

# St. Louis **norc** news

CONNECTING NEIGHBORS. ENRICHING LIVES.

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## Join in 2024 to Enjoy Membership Benefits!

Participate in a caring, supportive community by joining St. Louis NORC in 2024! Complete your membership application and submit annual dues to receive a variety of benefits:

socialization opportunities, discounts to area businesses, access to caring professionals who specialize in connecting you with programs and services to meet your unique needs, assistance with minor home repairs and technology from our trained and screened volunteers, friendly phone calls from neighbors, and more!



## Win a \$50 Dierberg's Gift Card!

To get your 2024 NORC Advantage card by January 1, 2024, and a chance to win a \$50 Dierberg's gift card, send in your application with dues by December 11, 2023. Bring it to NORC staff, mail it to the address on the back of the application, or apply online at [stlnorc.org](http://stlnorc.org).

► **For a full list of NORC benefits, turn to page 3.**

► **For the 2024 membership application, turn to pages 9-10.**

## NORC's 3rd Annual Gab & Go Bagel Breakfast

**Thursday, November 30 | Free**

The J, Arts and Education Building - 2 Millstone Campus Dr.

Bond over bagels, coffee, and more! Take your breakfast to-go, or stay a while to socialize. Reserve your spot from 9-10 a.m. OR 10:30-11:30 a.m. Invite a friend or neighbor to join you!

Gluten-free options are available on request. Space is limited.

- **RSVP by November 27 to Laura at (314) 812-9345 or [LPressMillner@jfsstl.org](mailto:LPressMillner@jfsstl.org).**



# Sarah's Sentiments

Dear Neighbors and Friends,

The upcoming year marks 20 years of St. Louis NORC. Our supportive neighborhood program unites longstanding and recent members, fostering mutual growth and support as we navigate life's transitions. Whether you are renewing your membership or considering joining us for the first time, here's some insight into St. Louis NORC.



A Naturally Occurring Retirement Community (NORC) is a geographic area not originally designed for older residents that now boasts a significant population over age sixty (60). St. Louis NORC empowers individuals to age independently, comfortably, and securely in their homes. A non-sectarian program of Jewish Family Service (JFS), we connect members to each other and community resources. Through collaborations with key organizations, we enhance quality of life by fostering awareness and participation in valuable community programs.

## **Connection is key to well-being and resilience. St. Louis NORC facilitates this through:**

- Monthly engagement opportunities, including the Gab and Go Breakfast on 11/30.
- Friendly phone calls during holidays, birthdays, and as requested.
- Minor home repairs and technology assistance by screened volunteers.
- Annual home visits with NORC staff, connecting you with programs and services tailored to your needs and interests.
- Discounts at local businesses (details on page 15).
- An annual directory of members consenting to information sharing.

New and renewing members complete an annual application (pages 9-10). Your feedback helps us reach you effectively and tailor our services to your preferences, be it friendly phone calls, home visits, volunteering, or inclusion in the membership directory.

**You've probably heard me say this before, but it's worth repeating: St. Louis NORC has the most incredible members and volunteers.**

Thank you for creating and sustaining our special community.

Sarah Z. Levinson, St. Louis NORC Manager

# Annual NORC Membership Has Its Benefits

Memberships run from January 1 through December 31 and are renewable each calendar year. Membership fees range from \$25 to \$50 per year. For a list of businesses that offer discounts to NORC members, please see page 15. For more information or to complete an application, visit [www.stlnorc.org](http://www.stlnorc.org) or contact Sarah at (314) 812-9342 or [SLevinson@jfsstl.org](mailto:SLevinson@jfsstl.org).

<b>Benefits of 2024 NORC Membership</b>	<b>NORC Member</b> live <u>within</u> NORC boundaries	<b>Friend of NORC</b> live <u>beyond</u> NORC boundaries
Quarterly NORC newsletter with resources	✓	✓
Annual friendly home visit with NORC Staff	✓	✓
Access to cultural, educational, and wellness programs	✓	✓
Access to caring professionals who provide connections to programs and services to meet your unique needs	✓	✓
Opportunities to engage socially	✓	✓
NORC Advantage Card discounts to area businesses	✓	✓
Reduced membership fee to the Staenberg Family Complex Fitness Center (JCC)	✓	
Minor home repair and technology assistance by trained and screened volunteers	✓	

## St. Louis Jewish Book Festival Discount

NORC members receive a discounted rate (from \$136 to \$86.58) on a All-Access Pass, which includes access to more than 25 author programs year-round for the nationally recognized Festival.



**To purchase a pass, bring your NORC card to the Box Office in the Arts & Education Building at The J (2 Millstone Campus Drive) weekdays from 10 a.m. to 4 p.m. or call (314) 442-3299.**



Did you know? NORC members may request an annual home visit with NORC staff. Share a bit about your life, get connected with programs and services tailored to your needs and interests, and/or complete a home safety assessment to identify fall potential hazards. Contact Laura for additional details at (314) 812-9345 or [LPressMillner@jfsstl.org](mailto:LPressMillner@jfsstl.org).

# Six Fall Prevention Tips for Changing Seasons

As the temperature drops and the days grow shorter, new risks for falls arise. Here are some tips for staying active, independent, and avoiding falls during the autumn season and beyond. Remember, falls are not an inevitable part of aging, and with the right steps, they can be prevented.



## **1 Schedule regular medical checkups and report changes promptly.**

Certain medications and changes in vision, hearing, and foot stability can increase fall risk. Schedule regular checkups with your healthcare provider to monitor these factors. Report any changes in your health status promptly.

## **2 Be aware of when and where you walk.**

Falling leaves and debris can create slippery surfaces and hide potential tripping hazards. Watch out for cracks in sidewalks, tree holes, and changes in sidewalk levels. Regularly clear your walkways, and if you can't see that the surface is clear and flat, choose an alternative path.

## **3 Light your way.**

Shorter days mean less direct sunlight. Ensure your home is well-lit with extra lamps, nightlights, and exterior pathway lights. This will help you navigate safely, especially around doorways and stairs.

## **4 Engage in physical activity.**

Regular exercise that focuses on strength and balance is essential to prevent falls year-round. Consult your healthcare provider for the best types of activities for you, including indoor recommendations when outdoor activities are limited.

## **5 Wear appropriate footwear.**

As the weather cools down, make sure you can see in all directions and move easily. Keep your shoes and walking aids, such as canes and walkers, clean and dry, as wet shoes can be just as dangerous as wet floors.

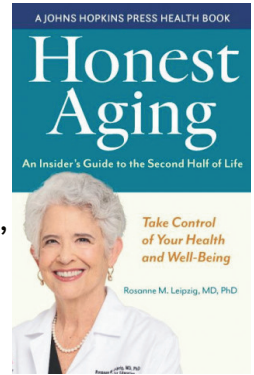
## **6 Conduct an annual home safety assessment and consider modifications.**

The majority of falls happen at home. Use a fall prevention checklist to identify potential hazards in each area of the home. Consider making changes, or modifications, that can include removing hazards, adding supports such as handrails, moving items you use often so they are easy to reach, or changing how or where you do activities. Contact NORC at (314) 812-9345 to receive a Home Safety Self-Assessment Tool.



# Practices for a Happier Old Age

Dr. Rosanne M. Leipzig, a top doctor with more than 35 years of experience caring for older people, captivated attendees with practical advice to optimize aging at her recent talk at the St. Louis Jewish Book Festival. Her latest book, *Honest Aging: An Insider's Guide to the Second Half of Life*, describes what to expect physically, psychologically, functionally, and emotionally as we age, and what we can do to adapt to our new normal. Here are a just a few tips shared by Dr. Leipzig in her comprehensive and indispensable guide to the second half of life.



## **Resist ageism.**

Become a role model for aging by being yourself and telling people your age.

## **Right-size your expectations.**

While age doesn't need to change our passions, we often need to adjust our goals and expectations.

## **Be resilient, adaptable, flexible.**

With aging, we lose people, roles and abilities that have been central to our lives. Be proactive and explore what you might do to live an enjoyable, engaged and meaningful life.

## **Never say "never."**

Some proclaim they will never use a hearing aid, move out of their home, take an antidepressant, or have assistance with daily activities. Any time you face a new change, make a list of the pros and cons. If possible, do a trial to see what happens. Making a change can be the key to having a more fulfilling and independent life.

## **Advocate for yourself and accept help.**

Do not accept decline as a part of normal aging. Identify and treat the underlying cause of symptoms and let others help you when you need it.

## **Select, Optimize, and Compensate.**

When you can't do everything you once did, for whatever reason, **remember SOC**: **select** what really matters to you; **optimize** by practicing and rehearsing what you are able to do ("use it or lose it"), and **compensate** by using alternative mechanisms and equipment.

## **Laugh more.**

Cultivate your sense of humor, especially about those things that scare you or you can't control. Having a sense of humor helps us to face the unknown.

# Honoring and Learning from LGBTQ+ Elders

By Vanessa Fabbre, PhD, LCSW  
Associate Professor of Social Work  
Washington University in St. Louis



Older adults in America are a diverse group, representing many identities and lived experiences that are shaped by a wide range of social, economic, and political forces in our society. Thanks to the civic engagement and activism of many people, LGBTQ+ elders are gaining increasing visibility and respect in the aging network and in society more broadly. I've had the great honor of interviewing more than 100 transgender elders from across the United States for my professional research and would like to share some of the insights, lessons learned, and advice generated from these interviews.

- 1** Regardless of our personal identities, we are all socialized in a society with strong expectations around gender and sexuality. These expectations affect all people, not only those who identify as LGBTQ+. Take some time to reflect on the ways that you felt you had to conform to these expectations, for example, in your appearance, social roles, relationships, and work life. Think about what effect conforming to expectations may have had on you. Reflecting on how we all experience our gender and sexuality is one way of gaining an appreciation and respect for transgender elders who have had to do this for many decades of their lives, often for survival.
- 2** We know that social isolation can pose a great risk to our well-being as we age, but what social engagement means is different depending on your experiences in society. For example, many transgender elders had to care for themselves by actively avoiding social environments or people that were threatening and hostile. In later life, combatting social isolation often reflects transgender elders' intentional effort to avoid stigmatizing and dangerous settings and engage only where they feel safe and respected. Reflect on what environments and people nurture your authentic self and what actions you take to combat social isolation in ways that feel nurturing and affirming.
- 3** We all hold many social identities that intersect in powerful ways. Transgender elders are a very diverse group, and their wide range of lived experiences highlights the fact that we all have parts of ourselves that are valued, nurtured, and respected in society, and we all have parts that are stigmatized, ignored, or devalued. Often, these fall along lines of racial and ethnic identity, gender identity and expression, and social class. Take a moment to think about all the different aspects of your social identity and reflect on what parts may have given you some advantages in life, and what parts may have made it more difficult to succeed or be healthy. Transgender elders are more than just their gender identities, as we all are.

► **Continue reading on page 7**

## Honoring and Learning from LGBTQ+ Elders (continued)

In closing, I'd like to invite you to view the portraits and narratives from transgender elders that I generated with the photographer Jess T. Dugan at the website [tosurviveonthishshore.com](http://tosurviveonthishshore.com). I hope these images and stories spark deeper respect for transgender elders and more awareness of the ways we all strive to be authentic as we age.

## Language Matters: LGBTQ+ Terminology

There is nothing more important than building solid bridges of understanding between LGBTQ individuals and their loved ones. Today, we have ever expanding vocabularies which help us to understand ourselves and our place in the world. In recent years, the language to describe sexual orientation, gender identity and gender expression has expanded. Here is a short language primer from PFLAG, the nation's largest organization dedicated to supporting, educating, and advocating for LGBTQ+ people.



LGBTQ+ is an acronym that collectively refers to individuals who are lesbian, gay, bisexual, transgender, or queer. The addition of the Q for queer is a more recently preferred version of the acronym as cultural opinions of the term queer focus increasingly on its positive, reclaimed definition. The Q can also stand for questioning, referring to those who are still exploring their own sexuality and/or gender. The “+” represents those who are part of the community but for whom LGBTQ does not accurately capture or reflect their identity.

When a baby is born—and thanks to modern technology, often long before—a doctor takes a quick look at its visible sex organs and assigns that baby a sex. From this assigned sex, we assume the baby's gender—either boy or girl.

For the vast majority of people, their gender identity—that is, their internal sense of being male, female, some of both, or neither—matches their assigned sex. Those people are called cisgender. For others, their gender identity does not correspond with that assignment; those individuals often refer to themselves as transgender or, for those who don't fit into the man-woman binary, as nonbinary. Other terms you might hear for people who feel that their internal sense of self is at odds with their biological sex include things like genderqueer or gender nonconforming.

As a child gets older, they will potentially become aware of feelings of attraction—physical, emotional, psychological, intellectual, spiritual—towards other people. These attractions describe their sexual orientation.

For additional resources from PFLAG, visit [pflag.org](http://pflag.org) or call (314) 328-9432.





# Mobile Ice Cream Social at Saratoga





# 2024 St. Louis NORC Membership Application

To join St. Louis NORC, please complete both sides of this application.  
Questions? Contact Sarah at (314) 812-9342 or SLevinson@jfsstl.org. If you are renewing your membership, please complete the form again to make sure all contact information and preferences are updated in our system.

Full Name: \_\_\_\_\_ Gender: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ Apt/Unit #: \_\_\_\_\_ Zip: \_\_\_\_\_

Subdivision/Building Name: \_\_\_\_\_

Religion: \_\_\_\_\_ Race/Ethnicity: \_\_\_\_\_

Full Name: \_\_\_\_\_ Gender: \_\_\_\_\_ DOB: \_\_\_\_/\_\_\_\_/\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Religion: \_\_\_\_\_ Race/Ethnicity: \_\_\_\_\_

## If we are unable to reach you, who may we contact to check on your well-being?

Contact Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

## How often would you like to receive a friendly phone call from NORC?

☐ Monthly ☐ Yearly ☐ Not Necessary

Would you like an annual home visit with a NORC staff? ☐ Yes ☐ No

## Have you considered volunteering with NORC? Please check areas of interest:

☐ Events ☐ Mailings ☐ Phone calls ☐ Minor home repairs ☐ Tech help

Do you want your contact information published in NORC's Membership Directory?  
Only those sharing information receive a copy.

☐ Yes, I want to be in the directory. ☐ No, leave me out of the directory.

Who referred you to NORC? \_\_\_\_\_

Please turn over to complete the membership application





# 2024 St. Louis NORC Membership Application

**How likely are you to recommend NORC to your friends and neighbors?**

☐ Very unlikely    ☐ Unlikely    ☐ Neutral    ☐ Likely    ☐ Very likely

**Were/are you treated with dignity and respect by NORC staff?**

☐ Not at all    ☐ Some of the time    ☐ Neutral    ☐ Most of the time    ☐ All of the time

**Were/are you treated with dignity and respect by NORC volunteers?**

☐ Not at all    ☐ Some of the time    ☐ Neutral    ☐ Most of the time    ☐ All of the time

**To what extent has your quality of life improved because of services provided by NORC?**

☐ Not at all    ☐ Somewhat    ☐ Neutral    ☐ Quite a bit    ☐ Greatly

**In what ways does NORC influence your life? Please check all that apply:**

- ☐ Increases knowledge of resources
- ☐ Increases socialization
- ☐ Increases sense of community
- ☐ Increases sense of safety in my home
- ☐ Helps to improve or maintain my emotional health
- ☐ Helps to improve or maintain my physical health
- ☐ Brings me peace of mind to know NORC is there for me
- ☐ Gives me opportunities to share my skills and talents

**Additional comments and feedback:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Please select the membership that applies to you (dues are not tax deductible)\*:**

- ☐ Individual    \$35/year    (lives within NORC's geographic boundaries)
- ☐ Household    \$50/year    (lives within NORC's geographic boundaries)
- ☐ Friends    \$25/year    (lives beyond NORC boundaries; limited benefits)

**\*See page 3 for a description of benefits by membership type.**

☐ **An additional tax-deductible donation is enclosed to support NORC: \$**\_\_\_\_\_

Please make check payable to "JFS" with "NORC" in the memo line.

Mail checks to: JFS, 10950 Schuetz Road, St. Louis MO, 63146



## Oasis Jazz Ensemble

St. Louis NORC had a swinging fun time welcoming 200 community members to a musical performance by the Oasis Jazz Ensemble! The event, held in partnership with The J and Oasis, energized the crowd with jazz classics, including music of the 30s and 40s, and works by Duke Ellington, Glenn Miller, and more.

The Oasis Jazz Ensemble is comprised of members and band leaders who are all over the age of 55. Thank you to Oasis for sharing their talents with our community!



**Navigating services can be overwhelming.**

**ElderLink is here to help.**

Call ElderLink to speak with a JFS case manager to connect to services, such as in-home support, food assistance, transportation resources, and much more.

**Monday-Friday | 8:30 a.m.- 5 p.m. | (314) 812-9300**





## How Does Your Garden Grow?

In our summer edition of the NORC News, we put a call out to the many talented gardeners in the community. Here are their heartwarming stories!

Myra Rosenthal and Alan Raymond work with other community members in the Jewish Community Center's Garden of Eden. In addition to promoting connection with nature and social interaction among gardeners, this year's harvest is expected to yield 5,000 pounds of fresh produce to be donated to the Harvey Kornblum Jewish Food Pantry.



**Myra and Alan with Garden of Eden volunteers**



**Susy and Lois**

Longtime friends Lois Perryman and Susy Alias collaborate at Temple Israel's Mitzvah Community Garden. Lois, an experienced gardener of nearly 20 years, introduced Susy, a dedicated home gardener, to the project. Their shared commitment to helping others has deepened their friendship as they tend to the garden. Susy, who loves the outdoors, finds that working in the garden improves her balance and coordination.

Hannah Locks' childhood gardening passion became a cost-effective way to engage and feed her family. Today, it serves as a therapeutic outlet for her.



**Hannah**

Sandy Sher's love for gardening, inherited from her father, transformed from being a docent at the Missouri Botanical Gardens to creating a serene haven in her own garden. She finds immense enjoyment in the effort she invests.

Barb Nelson's gardening enthusiasm stems from her appreciation of diverse flowers, from common marigolds to unusual varieties. "It's relaxing to watch bees, butterflies and dragonflies fly from flower to flower while birds are singing in the background and squirrels are chasing each other up and down trees," she said.

### Calling All Animal Enthusiasts!

Do you have a furry companion who brings joy to your life? Share the love! Send us a photo of you and your fur baby and tell us what makes pet ownership so special for you. Email your response and a picture of your pet to [LPressMillner@jfsstl.org](mailto:LPressMillner@jfsstl.org).



## **Thank you for your Generosity**

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Mike Flotken      Carol Grawe  
Jim Gross        Susan Singer

## **In honor of**

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**Eunice and John Reichman's  
60th anniversary**  
Harvey Altman

## **In appreciation of**

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### **NORC Minor Home Repair and Tech Volunteers**

B. Susan Goodman  
Ann Greenstein  
Marcia Hanson and Vernon Von der Heydt  
Walter Mayer and Rosalie Rotenberg

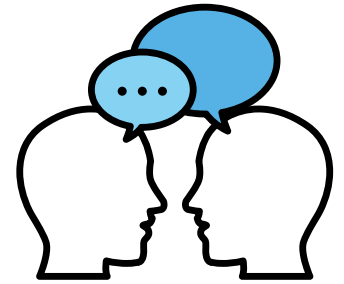
## **In memory of**

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**Bernard Rosenberg**  
by Alice Class Ludmer  
Larry Goodman  
The Moskow Family

## **Conversations Matter**

Conversation is a powerful coping tool. Talking with friends, neighbors and loved ones about feelings and concerns can relieve stress and promote resilience. You can use these tools to start a conversation and help someone you care about.



### **Be flexible about the format.**

A conversation can be over the phone, in person, or through video chat.

### **Be ready to listen.**

Put aside things that may be distracting.

### **Ask open-ended questions.**

Use questions to get the conversation started. You may want to share your own experiences first to get things going.

- How are you feeling?
- How's it going for you these days?
- What are you doing to take care of yourself?
- How are you keeping in touch with family and friends?

### **Show your concern and support.**

Try using phrases like "I'm listening," "Tell me more," "I'm here for you," or "That sounds rough, how can I help?" We all need to be heard and validated.

### **End on a positive note.**

Close with some hopeful words and make a plan to stay connected.

## Mark your Calendars! Upcoming Events

The Mirowitz Center, located on the Jewish Community Millstone Campus, is a place where adults can engage and connect with a variety of programs! Take a peek at what's to come.



Register online at [http://bit.ly/Register\\_MirowitzCenter](http://bit.ly/Register_MirowitzCenter)

Call (314) 733-9813 or email [skemppainen@mirowitzcenter.org](mailto:skemppainen@mirowitzcenter.org)



### Mind Matters

**Fourth Tuesdays | November 28, December 23, January 23 | 10-11 a.m. | Free | In person**

MindMatters offers a welcoming space for older adults to discuss the challenges of aging and mental wellness. This monthly group provides opportunities to share coping strategies, resources, and insights. It's a supportive and encouraging environment for connecting with peers. Led by Rachel Elmore, PsyD, LPC, and Sharon Elliott, LMSW, trained facilitators from Provident Behavioral Health, This program at the Mirowitz Center is part of our Mental Wellness Initiative and is supported by the Women's Auxiliary Foundation for Jewish Aged. RSVP to Mirowitz Center at (314) 733-9813.

### The Beatles: The White Album

**Thursday, November 30 | 2-3:30 p.m. | Free | In person**

University Instructor Neil Davis is back with a new installment in his popular Beatles series, focusing on The White Album. This 1968 release, with its distinctive white cover, includes 30 tracks on two vinyl records, offering a stark contrast to their previous album, Sgt. Pepper's Lonely Hearts Club Band. Featuring iconic songs like "Helter Skelter," "Back in the U.S.S.R.," and "Good Night," The White Album remains one of The Beatles' greatest studio albums. Join us as we explore this masterpiece! RSVP to Mirowitz Center at (314) 733-9813.

### Tips for Being News Savvy Online

**Wednesday, December 13 | 12 - 1 p.m. | 8 Millstone Campus Drive | Free | In person**

Sharing the news with others? In the digital age, anyone can publish anything on the internet, even if it's completely false. This Senior Planet program from AARP explains the way technology makes it easy to create and spread misinformation, intentionally and inadvertently. Trainer Daniel Landsbaum discusses how to evaluate news sources and review helpful fact checking sites, as well as why it's important to verify your sources before sharing. RSVP to Mirowitz Center at (314) 733-9813.

### Have HOPE: Helping Older People Enjoy the Holidays

**Thursday, December 14 | 1 - 2 p.m. | 8 Millstone Campus Drive | Free | In person**

The holiday season can be a difficult time. Join Jessie Brown, Director of Programs at NAMI St. Louis, for an interactive presentation to discover how we can have HOPE and feel more resilient during the holiday season. This program is part of Mirowitz Center's Mental Wellness Initiative, supported by the Women's Auxiliary Foundation for Jewish Aged. RSVP to Mirowitz Center at (314) 733-9813.



# The NORC Advantage

Present your membership card to receive these offers. Please inquire about the NORC discount before making your purchase as discounts are subject to change. Information about providers and services does not constitute endorsement or recommendation by NORC.

It is your responsibility to verify and investigate providers and services.

**Questions? Contact Sarah at (314) 812-9342 or [SLevinson@jfsstl.org](mailto:SLevinson@jfsstl.org).**

<b>A&amp;R Workshop Olivette</b> (314) 898-9151 9200 Olive Blvd, 63132 10% off with "NORC10"	<b>Batteries+Bulbs</b> (314) 392-9939 2520 Olive Blvd, 63141 10% off your purchase (See NORC staff for coupon)	<b>California Pizza Kitchen</b> (314) 567-7873 10590 Old Olive St Rd, 63141 10% off any purchase
<b>Cheeburger, Cheeburger</b> (314) 821-9900 13311 Manchester Rd, 63131 20% off any purchase	<b>Circle @ Crown Cafe</b> (314) 412-4350 8350 Delcrest Dr, 63124 Free coffee with purchase	<b>Crown Vision Center</b> (314) 942-5367 11615B Olive St Rd, 63141 30% off any product not covered by insurance
<b>Crushed Red-Crepe Coeur</b> (314) 942-3000 11635 Olive Blvd, 63141 15% off after 3pm daily	<b>Dobbs Tire &amp; Auto</b> (314) 991-1013 9598 Olive Blvd, 63141 5% off any parts or service	<b>Feng Cha Boba Tea</b> (314) 942-8798 725 N New Ballas Rd, 63141 10% off your purchase
<b>Great Clips</b> (314) 567-4535 10554 Old Olive St Rd \$2 off any cut	<b>Great Harvest Bread Co.</b> (314) 991-0049 7360 Manchester Rd, 63143 Buy one sandwich, get free signature sandwich	<b>Hartke Nursery</b> (636) 442-4540 1030 N. Warson Rd, 63132 10% off cash-and-carry purchase on Weds only. Cannot combine with other offers
<b>Jewish Community Center</b> (314) 432-5700 2 Millstone Campus Dr, 63146 Ask about discount for NORC and UHC Renew Active members	<b>Kohn's Kosher Meat and Deli</b> (314) 569-0727 10405 Old Olive St Rd, 63141 10% off any dine-in from prepared food counters	<b>Lion's Choice</b> (314) 872-8587 12010 Olive Blvd 15% off sandwich or meal
<b>McDonald's Crepe Coeur</b> (314) 432-2644 11521 Olive Blvd, 63141 20% off sandwich or meal	<b>NCJW Resale Shop</b> (314) 692-8141 295 N. Lindbergh Blvd, 63141 25% off full-price items	<b>New Jewish Theatre</b> (314) 442-8283 2 Millstone Campus Dr, 63146 \$5 off advance purchase of individual ticket at box office
<b>O'Fallon Brewery &amp; O'Bar</b> (636) 474-2337 45 Progress Pkwy, 63043 20% off purchase	<b>Partyland (American Carnival Mart)</b> (314) 991-6818 1317 Lindbergh Plz Ctr, 63132 10% off any purchase	<b>StoryWorth</b> storyworth.com Use promo code STLNORC for \$10 off
<b>Valvoline Instant Oil Change</b> (314) 993-5808 11333 Olive Blvd, 63141 15% off entire invoice using code #VD020	<b>Waterway</b> (314) 567-3670 10559 Old Olive St Rd, 63141 \$5 Express Wash or \$5 off any other wash	<b>West Oak Cleaners</b> (314) 567-4180 11471 Olive Blvd, 63141 15% off incoming dry cleaning



St. Louis NORC  
JFS  
10950 Schuetz Rd  
St. Louis, MO 63146

**St. Louis NORC Staff**

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**Jewish Federation**  
OF ST. LOUIS

NON-PROFIT  
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ST. LOUIS, MO  
PERMIT NO. 178

ELECTRONIC SERVICE REQUESTED

**Our Mission**

St. Louis NORC supports the healthy aging of older adults in their own homes by providing opportunities for meaningful community involvement and increased access to support services.

**St. Louis NORC is a nonsectarian program, supported by Jewish Federation of St. Louis and the Missouri Department of Health and Senior Services (#DH210049723)**

To stop receiving this newsletter, please call (314) 812-9342 or email SLevinson@jfsstl.org.