



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

July 2020

Important Dates

- ▶ **Thursday, June 25:** Registration opens for July programs at 9:00am
- ▶ **Friday, July 3:** Office closed for Fourth of July
- ▶ **Monday, July 6:** Poster Mania online program
- ▶ **Friday, July 24:** Mega Bingo online program

Social Distance Training & Virtual Programs

Staff have begun to transition back to working in the LifeBridge office and are working toward a plan of restarting in-person services and determining the best safety protocols we are going to be putting in place. We are excited to announce that we will be working with Washington University Occupational Therapy students to ensure all O&A member are able to follow social distancing guidelines. This training will need to be completed before clients may attend community based programming. We will be providing more details in July as the training is developed with the students.

The Governor's Council on Disability has created an opportunity for individuals with disabilities to make a poster that is impactful and educates others on employment inclusion. Join us on Zoom on **Monday, July 6th at 6pm** where you will have the opportunity to share your posters, see page 4 for details. We've provided you with two blank pieces of cardstock for your poster, guidelines, and an entry form. Only one poster is to be submitted but you may make a second one to share or use the extra sheet for a draft.

Come play Bingo with your fellow Out & About members on Zoom **Friday, July 24th at 6pm!** Enjoy a fun-filled evening with your LifeBridge friends and staff! Bingo cards have been included in this mailout. Winners will receive a prize that will be dropped off at your doorstep the following month! Be sure to sign up with your CTS to secure your spot.

Out and About Program Funders:



Communicating with LifeBridge Staff

The LifeBridge office is open and staff have returned to being in the office. Staff currently still have access to a company cell phone, email, and Facebook.

Kelly Fraction: Community Training Supervisor	St. Louis City and St. Louis County Participants, office extension 109 314-778-0823/ kellyf@lifebridgestl.org / Facebook Profile: Kelly At LifeBridge
Chanese Harris: Community Training Supervisor	St. Louis County Participants (Mid, West, and South Counties), office extension 106 314-778-0826/ chaneseh@lifebridgestl.org / Facebook Profile: Chanese LifeBridge
Katrina Farthing: Community Training Supervisor	St. Louis County Participants (Mid and North Counties), office extension 102 314-778-0828/ katrinaf@lifebridgestl.org / Facebook Profile: Katrina At LifeBridge
Adam Saito: Program Support Manager	Support Services including transportation, volunteerism, quality management extension 105/ adams@lifebridgestl.org / Facebook Profile: Adam At LifeBridge
Heather Ward: Chief Program Officer	314-583-7303/ heatherw@lifebridgestl.org / office extension 104 Facebook Profile: Heather At LifeBridge

Currently Offering Online Programs

The Out and About program is ONLINE!

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

The average program time is between 30 and 90 minutes in length and will be facilitated with video chat through Zoom. The best way to access these events is to have a Facebook profile and have “friended” each member of our staff. You’ll then receive an invite to the program on Facebook, be sure to RSVP as “Going.” We are happy to assist you with this! You’ll receive reminders and important updates once you have RSVP’ed on Facebook. The link to the Zoom programs will be on the Facebook event page but we can email them if necessary, please specify this when signing up for programs. Reminders via email and phone calls will not occur so make sure you keep track on your calendar!

PLEASE REGISTER FOR THESE PROGRAMS. There is no limit on the number of online programs you participate in, but please follow-through on your commitments. To register, call your CTS at the office, or email or Facebook message your choices at any time.





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Welcome to the O&A Online Events calendar!
Each program will be 30-90 minutes long and take place using Zoom video.
Currently only online programming is being offered.

See page 4 for full program descriptions.
All programs listed are **FREE**.

July

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 Office Closed	4 
5	6 6-7pm Poster Mania 	7	8	9 6-7pm Karaoke	10 2-3pm Cincinnati Zoo	11 12-1pm Weekend Nail Art Part 2
12	13	14 5:30-7:30pm Movie Night	15 6-7pm Aquarium of the Pacific	16	17 3-4pm Ridiculous Animals	18
19	20	21 5:30-6:30pm American Sign Language Pt. 3	22 5-6pm Pet Trivia	23 6-7pm Roller Coaster Fanatics	24 6-7:30pm Mega Bingo! 	25
26	27	28	29	30	31	

YOU MUST REGISTER FOR THESE PROGRAMS. There is no limit on the number of online programs you may participate in, but please follow-through on your commitments. To register, call your CTS at the office, email or Facebook message your choices.



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July O&A Online Program Descriptions

(all programs are online via Zoom)

Date	Time	Program	CTS	Program Description
July 6	6pm-7pm	Poster Mania	Chanese & Kelly	Every year the Governor's Council on Disability (GCD) takes the opportunity to recognize an outstanding Missouri artist for conveying the importance of employment inclusion through his or her artwork. The winning artwork will be featured in the Missouri NDEAM poster. You will have an opportunity during this program to share your completed artwork and explain why being employed is important to you. Clients that do not wish to submit their poster are still welcome to join this program to show off their art.
July 9	6pm-7pm	Karaoke	Chanese	Enjoy a day of singing your favorite songs with your peers and getting praise! You will be able to sing any song anyway you want.
July 10	2pm-3pm	Cincinnati Zoo	Katrina	See a variety of animals at the Cincinnati Zoo in Ohio! We'll watch recordings of some narrated feedings and see some of the best footage of their animals.
July 11	12pm-1pm	Weekend Nail Art Part 2	Kelly	Enjoy a weekend of beautifying your nails! We will watch videos on how to do different designs for our nails! Bring your nail polish and tooth picks!
July 14	5:30pm-7:30pm	Movie Night	Kelly	Join me virtually for movie night. Get your popcorn ready and enjoy the show. Can you come up with three movies you'd want to see? Please let me know, then we will vote.
July 15	6pm-7pm	Aquarium of the Pacific	Katrina	Tour the Aquarium of the Pacific in Long Beach, California! See and learn about the sharks, fish, penguins, and jellyfish swimming on your screen. Watch their video about climate change and how people are making a difference.
July 17	3pm-4pm	Ridiculous Animals	Katrina	Watch silly and amazing animal videos from all over the internet! If you have one you'd like to share let us know!
July 21	5:30pm-6:30pm	American Sign Language; Part 3	Kelly	Are you ready to learn how to do sign language? Now is the time! You will learn the basics on how to communicate with others using sign language.
July 22	5pm-6pm	Pet Trivia	Chanese	Take the knowledge that you know about your favorite animals and put it to the test! You will be given facts about an animal and you will have to guess what animal it is.
July 23	6pm-7pm	Roller Coaster Fanatics	Katrina	Enjoy a first-person view of roller coaster rides! Twists, turns, drops, and speed will get your heart racing during this thrilling program!
July 24	6pm-7:30pm	Mega Bingo	Kelly & Chanese	Calling all bingo players! Gather with all of your LifeBridge friends and play some B.I.N.G.O. Cards are provided! There're prizes too!