Sweet Summer Connections

Record high temperatures could not stop neighbors and friends from gathering for comradery and frozen treats at our mobile ice cream socials. Held at different locations throughout the summer, attendance at the six socials totaled 373 people with 296 unique individuals participating in at least one event.

The summer heat was not the only warmth that was palpable. The genuine care, concern and kindness exchanged between attendees could be seen, heard, and felt. Article continues on pages 7 and 8 with more fantastic photos.

Gab & Go Bagel Breakfast on December 2

Bond with current and prospective NORC members over bagels. Take your breakfast to-go, or stay a while and let conversations percolate. Space is limited and proof of COVID vaccination is required for indoor dining. Reserve your spot from 9:30—10:15 a.m. OR 10:30—11:15 a.m. RSVPs required to Laura at 314-812-9345 or LPressMillner@jfsstl.org.

Author Event & Discount at Book Festival

The St. Louis Jewish Community Center will host its 44th annual St. Louis Jewish Book Festival from November 6-13, 2022. NORC members will enjoy free admission on Tuesday, November 8, at 1 p.m. to hear Jen Maxfield, an Emmy® Award winning correspondent for NBC 4 New York, speak about her book, More After the Break: A Reporter Returns to Ten Unforgettable News Stories. To learn more about this event and the NORC discount on Premiere Pass Tickets, turn to page 14.

Volunteer for Holiday Hello Calls

Looking for an enriching way to support your neighbors this winter? If you enjoy lending an ear and warm heart to others, please consider offering to make Holiday Hello calls. Volunteers use their own phones from the comfort of their homes. Training is provided. Learn more by contacting Laura Press Millner at 314-812-9345.
Sarah’s Sentiments

Dear Neighbors and Friends,

What a delight it has been to reconnect with so many of you in person this summer at our ice cream socials, special concert with the Midwest Winds Quintet and Sababa Arts & Culture Festival! At Sababa, we hosted a “Life Advice” booth with Covenant Place, Crown Center for Senior Living, JFS and Mirowitz Center. Thank you to our volunteers, Brian Bass, Pamela Dern, Michael Dern, Ann Greenstein, and Ileene Morrison, for creating a warm, welcoming and wise booth.

In our last newsletter, we asked you to share what “aging my way” means to you. Here’s what you said: “Aging my way means giving back to the community; continuing to live life to the fullest; keeping choice and dignity; meeting with friends; being independent; trying to ignore my aches and pains; pushing my limits; staying in my home as long as possible; learning something new each day; letting go of any notions about what I ‘should’ or ‘should not’ do alone; and finding beauty in my surroundings.” Thank you for sharing your wisdom.

You are resilient and resourceful. You are passionate, thoughtful and creative. You are a sources of strength and support for your friends and neighbors.

We are now accepting NORC membership applications for 2023! Whether you are a new or returning member, please complete the application on pages 9 and 10 of this newsletter so that we may update our records with your correct contact information. To receive your 2023 NORC Advantage card by January 1, 2023 AND to be entered in a drawing to win one of four $50 gift card to Dierbergs, please submit your application with dues by Monday, December 12, 2022. You may hand-deliver your applications to NORC staff or mail them to JFS, Attn: NORC, 10950 Schuetz Road, St. Louis MO 63146. An online version of the application will also be available at www.stlnorc.org.

Thank you for your membership and participation in our special NORC community. We look forward to connecting with you soon!

With warmth and gratitude,

Sarah Z. Levinson
St. Louis NORC Manager
Annual NORC Membership Has Its Benefits!

Memberships are renewable each calendar year and run from January 1 through December 31. We are grateful for your membership and participation. For a list of area businesses that offer discounts to NORC members, please see page 15. The 2023 Membership Application can be found on pages 9 and 10. Questions? Contact Sarah at 314-812-9342 or SLevinson@jfsstl.org.

<table>
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<th>BENEFITS of 2023 NORC MEMBERSHIP</th>
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<td>Access to caring professionals that provide connections to programs and services to meet your unique needs</td>
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<td>Opportunities to engage socially with peers</td>
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<td>NORC Advantage Card discounts to area businesses</td>
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<td>Reduced Membership Fees to Staenberg Family Complex Fitness Center (JCC) Monday-Fri, 10am-3pm</td>
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<tr>
<td>Minor home repair and technology assistance by trained and screened volunteers</td>
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Thank You For Your Generosity!

GENERAL CONTRIBUTIONS

Brian Bass and Jean Jensen
Bernice Brandmeyer
Judy Dunn
Jackie and Ellis Kantor
Jackie Kofsky
Judy Ugalde
Mary Zielinks

TRIBUTES

In honor of
Lorraine Rosenberg’s 100th birthday
Ralph Goldsticker

In appreciation of ice cream socials
Harvey Altman
Barbara Meyer

In appreciation of volunteer services
Harvey Altman
Moysey and Zhanna Gorelik
Ann Greenstein
Walter Mayer and Rosalie Rotenberg

In memory of Betty and Sara Roderick
Richard Roderick

In memory of Joan Schenberg
Sandy Schenberg

*contributions received 03/31/22—09/02/22
Worry Less, Age Better with NCOA’s BenefitsCheckUp®

Millions of people miss out on saving money through public and private benefits because of not knowing the programs exist—or how to apply. The National Council on Aging (NCOA), the national voice for every person’s right to age well, launched a new and improved version of its free, confidential online tool, BenefitsCheckUp® to connect older adults and people with disabilities with benefits programs to help pay for food, medicine, utilities, and other daily expenses.

“In today’s economy, inflation is taking a bigger and bigger bite out of people’s incomes,” said Ramsey Alwin, NCOA President and CEO. “The good news is that there are programs that can help. We completely redesigned BenefitsCheckUp to make it even easier for older adults, individuals with disabilities, and caregivers to find the resources they need to age with dignity. No one should have to choose between paying for medication or food.”

NCOA created BenefitsCheckUp in 2001, and since then millions of people have used it to find billions of dollars in benefits. Programs featured on the site include the Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps), Medicare Savings Programs, Medicare Part D Low Income Subsidy (LIS/Extra Help), Low-Income Home Energy Assistance Program, and Affordable Connectivity Program.

On BenefitsCheckUp, visitors can learn which programs they might be eligible for—and find the right contact information to take the next step to apply. “Benefits programs are a critical piece in ensuring that every person has what they need to age well—regardless of gender, color, sexuality, income, or ZIP code,” Alwin said. “Now more than ever, BenefitsCheckUp is a great place to start to see if you’re eligible and find out how to apply.”

To learn what benefits you may be eligible for, visit www.BenefitsCheckup.org or call Elderlink St. Louis at (314) 812-9300 to speak with a JFS case manager.

What is 988?

988 is a new universal dialing code created to broaden access to lifesaving suicide prevention and crisis services. Dialing 988 is just like dialing 911 for emergency response or 411 for information services. Callers connect people in crisis (or concerned friends, family and caregivers) directly to the National Suicide and Crisis Lifeline, where counselors provide free, unbiased, and confidential support 24 hours a day, 7 days a week.

Studies show that after talking to a Lifeline counselor, people often feel less depressed and more hopeful about their situation.
18 Steps to Fall-Proofing Your Home

Written by Scott Trudeau, American Occupational Therapy Association
Source: https://www.ncoa.org/article/18-steps-to-fall-proofing-your-home

More than 75% of falls take place inside or in close proximity to the home, but your home doesn’t have to be an obstacle course of potential falls. Some simple and quick changes will easily help reduce your risk of falling. Talk with your primary care doctor about concerns you have about falling and factors that may put you at increased risk for falling.

1. **Check your front steps.** If you have steps at the entrance of your home, make sure they are not broken or uneven. Fix damage, like cracks or wobbly steps, as soon as possible.

2. **Check the lighting around your front door.** Make sure all entryways are well lit so you can see where you are stepping. It’s best if you can have motion sensor lights, so you don’t have to worry about turning lights on yourself. Plus, you’ll reduce energy costs.

3. **Consider installing a grab bar.** Putting a grab bar on one side of your door can provide balance while you’re putting the key in the door, or stepping up once you have the door open, especially if you are carrying bags or the steps are slick.

4. **Move your most commonly used items within reach.** Put the kitchen items you use every day—like plates, glasses, or even seasonings—on the lowest shelves. This will help you avoid using stepstools and chairs—things you can easily lose your balance on—to reach items on higher shelves. Plan ahead for special needs. Ask a loved one or visitor for help every few months or so to rotate seasonal items to within reach (e.g., dishes that are only used at holiday time). *Call 812-9344 to request help from a NORC volunteer*

5. **Replace scatter rugs with rubber backed rugs.** Scatter rugs or area rugs are tripping hazards. If you prefer to have a mat on the floor near the sink or stove, make sure it is placed securely on the floor and doesn’t have turned corners or edges you could trip on. The best rugs have heavy-backed rubber bottoms so they stay in place.

6. **Clean up spills immediately.** Kitchen floors can be slippery and very dangerous when wet! Keep a hand towel within close reach to help you clean up spills easily and quickly.

7. **Keep steps clutter-free.** Give yourself a clear path up and down by making sure things like shoes and books are put away and not left sitting on steps.

8. **Add strips of contrasting color to help visualize your stairs better.** Adding colored tape to the edges of each step will help differentiate monochromatic steps. Pick a color of tape that will stand out against the color of the stairs. Make sure to put the tape on the top and over the edge of each step.

9. **Try to have lighting at the top and bottom of the stairs.** Overhead lights at the top and bottom are ideal. A light switch at the top and bottom of the stairs keeps you prepared no matter which direction you’re going.

10. **Add a second handrail.** Most staircases only have one rail; handrails on both sides will help keep you balanced. Make sure they are installed securely so they will support you.

*The article continues on page 6.*
11. **Check your lighting, but don’t change the bulbs yourself**. Good lighting is key in all areas of the home, but don’t get a chair or stepladder to change out-of-reach high bulbs. Ask your family members, friends, or neighbors when needed, and consider LED bulbs to help reduce the number of times you have to address this issue. They last longer and can save you money in the long run. *Call 812-9344 to request help from a NORC volunteer*

12. **Make sure the light near the bed is easy to reach.** If you have to get up in the night, you know you’re just a click away from better visibility.

13. **Keep the path from your bed to the bathroom clear.** Make sure it is well lit and clutter free. Place nightlights along the route, so you can see where you’re walking. Some nightlights have sensors and go on by themselves after dark or in response to motion.

14. **Consider installing a bed rail.** There are railings that fit easily between your mattress and box spring and can provide support when you are getting in and out of bed. The bed rail is also good for when you go from lying/sitting/standing, and the change of position makes you dizzy. Having something to hold keeps you steady while your body adjusts.

15. **Move the phone within arm’s reach of your bed.** You might need help in the middle of the night, so having a phone nearby is a safe option.

16. **Add a non-slip rubber mat to the shower or tub.** The traction of the mat or rubber self-stick strips will help keep you from slipping when stepping on wet surfaces.

17. **Install grab bars by the toilet and tub.** The hard surfaces of the bathroom can make falling even more dangerous. Having properly installed grab bars around the toilet and tub provide needed support and balance. Remember, towel racks aren’t grab bars, but grab bars can be towel racks. Grab bars should be installed by a professional to make sure they are at the correct levels and properly anchored to the walls. The National Association of Home Builders has Certified Aging-in-Place Specialists who work in many communities.

18. **Consider a shower chair and a hand-held shower head.** These can help you avoid reaching or straining during your shower.

19. **Install a walk-in bathtub.** Walk-in bathtubs allow you to bathe in a seated or slightly reclined position, greatly reducing your risk of slipping.

When purchasing equipment for your home, like grab bars, ramps, etc., keep in mind that not every toilet, doorway, etc. is made equal. It’s not always as simple as going to your local hardware store or pharmacy and asking a clerk for assistance—sometimes you need an expert, and that’s where an occupational therapist can help.

When assessing your home, remember to look for 1) good lighting; 2) clutter; and 3) easy access to the things you use the most.

Also, keep in mind that you always want three points of contact no matter what you are doing. If you are walking up steps or maneuvering in and out of your shower, for example, you want to have two hands and one foot or two feet and one hand in contact with something sturdy.

*Turn to page 11 for the conclusion of this article.*
Continued from page 1...Sweet Summer Connections

Special thanks to everyone who made the sweet summer evenings possible. Thank you attendees, condo association leaders, Congregation B’nai Amoona, United Hebrew Congregation, volunteers who prepared invitations, made reminder calls, and greeted guests, and JCA Charitable Foundation for generous funding.
Fall 2022 2023 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

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/where did you hear about NORC? ___________________________

How often would you like to receive friendly phone calls from NORC?
☐ Monthly    ☐ Yearly    ☐ Not Necessary

Would you like an annual porch visit by NORC staff? ☐ Yes     ☐ No

May NORC use photos of you for publicity materials? ☐ Yes     ☐ No

Have you considered volunteering with NORC? Please check areas of interest:
☐ Event planning/set-up    ☐ Friendly phone calls    ☐ Mailings
☐ Light home repairs    ☐ Computer/technology assistance

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.

Please turn over to complete the membership application.
2023 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 socialization
☐ 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/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’s boundaries; limited benefits)

*See page 3 of newsletter for detailed description of benefits by membership type.

☐ An additional tax-deductible donation is enclosed to support NORC: $ ________

Checks may be made payable to “JFS” with “NORC” in the memo line and mailed to JFS, 10950 Schuetz Road, St. Louis, MO 63146.
Continued from page 6....Fall Proofing Your Home

If you do not own your home, talk with your landlord about making these changes. They will often work with you to get accommodations in place. Don’t assume just because you are renting that you can’t make the necessary changes you need to stay falls free.

We all have the tendency to put things off, especially when we are thinking about preventing a problem that hasn’t happened yet. I challenge you to make at least one change right now that will help prevent a fall in your home. If a fall does occur, or if you are looking to be proactive ahead of any fall that could occur, numerous medical alert devices will detect a fall in your home and alert your emergency contacts.

Check your risk for falls: https://ncoa.org/age-well-planner/assessment/falls-free-checkup

To request assistance from a NORC volunteer with changing lightbulbs or moving commonly used items to within reach, contact Joan at (314) 812-9344.

Plan Ahead for Election Day

1. **Make sure that you are registered to vote**! October 12 is the deadline to register to vote in the November 8 election. Not sure if you’re registered? Call the St. Louis County Board of Elections at 314-615-VOTE (8623) or visit https://s1.sos.mo.gov/elections/voterlookup

2. **Absentee ballot requests must be received by Wednesday, October 26 at 5 p.m.**
   There are two options for voting prior to Election Day:
   - **Absentee voting with an excuse** begins six weeks prior to Election Day and requires voters to meet at least one of 10 reasons for voting absentee. Close relatives (e.g., spouse, parent, child), may complete absentee ballot applications on behalf of their relatives in person at the St. Louis County Board of Elections, 725 Northwest Plaza Drive, St. Ann, MO 63074. Bring valid identification (i.e., Missouri Driver or Non-Driver License, U.S. Passport or Military I.D.). with application. Call 314-615-8623 with questions.
   - **Absentee Voting—No Excuse** is in-person only and begins two weeks prior to Election Day at the Board of Elections at Northwest Plaza or 10 days prior to Election Day at a satellite site. Bring valid identification (i.e., Missouri Driver or Non-Driver License, U.S. Passport or Military I.D.). Questions? Call 314-615-8623

3. **Return completed absentee ballots in-person or by mail as soon as possible.**
   Absentee voters may vote absentee beginning on September 27. Your ballot may be returned by mail, in person, or by a close relative. Don’t delay! Once you fill out your ballot, you should return it to the Board of Election at Northwest Plaza as soon as possible to ensure it is received in plenty of time to be counted once the polls close. All ballots must be received by 7 p.m. on Tuesday, November 8, 2022.

4. **Polls will be open from 6 a.m.—7 p.m. on Election Day.** For a list of polling places, call 314-615-8623 or visit: https://stlouiscountymo.gov/st-louis-county-government/board-of-elections/elections/

   If you are experiencing any issues at the polls, you can call 866-OUR-VOTE, the national, nonpartisan Election Protection hotline. They have hotlines in English, Spanish, Asian languages, and Arabic. For more information, visit their website: https://866ourvote.org/.
Member Spotlight
Get to know people that make our community so special!

Frank Enger participated in the 2022 Senior Olympics Art Competition and Sababa Arts & Cultural Festival. Frank submitted his watercolor painting, “Day by the Beach”, which captured a perfect summer day in Provincetown on the northern tip of Cape Cod, MA. Congratulations, Frank, on your success!

Partner Spotlight

Congratulations to Wilma Schmitz of CLAIM for being recognized as a 2022 Women of Achievement honoree for her many contributions to health advocacy.

Wilma’s special connection to this community stretches back to 1984. Working as an Information and Assistance Specialist at Aging Ahead (formerly known as Mid East Area Agency on Aging), her office was located at Covenant Place. Wilma fondly recalls “the ladies at Covenant House knew I was pregnant before I ever knew it, and my daughter Nikole is now 37.” Wilma shared, “I had many great experiences at Covenant House, including presenting at a B’nai B’rith Conference on HUD housing with my mentors, Dr. Arlene Taich and Bonnie Solomon.”

Wilma currently serves as the St. Louis Regional Liaison and Trainer for CLAIM, Missouri’s State Health Insurance Assistance Program. CLAIM provides free, unbiased counseling and education to Medicare beneficiaries. Wilma is passionate about helping people access the care they need to live happy, healthy and fulfilling lives. She also has a gift for making Medicare and its complexities easy to understand and fun.

To speak with an unbiased, confidential, free CLAIM counselor about your Medicare questions, call (800) 390-3330.

Join Wilma in-person on Thursday, October 27, at 2 p.m. at Mirowitz Center (8 Millstone Campus Drive, 63146) for What’s New with Medicare in 2023.

In her presentation, she’ll cover:

- What revisions take effect on January 1, 2023
- What changes can be made to existing coverage during Medicare’s Open Enrollment Period (Oct 15 – Dec 7, 2022)
- How to evaluate Medicare Advantage Plans
- How to minimize and manage risks for fraud and abuse
- What current benefits, including hospitalization (Part A), health (Part B) and prescription drugs (Part D)

There is no cost to attend this program. RSVPs are required to: 314-733-9813, skemppainen@mirowitzcenter.org, or http://bit.ly/Register_MirowitzCenter.
Special Concert Uplifts & Inspires

Postponed twice due to COVID-19, the third time proved to be the charm when the Midwest Winds Quintet took center stage at The J on September 8, 2022. Scott Air Force Base’s professional woodwind ensemble drew more than 80 attendees to enjoy a mix of classical, contemporary and patriotic pieces. During the Armed Force medley, audience members were recognized for their service. Following the concert, the musicians stayed to greet attendees and answer questions about their instruments and backgrounds. We are grateful to volunteers who prepared invitations, made reminder calls and greeted guests. Thanks to Diane Maier, Director of the Jewish Film Festival and Performing Arts Department, B’nai B’rith-St. Louis Missouri Lodge #22 and The J for their partnership on this program.
Continued from Page 1...Author Event & Discount

This year’s St. Louis Jewish Book Festival features a lineup of bestselling authors, investigative journalists, Netflix stars, nationally known chefs, true crime events and more. All events will be in person and masks are required for audience members. **Premiere Pass Ticketholders** receive entrance to more than 25 author programs year-round and are discounted from $118 to $80 for NORC members. For discounted tickets, please contact Laura at 314-812-9345 or LPressMillner@jfsstl.org.

NORC members are invited to enjoy **free admission** ($20 value) to **Jen Maxfield’s** book talk on **Tuesday, November 8, at 1 p.m. in the Arts & Education Building at The J** (2 Millstone Campus Drive, 63146). In **More After the Break**, Maxfield revisits ten memorable stories from her career as a TV news reporter, describing in heart-pounding detail how the events unfolded and revealing what happened after the cameras went away. She introduces readers to unforgettable people who will inspire you with their hopeful, ever when confronting life’s greatest heartbreaks. Returning to find these people years—even decades—after she featured their stories on the news gives Maxfield an opportunity to ask the burning questions she had always pondered: What happened after the live truck pulled away? What is the rest of the story? **Space is limited. RSVPs required to Laura at 314-812-9345 or LPressMillner@jfsstl.org.**

**A Sampling of Community Offerings**

**Mirowitz Center**, located at 8 Millstone Campus Drive in Creve Coeur, is a place where adults can engage and connect with a variety of programs. Check out **What’s New with Medicare in 2023** on **Thursday, October 27 at 2 p.m.** (see page 12 for details) or share your thoughts and opinions on some of the important and topical headlines of the day on **Tuesdays at 10 a.m. via Zoom** with Harvey Gerstein and Sheldon Enger, facilitators and Friends Enjoying Life (FEL) members. To learn more and/or register, visit [http://bit.ly/Register_MirowitzCenter](http://bit.ly/Register_MirowitzCenter), call 314-733-9813, or email skemppainen@covenantplacestl.org.

**The City of Maryland Heights** offers monthly bingo and luncheons, meet and greets, and bus trips for residents and non-residents! Call (314) 738-2552 or visit [www.marylandheights.com/calendar](http://www.marylandheights.com/calendar) for info.

**St. Peters’ Cultural Arts Centre** offers a variety of bus trips for residents and non-residents throughout the year. Escorted trips include transportation and admission to the scheduled activities. Meals are included with planned stops at restaurants unless otherwise stated. All tours are guided and meet in the west parking lot at City Hall, One St. Peters Centre Blvd, 63367. For more information on current tours, call 636-397-6903, ext. 1624 or visit [https://www.stpetersmo.net/day-trips-and-tours.aspx](https://www.stpetersmo.net/day-trips-and-tours.aspx)

**Give 5** is a new program that matches retirees with nonprofits in a volunteer capacity. Meet once a week for five weeks to gain a better understanding of our community’s challenges and visit nonprofits working to address them. Presented by Oasis and United Health Care. For details, visit [st-louis.oasisnet.org](http://st-louis.oasisnet.org), email shales@oasisnet.org or call (314) 862-4859.
## 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: 314-812-9342 or SLevinson@jfsstl.org.

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<td>(636) 442-4540</td>
<td>(314) 432-5700</td>
<td>(314) 569-0727</td>
</tr>
<tr>
<td>1030 N. Watson Rd, 63132</td>
<td>2 Millstone Campus Dr, 63146</td>
<td>10405 Old Olive St Rd, 63141</td>
</tr>
<tr>
<td>10% off cash-and-carry purchase on <strong>Weds only</strong>. Cannot combine with other offers</td>
<td>Ask about discount for NORC members.</td>
<td>10% off any dine-in from prepared food counters</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lion’s Choice</th>
<th>McDonald’s Creve Coeur</th>
<th>NCW Resale Shop</th>
</tr>
</thead>
<tbody>
<tr>
<td>(314) 872-8587</td>
<td>(314) 432-2644</td>
<td>(314) 692-8141</td>
</tr>
<tr>
<td>12010 Olive Blvd, 63141</td>
<td>11521 Olive Blvd, 63141</td>
<td>295 N. Lindbergh Blvd, 63141</td>
</tr>
<tr>
<td>15% off sandwich or meal</td>
<td>20% off sandwich or meal</td>
<td>25% off full-price items</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>O'Fallon Brewery &amp; O'Bar</th>
<th>Olivette Lanes</th>
<th>Partyland (American Carnival Mart)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(636) 474-2337</td>
<td>(314) 991-0365</td>
<td>(314) 991-6818</td>
</tr>
<tr>
<td>45 Progress Pkwy, 63043</td>
<td>9520 Olive Blvd, 63132</td>
<td>1317 Lindbergh Plz Ctr, 63132</td>
</tr>
<tr>
<td>20% off purchase</td>
<td>Bowl for $1/game, M-F, 11am—5pm</td>
<td>10% off any purchase</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Poke Munch</th>
<th>Valvoline Instant Oil Change</th>
<th>Waterway</th>
</tr>
</thead>
<tbody>
<tr>
<td>(314) 731-6735</td>
<td>(314) 993-5808</td>
<td>(314) 567-3670</td>
</tr>
<tr>
<td>630 N New Dallas Rd, 63141</td>
<td>11333 Olive Blvd, 63141</td>
<td>10559 Old Olive St Rd, 63141</td>
</tr>
<tr>
<td>10% off any purchase</td>
<td>15% off entire invoice using code #VD020</td>
<td>$5 Express Wash or $5 off any other wash</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>West Oak Cleaners</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>(314) 567-4180</td>
<td></td>
</tr>
<tr>
<td>11471 Olive Blvd, 63141</td>
<td></td>
</tr>
<tr>
<td>15% off incoming dry cleaning</td>
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</tr>
</tbody>
</table>
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).

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