

# St. Louis **norc** news

CONNECTING NEIGHBORS. ENRICHING LIVES.

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## You Make St. Louis NORC Special

Members and volunteers are the heart and soul of our NORC community. Even the pouring rain couldn't stop 50 NORC members from gathering for food and friendship at St. Richard's Fish Fry in March. New members, Carol and Terry Luebbert, even baked a NORC-themed cake!

We asked NORC members what they like best about themselves and if they could be someone else for a day who would they be.

► **Turn to page 6 for the responses and page 9 for photos.**



Mary Ann Adams (left) and Joan Hirst at Fish Fry.

## Summer Fun Returns with Ice Cream Socials

Serendipity's Fire & Ice Cream Truck is rolling back into your NORC neighborhood. Bring a friend, meet new folks, and connect with neighbors while enjoying homemade ice cream, Italian ice, and Dipstix. Attend one or more socials!



- **Oxford Hills Manor | Thursday, June 15 | 7-8 p.m.**
- **Coeur de Royale | Thursday, July 13 | 7-8 p.m.**
- **Villa Dorado | Thursday, July 27 | 7-8 p.m.**
- **The Saratoga | Thursday, August 10 | 7-8 p.m.**

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

## Schedule Your Porch Visit

NORC staff are returning to a deck, patio, driveway, or sidewalk near you! Members who requested a "porch visit" on their 2023 membership application can expect a call to schedule a date in May. At this time, 80 members have asked for a visit.

**Not sure if you requested a visit and you would like one?**

Contact Laura at (314) 812-9345 or [LPressMillner@jfsstl.org](mailto:LPressMillner@jfsstl.org).

## Sarah's Sentiments

Dear Neighbors and Friends,

Longevity brings opportunities and challenges. When NORC staff or volunteers ask you how you're doing, we want to know! We are here to listen and learn from you. What you share enhances our ability to support and inspire others. Together, we navigate transitions, explore possibilities, and connect with resources that enhance quality-of-life and wellbeing.

**One member recently shared, "Thank you so much for all your helpfulness. Your patience, understanding, and resources are second to none."**

We hope this has been your experience as well, and we appreciate your feedback.

**Volunteers make NORC special.**

In 2022, 40 volunteers contributed more than 201 hours of service by helping with minor home repairs, friendly phone calls, technology troubleshooting, and outreach events.

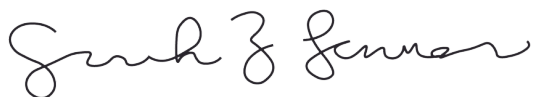
**Sincerest thanks to NORC volunteers who served our community in 2022.**

Brad A.	Larry E.	Marcia H.	Frieda K.	Gloria M.	Rachael P.	Ann T.
Carol A.	Marge F.	Ida J.	Shelly L.	Michael M.	Genny R.	Betty U.
Sig A.	Judy F.	Scott K.	Judy L.	Sue M.	Bob R.	Lolet W.
Alan B.	Lauren G.	Jim K.	Jeff L.	Pat M.	Rise S.	John W.
Rita B.	Andrew G.	Marolyn K.	Sherre L.	Ileene M.	Jim S.	Ellen W.
Mary C.	Alan H.	Anita K.	Janet L.	Lois P.	Dave S.	

Congratulations to Ruthie Neff, Doctor of Occupational Therapy, who interned with NORC this spring! Your future is bright and we wish you success.

We hope you enjoy this issue of the NORC News! If you have questions, concerns, or suggestions for future issues, please feel free to reach out at (314) 812-9342.

With warmth and gratitude,



Sarah Z. Levinson, NORC Manager



## Annual NORC Membership Has Its Benefits

Memberships are renewable each calendar year and run from January 1 through December 31. Membership fees range from \$25 to \$50 per year. For a list of area 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 2023 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 porch visit with NORC Staff	✓	✓
Access to cultural, educational, and wellness programs	✓	✓
Access to caring professionals that 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	✓	

## NORC Membership Has Its Perks

In addition to volunteer services, friendly phone calls, and discounts to local businesses, NORC members may receive invitations to enjoy free tickets to the St. Louis Jewish Film Festival, New Jewish Theatre, Jewish Book Festival, and other special events.

**Check out these photos from an afternoon at the movies in March!**



## Local Dementia Experts Guide Families

**Memory Care Home Solutions supports people living with memory loss, dementia, or Alzheimer's disease and their care partners.**



The Memory Care Home Solutions' team of specialists works one-on-one with families, helping to keep loved ones at home as long as possible. They personally connect you to community resources and other supports to specifically meet your needs.

**Memory Care Home Solutions will provide you with in-home, personalized care partner support, including:**

- Initial Family Consultation: Meet with a dementia expert to discuss caregiving concerns and priorities. Common discussion topics include dementia education, home safety, and community resources.
- Occupational Therapy Visits: Receive in-home visits with an occupational therapist who will conduct a home safety assessment and provide hands-on training to help you learn new caregiving skills.
- Short-term, Solution-Focused Care Partner Counseling: Work one-on-one with Licensed Clinical Social Workers (LCSW). Using a strengths-based approach to address challenging emotions that arise during the caregiving experience, work in partnership with the LCSW to identify effective stress reduction techniques and coping skills to help manage the day-to-day stress that comes along with caregiving.

**If you or anyone you know could benefit, please call (314) 645-6247 or email [help@memorycarehs.org](mailto:help@memorycarehs.org).**



## Message from Senator Tracy McCreery, District 24

Friends,

We have something to celebrate! Established in 1963, Older Americans Month is celebrated every May. It's a time for us to acknowledge the contributions and achievements of older Americans and strengthen our commitment to honoring our older folks. This May, join me as Older Americans Month is recognized for its 60th anniversary.



This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and connect with each other through our stories and community. We all benefit when everyone is connected, involved, and engaged.

Volunteering, mentoring, voting, and advocating for what you believe -- these are just a few ways you can get involved in your community.

Did you know that becoming an election judge with the St. Louis County Board of Elections is one of the best ways to support your community? We need folks from all political parties to ensure that our democratic system functions properly!

Additionally, engaging with your community can start with an individual or group project. Cleaning up a roadside or planting flowers are great ways to contribute and form new relationships! Check with NORC or your municipality to learn more about volunteer opportunities.

Take some time to celebrate Older Americans Month with your community! As we all Age Unbound, we should not let age define us. We can pave our own paths by embracing change, telling our stories, investing in our communities, and making new friends no matter our age. Let us all acknowledge the contributions and achievements of older folks and strengthen our commitment to honoring them!

**If there is anything my office can do to assist you or if there is an issue you would like to bring to my attention, feel free to reach out to my office at (573) 751-9762.**

## What NORC Members Like Best About Themselves

“ I have such lovely memories. They keep me warm all the time. Being 80 years old makes for those memories to light up my life. More good memories than regrets.  
-Leila M.

“ The resilience instilled in me to keep going when the going gets tough.  
-Marilen P.

Tenacity. It has allowed me to accomplish what other people tried to convince me I couldn't do.  
-John M.

“ The way I can find something positive in almost any negative. That skill helps family, friends, and myself cope with bad situations. - Sheryl P.

“ I am thoughtful.  
-Kathleen M.

My ability to be somewhat of a free spirit and willing to go where life leads me. I've had so many different experiences and while I do conform somewhat to trends of society I like to try new things. It rarely hurts to try, and one can (almost always) change their mind. Sometimes you really have to work at a new adventure (like getting an education, elections, CASA) but generally it is well worth the effort. Life is an adventure! -Sue M.

“ Staying positive and helping others.  
-Morty G.

“ I am a disciplined person. I work out every day. I am big on nutrition, and I try to get 8 hours of sleep each night. I am a personal trainer and that's my goal for all my clients and people I know. -Denny R.

I have always done many sports and have exercised all my life. I can't participate in sports now but I still do some form of exercise everyday. It has kept me physically active and mentally healthy. -Radine R.

Being comfortable in my own skin and that I live in gratitude. I love meeting new people and being of help. I like all I have accomplished in family, community, business, spiritually, intellectually, and personally.  
-Linda K.

I like to keep up to date on current events and politics. As a librarian, I feel it's important to be informed and to know what are legitimate information sources. -Marian S.

## Who NORC Members Would Be for a Day and Why

“

There is no one else I'd like to be, even for one day!

-Sheryl P.

I'd like to be Jane Goodall for a day. The woman has just turned 89 and is still active and has a very interesting life.

-Radine R.

“

It has to be me because I care about others.

-Morty G.

”

Actually, I don't want to be anyone else. The years have taught me empathy, have taught me to listen, to comprehend, to take in what is told to me without judgment (at least I hope so). So, for now, the only person I would like to be is me. I am blessed being able to grow older with new responsibility within the community. I pray this continues through my much older age. -Marilen P.

“

Since I have been on my life's path for a long time, I have been many people while evolving into the person I am now. I do not want to be anyone else.

-Linda K.

I wouldn't want to trade with anyone. I know my problems, and I wouldn't really know theirs. What you see on the outside is not always what's going on inside.

-Kathleen M.

Tom Hanks. I think he is an amazing actor and a classy human being.

-John M.

“

I am glad to be who I am. We need to make our own decisions and choices. I think we make our own happiness. -Leila M.

If I could be someone else, it would be someone who puts themselves out every day to help others.

-Denny R.

## NORC Volunteer Spotlight: Dave Sussman

As far back as Dave can remember, he's always been available and willing to help his family, friends, and neighbors with anything that needs fixing.



Dave grew up in St. Louis and received his BS in Chemistry from St. Louis University. He attended the Police Academy and was an officer for 45 years as a first responder, communication's officer, and EMT. After retiring, he worked for Homeland Security for 11 years. Currently, Dave is a contractor with Ameren. Dave learned about the St. Louis NORC from a relative who was a member. Dave joined NORC in 2018 and immediately signed on to volunteer.

**"I like helping. I enjoy using my knowledge and skills to help those that are unable to do for themselves and may need a little assistance. I enjoy meeting new people and learning about others."**

Dave is an awesome handyman and a wiz with technology. Our NORC members are very grateful for his expertise, and we are so fortunate to have him on our volunteer team. Many thanks Dave for his dedication, time, and efforts helping our members stay safe and connected!

**If volunteering for NORC sounds like a good fit for you or someone you know, contact Joan Hirst at [jhirst@jfsstl.org](mailto:jhirst@jfsstl.org) or (314) 812-9344.**

## Volunteer at Ready Readers



Ready Readers is a community organization that expands literacy for young children in low-income areas through high-quality books, strong relationships, and literacy-related experiences.

They are looking for classroom volunteers, as well as volunteers to help in the warehouse sorting and stuffing packets. Volunteer readers visit classrooms to hold storytime with children under age 5. Ready Readers provides the training and support you need to ensure that you have a fun and successful time. No experience is needed.

**For more information, contact Carolyn Loper, Volunteer Coordinator at (314) 564-8070 or [carolyn@readyreaders.org](mailto:carolyn@readyreaders.org).**



# Thank you for your Generosity

Doris Abrams  
Mary Ann Adams  
Jan Altman and Jay Burns  
Harvey Altman  
Carol Axelrod  
Mary Ann Barnes  
Teddi Baumgarten  
Kathy Becker  
Karen and Stanley Beiermann  
Bernice Brandmeyer  
Sandy and Phil Brooks

Ellen Cohen  
Deb and Jim Crowder  
Carmen Dence  
Judy Dunn  
Charles Fisher  
Marvin Foster  
Sidney Goldstein  
Abbie Harsh  
Louis Heyman (*of blessed memory*)  
Gloria and Wayne Kaufman  
Florann Kessell

Joyce and Lary Lazier  
Louise Mass  
Jo Ann Morton  
John Morton  
James Mullins  
Linda Nash  
Barb and Fred Nelson  
Betty Polinsky  
Gregory Rybak  
Phyllis Saint Clair  
Patricia Young

## In appreciation of \_\_\_\_\_

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

Leigh McGee  
Sandy and Wayne Meyer  
Walter Mayer and Rosalie Rotenberg

## In honor of \_\_\_\_\_

### **Stanley and Judy Kolker's**

### **60th Anniversary**

Harvey Altman

### **NORC Friendly Phone Call Volunteers**

Harvey Altman

## Photos from St. Richard's Fish Fry



## NORC Member Spotlight

**Did you know that 48 NORC members are 90 years and older? Cheers to all the memories you're making, the laughter you're sharing, and the lives you're touching!**

Mary Ann A.	Eileen G.	Theresa J.	Joan M.	Genevieve R.
Joan A.	Ralph G.	Evelyn K.	James M.	Bernard R.
Nancy B.	Helen G.	Doris K.	Ida M.	Libby S-R.
Doris B.	Emelda H.	Anita K.	Hortense M.	Don S.
Florence B.	Carole H.	Sanford L.	Jack N.	Jean S.
Helen C.	Bernell H.	Janet L.	Mary Lou P.	Arlene S.
Betty D.	Alverne H.	Ruth M.	Frieda P.	Melvin T.
Marie E.	Melvin H.	Fay M.	Claire P.	Rose W.
Charles F.	Charles J.	Jean M.	Rachael P.	
Marvin F.	Norma J.	Walter M.	Betty P.	

## Get to Know NORC Members!

We're pleased to introduce you to a couple of our members. If you'd like to be interviewed for a future NORC News, or you'd like to suggest a neighbor to be featured, let us know at (314) 812-9342 or [slevinson@jfsstl.org](mailto:slevinson@jfsstl.org).



### Mary Ann Adams

Meet Mary Ann, a resident of Heritage Hills. She dedicated her life to a long nursing career, first as the Director of Nursing at Jewish Center for the Aged for 13 years, then as a case manager at Mercy Skilled Nursing for 12 more years! Taking care of older people for much of her life, she knows how to make each resident feel loved and cared for. Mary Ann says that being a good listener and giving a good hug goes a long way. Today, at 90 years old, Mary Ann values her close and extended family members. She loves to drive her children and grandchildren around in her red car, and she doesn't plan to stop driving any time soon! Mary Ann insists that to make it to 90, you need to have a positive attitude and smile and laugh often.



### Theresa Johnson

Meet Theresa, a resident of Covenant Place. Theresa is a lifelong St. Louisan. She grew up in "The Ville," a predominantly Black neighborhood full of rich history, businesses, entertainment, and culture. After more than eight years at Boeing, Theresa retired. Having had seven children, family is very important to her. She continues her family tradition of weekly Sunday dinners. Her proudest moments in life include witnessing many of her family's accomplishments: seeing her son earn his doctorate, her granddaughter becoming a teacher, and another granddaughter earning two master's degrees! Theresa stresses the importance of smiling everyday and treating everybody the way you wish to be treated.

## Get to Know NORC Members!



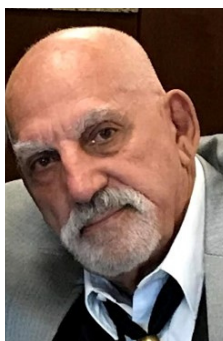
### Marvin Foster

Meet Marvin, a native St. Louisan and friend of NORC currently residing in Creve Coeur. After serving in the Korean War for three years and nine months, Marvin went to Washington University and earned a degree in accounting. Marvin's happiest moment in life was marrying his late wife Sonya in 1966 and raising three daughters with her. He places a big emphasis on family and has hosted Passover Seder at his house for over forty years! He likes to keep his brain active by reading magazines, watching the news, and getting out of his house and socializing. Marvin hopes that he got the "Foster genes," as his grandma lived to be 101. Every morning, Marvin sits on the side of his bed, looks up, and thanks G-d that he's still here.



### Janet Loiterstein

Meet Janet, resident of Coeur de Royale. Janet was the first baby born in St. Louis County in 1932, just 23 minutes after St. Louisans were ringing in the new year! Besides always being dressed to the nines, Janet has developed a love for volunteering. She has been volunteering at Missouri Baptist for 33 years, and volunteers weekly at Covenant Place. People ask Janet if she ever stays at home, but she says she stays young by getting out and being social. She loves playing mahjong and gin, as well as taking bus trips with others! She's hoping to see a Cardinals game at Busch Stadium soon and update her Cardinals bobblehead collection!



### Jack Neuman

Meet Jack, resident of Covenant Place. Jack grew up in St. Paul, Minnesota where he loved to hunt and fish. Jack worked at Disney and as a college teacher. He was in the military for six years. He also owned two successful bars and worked in real estate. It wasn't until 1961 that his work brought him to St. Louis. This hardworking man raised four kids, and he recalls his happiest moments in life being all the time he spent with his children, celebrating birthdays and holidays. Jack values his freedom and his ability to make his own choices in life. His best piece of advice is to always be yourself and don't let others dictate your life!



# The Four "P"s of Energy Conservation

By Ruthie Neff, Occupational Therapy Doctoral Student

Energy conservation is a way to improve quality of life by changing the way you carry out daily activities. The aim is to have enough energy to do the things you need to, as well as the things you want and like to do. Learning to conserve energy may also reduce heart strain, fatigue, shortness of breath, and pain.



- 1 PRIORITIZE:**  
 Decide what needs to be done today and what can be done later. When there are several things to do, prioritize the most important task to make sure that it gets done!
- 2 PLAN:**  
 Organize and outline steps in advance to avoid extra work. Balance activities throughout the week and schedule heavier tasks when you have the most energy (e.g., in the morning, after dinner, etc.).
- 3 PACE:**  
 Maintain a slow and steady pace. Remember to breathe and take breaks before you get tired. Do not rush. Listen to your body and never overwork yourself.
- 4 POSITION:**  
 Limit unnecessary movement by sitting when you can and keeping frequently used items where they are easily accessible. Consider using adaptive equipment, like a long-handled reacher or sock aid.

## Tips To Conserve Energy

### Dressing

- Sit instead of standing.
- Dress lower body first.
- Dress weaker side first.
- Undress stronger side first.

### Hygiene

- Use adaptive equipment (shower chair, long-handled sponge, handheld showerhead) and grab bars installed by professionals.
- Monitor water temperature as steam build-up can cause shortness of breath.

### Housework

- Spread tasks across week.
- Balance light and heavy tasks.
- Slide rather than lift objects.

### Cooking

- Make large meals and freeze in servings to eat at a later time.

### Shopping

- Prepare list and organize by section or aisle.
- Keep grocery bags light.
- Use cart instead of basket.

## Looking for additional ways to conserve energy?

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**



## "Crocheting the Gap" Boosts Brain Health

Ruthie Neff, occupational therapy doctoral student, blended her love for crochet and passions for brain health and social participation to create "Crocheting the Gap," her doctoral capstone project. Six NORC members participated in the three-week program designed and facilitated by Ruthie.

Each session, attendees practiced crochet techniques, learned tips for boosting brain health, and got to know each other. The class became a safe and supportive space to make mistakes, laugh, and discover new talents. After three weeks, members decided to continue gathering to learn more from each other.

Ruthie was delighted to see her years of hard work come to fruition and hopes to lead future "Crocheting the Gap" groups upon graduation this May!



## Great Things at Crown Center

There are so many great things happening at Crown Center in University City - construction of our new Crown Center Phase 1 Apartment Building and Staenberg Commons, quality programming, kosher meals at our Circle@Crown Café, and apartments being leased in our current Weinberg Building. As construction continues, please know that we're still "open for business."

You can always view our programs and menus on Crown's website: [www.crowncenterstl.org](http://www.crowncenterstl.org) or receive our newsletter by mail or email. Programming is available for senior adults living in the greater community.

**If you would like to receive information about Crown Center, please call (314) 991-2055 or email Kate Massot at [kmassot@crowncenterstl.org](mailto:kmassot@crowncenterstl.org).**



## 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)

### Get Your Game On!

**Mondays | 10 a.m.- 4 p.m. | 8 Millstone Campus Drive | Free**

Play Mahjong, bridge, poker, or Mexican Train dominoes –whatever you like– in Mirowitz Center's Multipurpose Room! Complimentary coffee, tea, and water is provided. Bring your own snacks to enjoy and share. No reservations necessary.

### Movies at Mirowitz!

**Fridays | 1-3 p.m. | 8 Millstone Campus Drive | Free**

Enjoy fantastic movies on a 14' screen with top-notch sound system! For film titles and description, call the Movies at Mirowitz Hotline at (314) 733-9812.

### The Big Muddy Dance Company

**Tuesday, May 23 | 1-2 p.m. | 8 Millstone Campus Drive | Free**

Choreographers and dancers captivate audiences and invigorate life through dance. RSVP is required to Mirowitz Center: (314) 733-9813.

### Safety Smarts 2023: Personal Security Do's & Don'ts with Scott Biondo

**Thursday, June 8 | 2-3 p.m. | 8 Millstone Campus Drive | Free**

Scott Biondo, Director of Community Security for Jewish Federation, will discuss how to proactively increase personal protection and practice situational awareness. Scott has specialized training the United States Secret Service and Federal Bureau of Investigation. Program is co-sponsored by Mirowitz Center, Jewish Federation of St. Louis, and NORC. RSVP is required to Mirowitz Center: (314) 733-9813.

### Aging Ahead Meal Program at Mirowitz Center

Adults aged 60+, regardless of income, are eligible to participate in the Aging Ahead meal program at the Mirowitz Center, located in the Covenant Place II Cahn Family Building on the Millstone Campus. All you need to do is register in the program and you will be eligible for Monday curbside pickup of five meals each week – kosher or non-kosher are available. Suggested donation is \$5 per meal. For more information and to receive a monthly menu, please contact (314) 292-7693.

# 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>California Pizza Kitchen</b> (314) 567-7835 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 Café</b> (314) 412-4350 8350 Delcrest Dr, 63124 Free coffee with purchase	<b>Crown Vision Center</b> (314) 942-5367 11615B Olive Blvd, 63141 30% off any product not covered by insurance	<b>Crushed Red—Creve Coeur</b> (314) 942-3000 11635 Olive Blvd, 63141 15% off after 3 p.m. daily
<b>Dobbs Tire &amp; Auto</b> (314) 991-1013 9598 Olive Blvd, 63141 5% off any parts or service	<b>Great Clips</b> (314) 567-4535 10554 Old Olive St Rd, 63141 \$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 <b>Weds only</b> . Cannot combine with other offers	<b>Jewish Community Center</b> (314) 432-5700 2 Millstone Campus Dr, 63146 Ask about discount for NORC members.	<b>Kohn's Kosher Meat &amp; 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, 63141 15% off sandwich or meal	<b>McDonald's Creve Coeur</b> (314) 432-2644 11521 Olive Blvd, 63141 20% off sandwich or meal	<b>Medical West</b> (314) 725-1888 444 S Brentwood, 63105 10% off purchase <i>(restrictions apply)</i>
<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>Olivette Lanes</b> (314) 991-0365 9520 Olive Blvd, 63132 Bowl for \$1/game, M-F, 11 a.m.-5 p.m.	<b>Partyland (American Carnival Mart)</b> (314) 991-6818 1317 Lindbergh Plz Ctr, 63132 10% off any purchase	<b>StoryWorth</b> Use promo code STLNORC for \$10 off. <a href="http://storyworth.com">storyworth.com</a>
<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

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**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 SLevinson@jfsstl.org.