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St. Louis NORC Marks 20 Years of Connection

While much has changed since 2004, our commitment to helping members to age safely, independently and connected to community remains steadfast. We enjoy getting to know you and connecting you with people, resources, and opportunities that enhance your lives.

For 20 years, these quarterly newsletters have provided neighborhood updates, healthy living tips, volunteer opportunities, resources, and much more. Being part of an engaging community gives us a sense of belonging. It enables us to share personal relatedness and support perpetual growth of each other, ourselves, and our environment.

A big thank you to past and present members, volunteers, professional partners, and staff for enabling us to reach this milestone. We look forward to continuing this journey together.

Welcome Karla, NORC Membership Coordinator

Karla Lopez joined the team on February 9. We're thrilled to have her in this new role working alongside Joan, Laura, and Sarah. Karla served as Manager of the Society of Saint Vincent de Paul's Thrift Store in St. Ann for five years while completing her bachelor's degree in social work from UMSL. She looks forward to meeting you and can be reached at 314-812-9346 or KLopez@jfsstl.org.



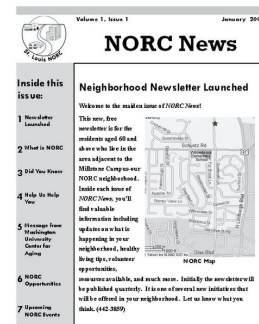
Libby & Karla

Gathering for New Members

Tuesday, May 7 | 10:30 a.m. | In Person
Arts & Education Building at the J (2 Millstone Campus Drive)

If you joined NORC within the past year, you're invited to meet other new members, connect with NORC staff, and learn about opportunities to get involved.

► **RSVP by Wednesday, May 1, to Laura at 314-812-9345 or LPressMillner@jfsstl.org.**



Sarah's Sentiments

Dear Neighbors and Friends,

Throughout St. Louis NORC's two decades, we have evolved. Partnerships with key community organizations, including but not limited to Jewish Family Services (JFS), the St. Louis Jewish Community Center (the J), and Covenant Place/Mirowitz Center, give members access to valuable programs and services and allow organizations to avoid unnecessary duplication.

Since NORC's integration with JFS' Older Adult Services department in late 2021, we've continued to connect neighbors to each other and community resources. We partner with individuals and their families to help identify and build on strengths, develop skills, gain experiential knowledge, access appropriate community and social supports and resources, and improve functioning in daily activities at home, at work, and in the community.



Marmalade (top) & Ozzie

I am proud of the work of our department, and it is my honor to be promoted to JFS' Older Adult Services Manager. I will oversee NORC in addition to other services provided by our team: resource and program referrals, subsidized in-home support services, falls and hospital readmission prevention, and counseling and friendly visits.

We are delighted to welcome Karla Lopez as NORC's Membership Coordinator. This is a new position and Karla looks forward to meeting you. Laura Press Millner and Joan Hirst remain vital team members. As NORC Engagement Coordinator, Laura continues to plan and implement an array of engagement opportunities to increase members' sense of community and enhance quality of life. Joan, NORC Volunteer Coordinator, connects members with trained volunteers who support members with minor home repairs and computer assistance. Joan also answers ElderLink St. Louis, a free information and referral phone line staffed by JFS case managers trained to help older adults and caregivers navigate new stages of life. Contact ElderLink at 314-812-9300.

Thank you for sharing photos with your furry friends on page 10. My dogs, Marmalade and Ozzie are delighted to make their NORC News debut. Both rescues, the 9-month old Shepherd/Shar-Pei mutt and 10-year old Pug/Beagle, are loyal companions who enjoy walks, treats, laying in the sun, and cuddles.

As always, thank you for sustaining our special community. We hope you enjoy the newsletter and welcome your feedback and outreach.

Sarah Z. Levinson

Sarah Z. Levinson
JFS Older Adult Services 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 or contact Karla at 314-812-9346 or KLopez@jfsstl.org.

Benefits of 2024 NORC Membership	NORC Member live <u>within</u> NORC boundaries	Friend of NORC 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 (the J)	✓	
Minor home repair and technology assistance by trained and screened volunteers	✓	

Holiday Hellos and Friendly Phone Calls Build Community

Neighbors caring for neighbors is what makes our community special. This holiday season, 12 compassionate NORC volunteers extended check-ins and holiday greetings to over 400 members. One member shared, “Hearing a comforting voice and knowing someone cares really warmed my heart.”



Special thanks to volunteers: Rita Beckerman, Susan Blake, Marge Fenster, Larry Goodman, Frieda Kusher, Sylvia Linder, Eleanor Loebner, Janet Loiterstein, Sharon Shattan, Diane Shenker, Carla Stanton, and Ann Tullman.



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.

Tips for Promoting Heart Health

Heart-healthy living involves understanding your risk, making healthy choices, and taking steps to reduce your chances of getting heart disease. Try these tips for promoting heart-healthy living.



Avoid smoking and secondhand smoke

According to the National Heart, Lung and Blood Institute, “Smoking harms nearly every organ in the body, including the heart, blood vessels, lungs, eyes, mouth, reproductive organs, bones, and digestive organs.” A variety of programs and tools are available to help people quit. Ask your doctor or explore online resources, such as <https://60plus.smokefree.gov>.

Get moving!

Lace up your sneakers and start moving more. Work towards getting your body to a healthier weight. Benefits of physical activity include improved circulation, increased energy, and a better quality of life.

Choose a heart-healthy diet

Select a diet rich in fruits and vegetables, lean meats and fish, whole grains, nuts, and healthy fats. Avoid processed foods and beverages with a high sugar content. Choosing heart-healthy foods is one of the best ways to stay healthy and feel better.

Maintain healthy cholesterol, blood pressure, and blood sugar

When levels are not managed properly, our body is at higher risk for heart disease, stroke, heart attack and several other health issues. Schedule an appointment with your provider and have levels checked on a regular basis.

Lower stress

Chronic stress can have a profound impact on your health. Take time each day to focus on yourself and do something you enjoy. Exercise is one of the best ways to lower stress levels. Yoga, meditation, journaling and good sleep hygiene are also effective in managing stress.

Practice good personal and sleep hygiene

Keep hands and bodies clean to prevent infections (e.g., flu, pneumonia, and COVID-19), which can be hard on the heart. Getting enough quality sleep is important for heart and brain health. Improve sleep by spending time outdoors, going to bed and waking up at the same time every day, using the hour before bed for quiet time, and keeping your bedroom quiet, cool, and dark.

Spot, Stop, and Report Government Imposter Scams

According to the Federal Trade Commission (FTC), older adults reported losing a total of \$200 million to government imposter scams in 2023.

Government impersonator scams are remarkably common and on the rise. While no one is immune to these sophisticated schemes, there are practical steps you can take to protect yourself from fraud.

How to Spot the Scam

Maintain a healthy level of skepticism anytime an unknown person calls, emails, texts, or direct messages you on social media. Even if they seem official, use official-sounding terms, or tell you that you'll lose your benefits or go to jail, they almost certainly are not who they're pretending to be. Hang up the phone, delete the email, ignore the text. If the IRS, Social Security Administration, Medicare, or other government agency needs you, they'll send a letter.



How to Stop and Report the Scam

- Don't give information or money to anyone who calls, texts, emails or direct messages you on social media. Keep Social Security, bank account, debit, and credit card numbers private.
- Never make a payment to someone you don't know, especially by gift card, mobile payment apps, money transfer or cryptocurrency. Only scammers will demand you pay that way. They know these payments are hard to reverse.
- When in doubt, check it out. If you're concerned about the request, the agency directly. Look up the government's real agency number on the agency's site and call to get the story.
- Report the scam to the Federal Trade Commission (FTC) at ReportFraud.ftc.gov. You may call Federal Trade Commission at 877-382-4357 or call the National Elder Fraud Hotline at 833-372-8311. Tell your bank, and be sure to share these tips with your friends and family.
- If criminals get their hands on your personal information, your money, or both, the FTC offers step-by-step advice on what to do: <https://consumer.ftc.gov/articles/what-do-if-you-were-scammed>.



The Importance of Hearing Health

By Dr. Kate Sinks, Au.D., ABAC, CCC-A, F-AAA
Director of Audiology, Center for Hearing & Speech



2024 is underway, and that means many of us have been working on New Year's resolutions. While goals like going on more walks or eating more vegetables are worthwhile, properly taking care of your hearing health is a resolution you don't want to forget.

Roughly 48 million people throughout the country suffer from hearing loss. While people of all ages are affected, as a person gets older, their quality of hearing can noticeably deteriorate. If untreated, hearing loss can lead to feelings of isolation, depression, and anxiety that can have a significant effect on a person's quality of life.

While using hearing protection at loud events or using swim plugs when engaging in water activities can make a difference in protecting your hearing, others may be experiencing hearing-loss symptoms that require an audiologist. This can be a daunting task, so for those looking for an audiologist, you may consider these suggestions before deciding:

- Ask friends and family for a referral.
- Check with your insurance for in-network providers because certain charges may be your responsibility to pay. For example, traditional Medicare can be billed for the cost of an exam but will not cover hearing aids.
- Online research, including reviews and testimonials from a clinic's Google reviews, can provide helpful insight.

Determining the right hearing assistance treatment for you starts with a hearing assessment. Once your type and degree of hearing loss has been determined, work with your audiologist to find the best treatment. Some of these include:

- A Personal Sound Amplification Product, which provides limited auditory improvement and may increase speech understanding in quiet and non-challenging listening situations.
- Hearing aids, which can enhance comfort and ability to hear in noisy environments, as well as improve speech understanding. Many connect with smartphones or Bluetooth, and are completely customizable.
- For those who cannot be helped with a traditional hearing aid, an implantable device like a Bone Anchored Hearing Aid or Cochlear Implant, may be a good option. They work by providing direct stimulation to the inner ear or auditory nerve.

► **Continue reading on page 7**

The Importance of Hearing Health (continued)

- For those who are hard of hearing, captioning for landlines and cell phones can be an invaluable tool. Caption phones work like any other telephone with one important addition: they display every word the caller says throughout the conversation. The best part is that the captioning service is paid for by the FCC and there should be no charge to the end user.

The Center for Hearing & Speech is here to help! Established in 1920, the center has been offering superior hearing, speech-language, and screening services to people of all ages in the St. Louis region for over a century. The center transforms lives by empowering communication. We want to help you have the tools you need to interact with your family, friends, and community members! Thanks to generous support from the community, the center can offer financial assistance to qualifying applicants.



If you would like to have your hearing tested or have questions, please call 314-968-4710 or visit chsstl.org.

Crown Center for Senior Living Updates

A New Executive Director

Introducing Crown Center's new Executive Director, Andy Thorp. Andy joined the team late in 2023, spending several months working with outgoing Executive Director Nikki Goldstein who retired after 23 years at Crown. With a diverse background in the nonprofit sector, Andy brings 15 years of valuable experience from his leadership role at The Miriam Foundation. In the recent past, he also made significant contributions while working at Washington University in St. Louis. Since joining Crown, Andy is connecting with residents, volunteers, board members and donors. We are delighted to welcome Andy to the Crown family.



Construction Updates

Parking is extremely limited as construction continues. While we miss hosting our friends from NORC, the available parking spaces are reserved exclusively for residents during this phase of construction. We appreciate your understanding and cooperation. Be on the lookout for the announcement when we will reopen as a neighborhood community center with our new Staenberg Commons!

For information on leasing an apartment at Crown Center, including the new Crown Center Phase 1 and Weinberg Apartment Buildings, please contact Randi Schenberg at 314-991-2055.



Candy Connections

NORC is sweeter with your participation! Volunteers assembled 600 chocolate candygrams to distribute to NORC members, friends and neighbors in the days leading up to February 14. Members were invited to pick up a sweet treat and note card from the J or Mirowitz Center to enjoy and share with a friend or neighbor. Thank you for sharing your sweetness!





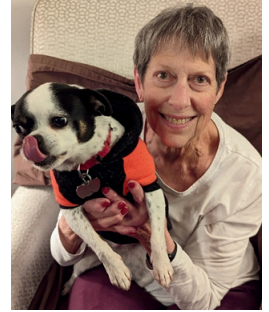
Membership Breakfast and Hanukkah Activity



Animal Enthusiasts Respond

In our last edition of NORC News, members were invited to share photos of their furry friends. They also shared stories of the joy, companionship, unconditional love, and purpose that parenting a pet offers. All agree that nothing compares to the unconditional love an animal friend provides.

Judy Lazerwitz said Rosie keeps her on her toes and insists on daily walks. She likes that Rosie makes exercise fun!



Judy L. & Rosie

Harvey Altman exclaimed, “Wilma is not only my friend, but she is my ears.” Wilma’s bark alerts Harvey to visitors at the door.



Harvey A. & Wilma

Lois Perryman said that Rita is the “glue of the neighborhood.” With her adorable pup by her side, Lois meets all her neighbors.

Karen’s Fishman shared that Fido, her “watch cat,” provides safety and comfort. If she hears a creek or thump when asleep, her mind instantly eases knowing it is Fido patrolling her home on night shift duties.

Sheryl Peterson has two special parakeets, Lemon and Valentine, who provide non-stop entertainment throughout her day.



Helene & Parker



Morty & Scooby



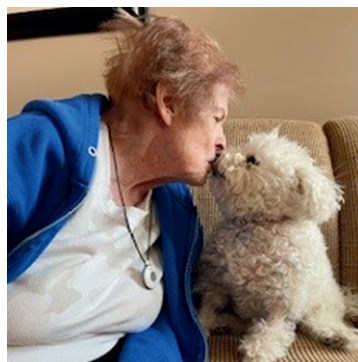
Lois P. & Rita



Sheryl P., Lemon & Valentine



Keith, Sara & Scout



Susan & Kate



JoAnn & Benji

Hobbies That Bring Joy and Peace

Participation in activities that we enjoy is good for our health. Learn about the variety of creative hobbies that keep neighbors active and engaged. Perhaps you'll be inspired to revisit an old hobby or try something new?

Emilie Kaufman has been creating hand-crafted greeting cards for years. "Friends collect (my cards) and have grown to look forward to a personalized greeting each holiday."



Emilie

Enid Tennenbaum makes use of old family photos otherwise gathering dust in a box. She selects themed photographs and creates a unique card with sentiments around the photo subject.

Kay Schlesinger finds coloring to be calming. Kay has an assortment of coloring books and enjoys practicing her art while volunteering at the Mirowitz Center welcome desk.



Enid

Sandy Sher creates beautiful yarn necklaces to raise funds that support research in honor of her granddaughter with Rett Syndrome. Sandra's unique jewelry can be found enhancing the necklines of relatives and friends throughout the area.

Jane Talley is an avid quilter. She plans and personalizes each design, putting great love and passion in every stitch. Jane's desire is for each quilt to wrap friends and family with hugs.



Kay

Alan Barasch is a philatelist, one who collects and studies stamps. He began collecting at age 14 and is currently working on an exhibit that features the descendants of Queen Victoria. He enjoys working with his many stamp catalogues and says it's a wonderful way to relax, while away the hours, and escape from life. "If you want to learn about geography, ask a stamp collector!"



Jane



Alan

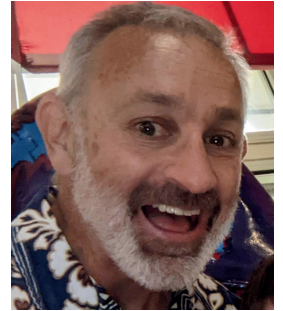


Sandy

Volunteer Spotlight on Brad Abel

A few days before Thanksgiving, Brad shared something he posted on his Facebook page with Joan Hirst, Volunteer Coordinator.

“I’m a NORC volunteer. It’s like having a neighborhood of surrogate grandparents at a time in my life when I’m able to appreciate the beauty of such a thing. I’m not rushing into it, but when the time comes, I’m going to be everybody’s grandpa.”



Prior to his post, Brad accepted a volunteer assignment to help NORC members move outdoor patio furniture in preparation for the winter. Pleased with Brad’s assistance, they called Joan Hirst to express gratitude for the “wonderful, kind and helpful man” sent to take care of their requests.

Brad has been a volunteer with NORC for 17 years. He stays involved because he enjoys meeting NORC members and helping with the “heavy lifting” jobs such as moving furniture, flipping mattresses, and carrying boxes up and down stairs.

“They [NORC members] are so appreciative. Sometimes I spend as much time talking with them as I do on assignments. It’s an easy gig!”

He went on to say that being around these “surrogate grandparents” got him thinking about what type of grandparent he would like to be. “I don’t want to be the old, cranky grandparent who doesn’t want to engage with his grandkids. I want to be the happy, pleasant guy with a corn ball joke or pulling quarters out of their ears.”

Thank you, Brad, for your many years of service to our community!

Registration Open for 44th St. Louis Senior Olympics!

Applications are open for athletes to participate in more than 90 individual and team events this Memorial Day Weekend, May 24-27, 2024. From basketball to bocce; soccer, softball and shuffleboard; to tap dance, table tennis and track – events are open to athletes who turn age 50 this year and older.



Volunteers are needed to assist with pre-event preparation, data entry, recording scores, measurement of throws and kicks, and more.

To register as an athlete or volunteer, and to see a complete list of events, venues and schedule, visit stlouisseniorolympics.org or call 314-442 - 3164. Paper registration forms are available at the J in Creve Coeur and Chesterfield. Deadline for early registration rates is April 17. Final registration deadline is May 8.



Thank you for your Generosity

Doris Abrams	Ted Hamburg	Jo Ann Morton
Mary Ann Adams	Emelda Harris	John Morton
Susy Alias	Cynthia Harris Whitaker	Sheryl Peterson
Joan Althaus	Melvin & LuAnn Hunter	Marilen Pitler
Harvey Altman	Harriet Jensen & Brian Bass	Radine Robbins
Helen Baker	Harriet Kanofsky	Frances Rocine
Gerald Bamberger	Jim Keane	Larry & Linda Rogul
Alan Barasch	Sofia & Jerry Kent	Charlotte Rosenblum
Mary Ann Barnes	Evelyn Kleiman	Carol & Jeff Schulman
Teddi Baumgarten	Dolores Kling	Ken Schwartz
Stanley Beiermann	Alan & Jackie Kofsky	Sharon Shattan
Larry Briscoe	Jeff Lerner	Linda Shedlofsky
Phil & Sandy Brooks	Lynda Lieberman	Eda & Boris Sheres
Marilyn & Steven Brown	Bernard & Myra Link Kovacs	Norman Shore
Brian Kent Byers	Teri Merchant & Carol Lippman	Mark Silverstein
Ellen Cohen	Hannah Locks	Chris Simpkin
Deb & Jim Crowder	Eleanor & Buddy Loebner	Michael Soule
Sandy Diamond	Nettie Lott	Paul Steinberg
Risa Eileen Enger	Pamela & Jerald Luke	Enid Tennenbaum
Karen Fishman	Terry Lynford	Marcia L. Thompson
Marvin Foster	Lisa Marz Browning	Mary Ann Tisdale
Rosalie Franklin	Walter Mayer & Rosalie Rotenberg	Judith Ugalde
Morty Gelber	Leila McKinnon	Betty Urban
Richard & Helene Glass	Jay Meyer	Dan Weinberg
Susan Goodman	Helene Mirowitz	Aleene Zawada
Larry Goodman	Bonnie & Bernie Mitchell	Irvin Zwibelman
Jim Gross & Todd Marshall	Joyce Moore	

In appreciation of

NORC Minor Home Repair and Tech Volunteers

Dick and Helene Glass
Walter Mayer and Rosalie Rotenberg

In memory of

Marilyn Daegele

by Susan Goodman

Gloria Friedman

by Larry Goodman

Evelyn Klayman

by Larry Goodman

Daniel Landsbaum

by Larry Goodman

Rose Waldman

by Eileen Kesten

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
Call 314-733-9813 or email skemppainen@mirowitzcenter.org



We Need to Talk: Maybe It's Your Medications

Wednesday, April 3 | 1-2 p.m. | 8 Millstone Campus Drive | Free | RSVP Required

Hedva Barenholtz Levy, PharmD, geriatric pharmacy specialist, and author of *Maybe It's Your Medications* will explain the ways to avoid medication overload.

St. Louis Symphony String Quartet

Monday, April 8 | 3-4 p.m. | 8 Millstone Campus Drive | Free | RSVP Required

Inspired by the change of seasons, enjoy a performance by the St. Louis Symphony String Quartet.



Protecting Your Personal Information Online

Thursday, April 11 | 12-1 p.m. | 8 Millstone Campus Drive | Free | RSVP Required

Join Trainer Daniel Landsbaum for tips on maneuvering in cyberspace, such as browsing online safely, recognizing online scams, and knowing when it is OK— or not— to share personal data.

Healthy Brain Aging

Thursday, April 18 | 2-3 p.m. | 8 Millstone Campus Drive | Free | RSVP Required

"Senior moment" jokes may be common, but routine memory, skills, and knowledge tend to be stable as we get older and sometimes they improve. Join an upbeat conversation about protecting and enhancing cognitive function as we age. Jill Cigliana, Executive Director of Memory Care Home Solutions, will cover the all-important basics (consistent sleep, quality nutrition, steady exercise, strong social engagements, etc.) and answer your questions about keeping our brains healthy!

Guiding & Writing Autobiographies

Friday, April 26, May 3, 10, 17, 24, 31 | 12-1 p.m. | 8 Millstone Campus Drive | Free

Writing an autobiography is a great way to memorialize thoughts, emotions, and experiences. Dr. Maxine Mirowitz, registered yoga teacher and leader of the Storywriter's Guild, helps provide six weeks of guidance and inspiration as you write your personal narrative. No cost to register, but RSVP is required. This program supported by a grant from the Women's Auxiliary Foundation for Jewish Aged.

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. Contact Karla at 314-812-9346 or KLopez@jfsstl.org.

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



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

St. Louis NORC Staff

Joan Hirst

Volunteer Coordinator
314-812-9344
JHirst@jfsstl.org

Karla Lopez

Membership Coordinator
314-812-9346
KLopez@jfsstl.org

Laura Press Millner

Engagement Coordinator
314-812-9345
LPressMillner@jfsstl.org

Sarah Levinson

Manager
314-812-9342
SLevinson@jfsstl.org



Jewish Federation
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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 KLopez@jfsstl.org.