and have a loved one dance with you!	18	19	20 Color a picture and give it to someone special!	21	22	23
24	25 Memorial Day 	26	27	28 Call A Friend Day! Call that someone you have been thinking about!	29	30
31 Watch your favorite sport 	<p><b>**Remember You do not have to sign up for these activities. You have the freedom to do them on your time!</b></p>					

# Spring Word Search



Q S I I H N B L O S S O M B U A Y I A I  
 N P W N U N K I A A Q Z I U G S D Z P E  
 E R V X Q G R E E N T T G N E A J K R E  
 W I P I C N I C F I Q S N N I M R Z I D  
 L N F X W E G S I R M P M Y A A M D L B  
 E G L W J F W T F R I R A T V Y C Q E F  
 A B O K R L L W F A F I R F B O J I E N  
 V R W K S R B H N I P N C T E E M K A T  
 E E E D R U O D N N K G H K I T E S S D  
 S A R M S J N T F B S U N L A Z D S T D  
 P K S S D V B S K O O E T W F V D H E G  
 S E A S O N B I H W T V E A A J S H R T  
 Y B F W Z F L X R I X X E D T U L I P K  
 Z U A A V R K L V D N W G G S T Q S G G  
 A H Q R I O L Z C V S E G C W E W S F R  
 X Z J M S P S A P R I L F O O L D W A B

KITES  
 SEEDS  
 APRIL  
 WARM  
 BLOSSOM  
 BIRDS

RAINBOW  
 SPRING  
 BUNNY  
 GREEN  
 MAY  
 PICNIC

MARCH  
 SEASON  
 SUNSHINE  
 TULIP  
 EGG  
 SPRING BREAK

BEES  
 NEW LEAVES  
 GARDEN  
 APRIL FOOL  
 FLOWERS  
 EASTER