

REACHING OUT] SENIORS

Imagine the isolation of the elderly, some of whom have no family to care for them. They could be facing hunger and illness, and worrying about where to turn at a time when they should be relaxing and enjoying life. Fortunately, St. Louis provides many services tailored to seniors of all circumstances, from housing and meals to emotional support and mental stimulation.

by rebecca koenig

mary ryder home //

This residential care facility for indigent senior women works to enrich their lives and remind them of their significance in the community.

TO HELP

- + Adopt a resident. After filling out applications, volunteers are paired with residents who have complementary interests and personalities to foster friendships.
- + Bring a group for bingo. Mary Ryder Home has opportunities for groups of volunteers to come in and interact with residents through games and events or do work that benefits the facility.
- + Work in the office or assist with fundraising preparation.
- + Beautify the garden, green thumbs requested!

VOLUNTEER CONTACT

Terry Jones-Signaigo
tjsignaigo@maryryderhome.org
314-531-2981, ex. 224 | maryryderhome.org

mid-east area agency on aging //

For more than 40 years, this agency has served seniors in St. Louis, St. Charles, Franklin and Jefferson counties with programs in retirement homes and community centers.

TO HELP

- + Deliver food via Meals on Wheels. After picking up meals at a senior center, drivers take them to older adults along their routes, sometimes serving as the only friendly face clients see that day. Volunteers must be at least 18 years old and have their own car and insurance.
- + Teach a class. After receiving training, instructors lead classes about preventing falls and managing chronic conditions. Older volunteers who can relate to the subject matter are especially welcome.
- + Advocate for older adults. Volunteers at least 60 years old can join the Silver Haired Legislature, which meets once a month to promote the interests of seniors among state legislators.
- + Work at the front desk. Senior centers need help answering phones and managing sign-in sheets.



PHOTO: COVENANT PLACE

- + Join the elected Advisory Council. Two dozen citizens, the majority of whom must be at least age 60, meet to guide the agency's board of directors. Interested people must file a petition for candidacy.

VOLUNTEER CONTACT

Sarah Levinson | 636.207.0847
slevinson@mid-castaa.org | agingmissouri.org

covenant place //

In addition to providing affordable housing to seniors and adults with mobility challenges, Covenant Place runs programs open to all St. Louis older adults.

TO HELP

- + Join the resident services or community engagement and programming committees. These bodies meet

quarterly to plan events for seniors who live at Covenant Place and the community beyond.

- + Lead a class. If you have a skill you'd like to share, such as dancing or cooking, the seniors at Covenant Place would love to learn from you!
- + Teach computer skills. The Tablet Tutor program pairs each senior with a personal instructor who guides him or her in using new technology.
- + Work at the Covenant Cafe. The second Sunday of each month, volunteers provide lunch and entertainment for residents.

VOLUNTEER CONTACT

Sara Levin | 314.432.1610, ex. 1321
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[events benefiting seniors]

7/18
COVENANT CABARET
1 P.M. | BOHM SOCIAL HALL, COVENANT HOUSE

7/20
DINNER AT DEWEY'S PIZZA
4:30 P.M. | CROWN CENTER

7/25
MEALS ON WHEELS FUNDRAISER:
DINNER, DANCE, SILENT AUCTION
7 P.M. | THE LEGENDS, 625 THE LEGENDS PARKWAY

7/26
TRIP TO SOULARD FARMERS MARKET
9:00 A.M. | CROWN CENTER

7/29
TRIP TO BALLPARK VILLAGE AND TED DREWES
12:30 P.M. | CROWN CENTER

8/22
MARY RYDER TRIVIA NIGHT
6 P.M. | KIRKWOOD COMMUNITY CENTER

LIST MAY NOT INCLUDE EVERY GROUP THAT HELPS SPECIAL-NEEDS KIDS. IF YOU KNOW A CHARITY WE SHOULD SPOTLIGHT, E-MAIL US AT REACHINGOUT@TOWNANDSTYLE.COM OR CONNECT WITH US ON FACEBOOK.