



THE Source

NEWSLETTER OF LIFE BRIDGE PARTNERSHIP



CREATING CONNECTIONS,
ENRICHING LIVES.

September 2020

Important Dates

- ▶ **Monday, August 24:** Registration Opens for September Events
- ▶ **Wednesday, September 2:** Registration Closes for September In-Person Programs
- ▶ **Monday, September 7:** Office closed in Observance of Labor Day

In-Person Services is back!!

Way to Go Participants!

On behalf of LifeBridge Partnership, we want to thank all participants and families who participated in social distance training!



We have been working closely with Occupational Therapy students from Washington University to develop an action plan for returning to community programming. Together we have created a new Social Distancing assessment tool and training to determine each participant's readiness and ability to safely return to community programs with fellow Out & About members.

Since then we have surpassed expectations from participants, we are now offering community programming. Starting in September we are hosting community events at LifeBridge Partnership office while implementing social distancing. You must complete social distance training to attend in-person programs, contact your CTS to schedule one if you haven't already.



Communicating with LifeBridge Partnership Staff

LifeBridge Partnership office is now open!

Kelly Fraction: Community Training Supervisor	St. Louis City and St. Louis County Participants 314-989-1188 ext. 1009 kellyf@lifebridgestl.org/ Facebook Profile: Kelly At LifeBridge
Chanese Harris: Community Training Supervisor	St. Louis County Participants (Mid, West, and South Counties) 314-989-1188 ext. 1006 chaneseh@lifebridgestl.org/ Facebook Profile: Chanese LifeBridge
Katrina Farthing: Community Training Supervisor	St. Louis County Participants (Mid and North Counties) 314-989-1188 ext. 1002 katrinaf@lifebridgestl.org/ Facebook Profile: Katrina At LifeBridge
Adam Saito: Program Support Manager	Support Services including transportation, volunteerism, quality management 314-756-0207 ext. 1005 adams@lifebridgestl.org/ Facebook Profile: Adam At LifeBridge
Heather Ward: Chief Program Officer	St. Louis City and St. Louis County Participants 314-926-0940 ext. 1004 heatherw@lifebridgestl.org/ Facebook Profile: Heather At LifeBridge

Now Offering Virtual & Community Events

The Out & About program is back in person!

On page 3 you will see new calendar of events that are online and in the community. Participation in 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 virtual event time is between 30 and 60 minutes and will be facilitated with video chat through Zoom and/or Facebook. To access these events you must 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'd on Facebook. The link to the programs on Zoom will be on the Facebook event page or emailed to you if you do not have a Facebook profile. We are happy to assist you with this!

PLEASE REGISTER FOR THESE EVENTS. There is no limit on the number of online events you participate in, but please follow-through on your commitments. **Community programs will be limited so get your choices in right away.** To register, call, email, or Facebook message your choices to your CTS.





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Welcome to the O&A Virtual/Community Events calendar!

Virtual events will be 1 hour long and take place using Zoom video.

See page 4 for full event descriptions.

Not all events are free.

September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 An Adventure in Storytelling 5pm-6pm (Virtual)	2 Charades Fun 6pm-7pm (Virtual)	3	4	5
6	7 	8 Stand Up Comedy 5:30pm-6:30pm (Virtual) Computer Training 5:30pm-7:30pm (LB Office)	9	10 Movie Matinee 12pm-2pm (LB Office) Fitness w/Friends 5pm-6pm (Virtual)	11 Visiting Van Gogh 2pm-3pm (Virtual)	12
13	14 Game Night 5:30pm-7:30pm (LB office) Sci-Fy Movie Night 5:30pm-7:30pm (Virtual)	15 Games w/friends 6pm-7pm (Virtual)	16 Cardinals Trivia 5:30pm-7:30pm (LB office) 	17 Guided Painting 12pm-2pm (LB office) TED TALK 5:30pm-6:30pm (Virtual)	18 Bingo 6pm-7:30pm (Virtual) 	19
20	21	22 Family Feud 5:30pm-6:30pm (Virtual)	23 America's Funniest Pets 5pm-6pm (Virtual)	24 Georgia Aquarium 6pm-7pm (Virtual)	25	26
27	28 Disney Movie Trivia 6pm-7pm (Virtual) 	29 International Space Station 6pm-7pm (Virtual)	30 City Game Night 5:30pm-7:30pm (LB office)			

YOU MUST REGISTER FOR THESE EVENTS. There is no limit on the number of events you participate in, but please follow-through on your commitments. To register, call your CTS between the hours of 10am-5pm Monday-Friday. **You may email or Facebook message your choices at any time.**



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O&A Virtual/Community Events Description

Date	Time	Event	CTS	Event Description
Tues, Sept 1	5pm-6pm	An Adventure in Storytelling (Virtual)	Katrina	Think of your all time favorite story. Have you ever wished you could write something like that? Get together with your LifeBridge friends to write a funny, scary, exciting, or just crazy story! We will work through the steps of storytelling and come up with an adventure together! No experience necessary, just some creative ideas.
Wed, Sept 2	6pm-7pm	Charades Fun (Virtual)	Chanese	Enjoy playing charades with your LifeBridge friends and have fun. You will be able to act out the words and your peers get to guess, will you be convincing enough.
Tues, Sept 8	5:30pm-6:30pm	Stand Up Comedy (Virtual)	Kelly	How funny are you? Get out of your comfort zone and watch stand up comedy then share your own jokes.
Tues, Sept 8	5:30pm-7:30pm	Computer Training (LB office)	Katrina	Wish you knew how to use your computer, tablet, or phone better? Join us at LifeBridge to create an email account, search the internet, and navigate various apps. Let us know what device you have when signing up and be sure to bring it with you to the program (if a phone or tablet we need to know the brand). A light dinner will be provided. Cost: \$5 admission
Thurs, Sept 10	12pm-2pm	Movie Matinee (LB office)	Kelly	Do you miss watching movies with a group of friends? We can assist you with that! All you have to do is sign up, its that simple! Movie will be shown on a projector at the office of LifeBridge Partnership. Popcorn and soda will be served. Cost: \$3 admission
Thurs, Sept 10	5pm-6pm	Fitness w/ Friends (Virtual)	Chanese	Get the chance to recharge your body with a nice relaxing workout with your LifeBridge friends.
Fri, Sept 11	2pm-3pm	Visiting Van Gogh (Virtual)	Katrina	Explore the Van Gogh Museum in Amsterdam, Netherlands all from the comfort of your home! Join your LifeBridge friends while we browse pieces of art, learn about Van Gogh's life, and discover history and art techniques. Once we have been inspired, we will work to create our own virtual masterpiece together on Zoom.
Mon, Sept 14	5:30pm-7:30pm	Game Night (LB office)	Katrina	Join your friends at LifeBridge for an evening of games! We will be playing both classic games and new games on the LifeBridge tablets or bring your own. Try out a round of Uno, Pictionary, Battleship, video games and many others! A light dinner will be provided. Cost: \$5 admission
Mon, Sept 14	5:30pm-7:30pm	Sci-Fi Movie Night (Virtual)	Kelly	Monday night movie after a long day! Just relax and sit back and enjoy the show. Don't forget your popcorn or snack! We will vote on a sci-fi movie title!
Tues, Sept 15	6pm-7pm	Games w/ Friends (Virtual)	Katrina	Enjoy playing all sorts of fun and challenging games with your LifeBridge friends that will be sure get your creativity flowing!
Wed, Sept 16	5:30pm-7:30pm	Cardinals Trivia (LB office)	Chanese	Come join your friends at LifeBridge for a night of Cardinals trivia! Feel free to wear your Cardinals gear and bring your Cardinals knowledge. Eat pizza by the slice from Dominos! Cost: \$5 admission



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O&A Virtual/Community Events Description

Date	Time	Event	CTS	Event Description
Thurs, Sept 17	12pm- 2pm	Guided Painting (LB office)	Chanese	Come live your best Bob Ross life and paint with us following a fun video guide! (Or make your own design!) Eat pizza by the slice and enjoy an afternoon at the LifeBridge Office! Please come dressed prepared to paint! Cost: \$10 admission
Thurs, Sept 17	5:30pm- 6:30pm	TED TALK (Virtual)	Kelly	Have you watched a TED TALK? There are many subjects to listen to. It's your choice. We will vote on a topic and have a discussion afterwards.
Fri, Sept 18	6pm- 7pm	Bingo (Virtual)	Kelly	Do you like bingo? Well come on and enjoy an evening of yelling out "BINGO" on Zoom! Beware, there will be exciting patterns we are going to play! Bingo boards will be provided.
Tues, Sept 22	5:30pm- 6:30pm	Family Feud (Virtual)	Kelly	Can you beat the timer! Are you good at quickly answering questions? Well here's your chance to be an contestant on Family Feud!
Wed, Sept 23	5pm- 6pm	America's Funniest Pets (Virtual)	Chanese	Enjoy watching clips of your favorite pets doing hilarious things! At the end, each participant will get to share a funny story about their pet.
Thurs, Sept 24	6pm- 7pm	Georgia Aquarium (Virtual)	Katrina	Check out live cams of whales sharks, otters, sea lions, beluga whales, and more at the Georgia Aquarium in Atlanta! We'll watch some videos about sharks, training a dolphin, sea turtles and other animals.
Mon, Sept 28	6pm- 7pm	Disney Movie Trivia (Virtual)	Chanese	Take the knowledge that you know about your favorite Disney Movies and put it to the test! You will be given facts about a Disney film and you will guess the title of that film!
Tues, Sept 29	6pm- 7pm	International Space Station (Virtual)	Katrina	Take a tour of the International Space Station hosted by Suni Williams! We'll also check out how astronauts do daily activities and debunk some myths about being in outer space.
Wed, Sept 30	5:30pm- 7:30pm	City Game Night (LB office)	Kelly	Join your friends at LifeBridge for an evening of games! We will be playing both classic games and new games on the LifeBridge tablets or bring your own. Try out a round of Uno, Pictionary, Battleship, video games and many others! A light dinner will be provided. Cost: \$5 admission