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Connection is Key to Health and Wellness

Connection is the hallmark of St. Louis NORC. Decades of research and a recent advisory from the U.S. Surgeon General emphasizes the critical role that social connection plays in helping individuals and communities to be healthy, safe, and resilient.

NORC offers a variety of opportunities for neighbors to connect with each other and resources that enable us to age safely.

NORC members have a unique opportunity to build and strengthen relationships through annual spring porch visits from NORC staff and summer ice cream socials in NORC neighborhoods!



Meaningful connections are also created through NORC's Minor Home Repair and Technology Assistance Program. Screened and trained volunteers help eligible NORC members with light house repair and maintenance, as well as technology support. In exchange, volunteers have the chance to meet awesome people who they may otherwise not encounter.

- **Turn to pages 3 and 8-9 for more on porch visits and ice cream socials.**
- **Turn to page 12 for details about NORC's Minor Home Repair and Technology Assistance Program.**

Jazz Concert featuring Oasis Jazz Ensemble

Thursday, September 7 | 1:30 p.m. | Free | RSVP required
The J, Arts and Education Building - 2 Millstone Campus Dr.

Enjoy classic jazz standards, music of the 30s and 40s, and works by Duke Ellington, Glen Miller, and more! Invite a neighbor or friend and connect over music. Space is limited.

- **RSVP to Laura by Friday, September 1 at (314) 812-9345 or LPressMillner@jfsstl.org.**



Sarah's Sentiments

Dear Neighbors and Friends,

What a spring and summer we've had! From visiting 60 NORC members' homes and porches to hosting more than 250 attendees at five neighborhood ice cream socials, we've shared many laughs and made countless memories these past months. We've also grown our network of community partners and volunteers and extended case management services to NORC members receiving subsidized homemaker services through JFS.

We know that connection — and the sense of security and belonging that comes with being part of a community — is important at every age. But it's especially critical for us later in life.

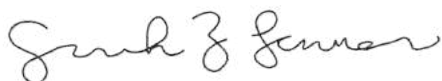
In May, the U.S. Surgeon General announced that Americans are facing an epidemic of loneliness. Long-term social isolation has been linked with higher anxiety and depression. It also affects us physically, increasing the likelihood of heart disease and stroke.

The key to combatting loneliness and aging more successfully is social connection. According to the Surgeon General, a “culture of connection” based on “kindness, respect, service and commitment to one another” is invaluable to our quality of life.

NORC members, volunteers, and staff know all too well about the importance of connection because it's at the heart of what we do. As always, thank you for being a part of our special NORC community.

We look forward to connecting with you soon!

With warmth and gratitude,



Sarah Z. Levinson, NORC Manager



What Can You Do to Stay Connected?

1

Find an activity that you enjoy, restart an old hobby, or take a class to learn something new. You might have fun and meet people with similar interests.

2

Schedule time each day to stay in touch with family, friends, and neighbors! Sending letters or cards is another good way to keep up friendships.

3

Stay physically active and include group exercise, such as joining a walking club or working out with a friend.

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 Sarah at (314) 812-9342 or SLevinson@jfsstl.org.

Benefits of 2023 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 porch visit with NORC Staff	✓	✓
Access to cultural, educational, and wellness programs	✓	✓
Access to caring professionals who provide connections to programs and services to meet your unique needs	✓	✓
Opportunities to engage socially	✓	✓
NORC Advantage Card discounts to area businesses	✓	✓
Reduced membership fee to the Staenberg Family Complex Fitness Center (JCC)	✓	
Minor home repair and technology assistance by trained and screened volunteers	✓	



NORC Porch Visits Build Community from Laura Press Millner

NORC's annual porch visits with members are a special way to connect with caring professionals who are here to support your health and independence.

During our 60 visits in May, conversations flowed over love for cooking, gardening, poetry, family, travel, and more! Members offered wisdom for overcoming obstacles and moving forward. Several told stories about love, friendship, and the benefits of activity and the connections that NORC offers. Thank you for your hospitality and openness to sharing!

If you haven't had a visit this year and would like one this fall, please contact Laura at 314-812-9345 or LPressMillner@jfsstl.org.

► Check out photos from our porch visits on page 9.

5 Tips for Improving Personal Cybersecurity

The internet is a rich source of information, connection, and community. However, there are many online scams that target older people, and their number and sophistication continues to grow. In 2022, the Internet Crime Complaint Center reported that 88,000 people age 60 and over collectively lost \$3.1 billion dollars to internet fraud, with cryptocurrency and technical support schemes topping the list of complaints.

The following tips can help ensure a safe and enjoyable online experience.

1 Do not click on links from unfamiliar senders. Be wary of strange or unexpected messages, even if it's from someone you know.

Emails, text messages, and social media posts can all contain malicious links that gain unauthorized access to your computer and gather your personal and financial information. To avoid such attacks, don't click on links sent through email, text, and social media from people you don't know.

If a message looks suspicious but appears to be from a person you know and trust, check with them before clicking on the link. You can contact a business through the information listed on their website. It's not rude—it's smart. Be especially wary of emails urging you to go to a website and provide personal details. If you want to click with real confidence, install strong security software on your phone and computer.

2 Treat any unsolicited phone calls with skepticism—even if the phone number or name looks familiar.

When in doubt, let the call go to voicemail. Caller IDs and phone numbers can be easily spoofed by scammers to appear like local callers or businesses. If you've answered a call that you deem suspicious, simply don't say anything and hang up.

Voice phishing is a type of scam where cybercriminals, posing as trusted persons, make unsolicited calls to gather personal information they can use to commit fraud. These cybercriminals will call you, or use a prerecorded message, and give you false information that sounds important and time-sensitive. Common phishing attacks include scammers impersonating the IRS, banks, and technology support companies. Note that neither the IRS or technology companies will call out of the blue or ask for sensitive or personal information. Avoid giving money, including gift cards, transfers, fines or bail, to anyone over the phone.

Stay safe by pre-screening all calls. Any friend, family member, or organization with a legitimate need to reach you will leave a voicemail or try calling again.

3 Do not open attachments in messages where the source does not seem trustful.

Always be careful when an email has an attachment. Do not open any attachments you aren't expecting or that are from an unknown contact—especially if they have the extension .exe or .zip. If the file(s) appears to be from someone you know, reach out to confirm they sent something.

This safety rule also applies to attachments sent via text messages and social media. Scammers may create duplicate (fake) social media accounts using names and photos of people you know, then send a friend request. If you get a request, reach out to your friend before accepting; if it's not legitimate, delete the request.

4 Do not respond to or click on pop-up windows on your phone or computer.

Pop-up phishing involves false messages that "pop up" on your screen when you're using the internet. Often, they're presented as urgent security alerts prompting you to download or pay for fake software disguised as real cybersecurity protection. Sometimes, the pop up messages prompt you to call a fake support number, and the scammer asks for remote access to your device or requests a fee to fix the issue.

Another technique is to use deceptive "Close" or "X" buttons, which automatically install a virus when you click on them. If you've accidentally downloaded a virus onto your device, delete the downloaded file immediately. It's also a good idea to install genuine antivirus software that can remove harmful remnants of the malware.

5 Don't conduct any transaction involving personal information while using a public (or unsecured) network

Public networks are crawling with scammers waiting to intercept your personal information. If you rely on public WiFi to conduct personal business (e.g., making purchases, logging in to your financial institution, checking medical records), consider setting up a virtual private network (VPN) to protect yourself. Otherwise, wait to do these things until your internet access is secure.

You can further safeguard your mobile device from intrusion by protecting it, and any apps on it, with a PIN number or biometric recognition (such as touch ID or face ID).



NORC Member Spotlight

Marilen Pitler

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.

Originally from Chicago, IL, Marilen Pitler has called St. Louis home for more than 40 years. Active in several community organizations now and throughout her life, Marilen is a connector, advocate, and community builder.

At age 79, Marilen was recently installed as Vice President of Advocacy for National Council of Jewish Women St. Louis (NCJWSTL), an organization that advances social and economic justice for all women, children, and families. While serving on NJCW's Executive Board is not something Marilen always knew that she wanted to do, she is proud of her growth and the impact she's made.

Ten years ago, Marilen's position as a relocation services consultant was abruptly eliminated when new owners acquired her company. "I was not prepared," she said. "I spent a year grieving the loss." Though she initially expected to find another job, her husband convinced her to pursue volunteer work.

“
It's never too
late to advocate.
You have a
voice: advocate.
”

Familiar with NCJWSTL, Marilen's interest was reinvigorated following a Lunch and Learn event on human trafficking. She signed up for a committee, and the rest is history. Marilen never imagined that she would feel comfortable testifying and working across the aisle in Jefferson City, but she's doing just that.

Volunteers and lay leaders play a vital role in community-based organizations, Marilen adds. She encourages people to learn new skills and try new things. In addition to her role with NCJWSTL, Marilen is on the livestream team at United Hebrew Congregation and is a sub-committee chair for the Jewish Book Festival.

"It's never too late to advocate," she said. "You have a voice: advocate. You have to tell yourself: Of course I can."

Marilen, thank you for your leadership, advocacy and wise words.

For more information about NCJWSTL, visit <https://ncjwstl.org> or call (314) 993-5181.



NORC Member Spotlight

Lisa Westfield

Lisa grew up in Monmouth, IL, where her parents owned "Bud's Thrifty Foods." At five years old, she was stocking the low shelves, sweeping floors, and helping to bag groceries.

Lisa attended St. Mary's Academy, a boarding school for young women. She went on to earn a Bachelor of Science with honors from Loyola University in Chicago and a Master of Science at Western Illinois University. In August 2020, Lisa retired after working 34 years at Washington University School of Medicine in St. Louis as a Lab Manager/Staff Scientist.

Lisa's passion for learning led her to return to school. She completed her Associates in Applied Science from St. Louis Community College in May, and will graduate in 2024 with a degree in Graphic Design. Between classes and projects, Lisa also enjoys gardening, reading and playing with her beloved pets. Winston is a Parti Standard Poodle, and Vashti is a Cornish Rex cat.

Congratulations, Lisa, on your accomplishments! Your desire and ability to learn new things and challenge yourself is inspiring and a great reminder of our continued potential for growth as we age.

Volunteer at **SCORE**

SCORE fosters vibrant small business communities through mentoring and education. Volunteers play many roles:

- Mentors advise start-ups and existing businesses.
- Subject Matter Experts share knowledge and experiences of a specific business skillset.
- Workshop Presenters deliver online trainings and presentations.
- General volunteers offer administrative support.

For more info, visit www.score.org.

What's Growing in Your Garden? Share Photos!



We want to see photos of your garden! Share a picture, along with a statement about why you garden. Don't forget to include any gardening tips for others wishing to test their green thumb! Your photos and responses will be shared in a future edition of NORC News.

Send your photos to Laura at LPressMillner@jfsstl.org



2023 Mobile Ice Cream Socials





2023 Mobile Ice Cream Socials



Thank you for your Generosity

Janet Loiterstein
Rhea Silk

Doris Smith
Debra and Laurence Weinberg

Liz Zelman
Irv Zwibelman

In appreciation of ———

NORC Minor Home Repair and Tech Volunteers

Harvey Altman
Ann Greenstein
Walter Mayer and Rosalie Rotenberg
Libby Sorkin Routman

NORC Ice Cream Socials

Harvey Altman
Jimmy Early
Jim Keane

In memory of ———

Steven Blives

by Susan Goodman

Sheldon Landau

from Anonymous

Harvey Reznick

by Sanford Schenberg

Joan Schenberg

by Sanford Schenberg



Photos from Porch Visits



Mary Chapman Honored for Community Service

Congratulations to Mary Chapman for receiving the I.E. Millstone Community Service Award! Since moving to St. Louis four years ago, the retired nurse has shared her time, energy, and kindness with several organizations.

“I volunteer anywhere they need me,” Mary said.

Fortunately for us, that includes assisting NORC with mailings, friendly phone calls, and special events like ice cream socials, concerts, and breakfasts. She also volunteers with the J's Used Book Sale, Jewish Book Festival, and Senior Olympics.

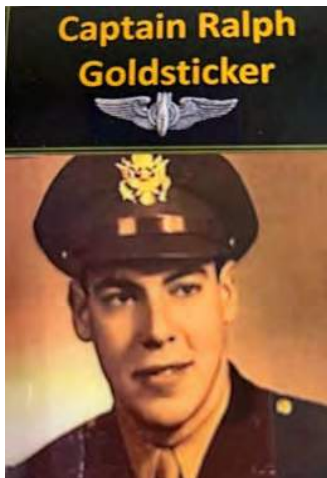
When she's not volunteering, Mary enjoys walking, reading, crocheting, and spending time with family and friends.



Mary (center) accepts award with family & Laura Press Millner



Mary (left) with Shirley and Andy Wise at ice cream social



Captain Goldsticker's Special Honor Flight

Captain Ralph Goldsticker, a longtime NORC member, departed St. Louis on a very special flight to Washington, D.C., on June 6, 2023. The 101-year old joined military veterans and political figures for a special day commemorating the 79th anniversary of the D-Day Invasion in Normandy, France.

Seventy-nine years earlier, Ralph flew 14 hours on his first combat mission as a B-17 bombardier. He still has the pin that he pulled out to arm the very first bomb that he dropped from his B-17.

The recent trip to D.C. was a whirlwind of events and emotions, said Ralph. He was thrilled to have his two sons, Robert and Larry, join him on this experience of a lifetime.

Upon his return to Lambert Airport, Ralph received a hero's welcome with family, friends, and strangers cheering in appreciation.

Ralph is grateful to serve his country and survive 35 missions. Thank you, Ralph, for your service and for being our hero!





NORC Volunteer Update

from Joan Hirst

St. Louis NORC is proud of our crew of dedicated volunteers who offer minor home repair and technology assistance for eligible NORC members. Our goal is to always keep you safe and in your home for as long as possible.

NORC volunteers are handy and helpful individuals from the community! They are interviewed and background screened for criminal and driving record history and trained by NORC. They are not licensed or bonded professionals.

Examples of minor/light repairs include: Changing lightbulbs, smoke detector batteries and furnace filters; repairing leaky faucets and toilet flappers; minor grouting; organizing closets; and hanging curtain rods.

Examples of technology assistance include: Basic skills training; Internet connectivity; email, printer and scanner help; setting up new devices; and password retrieval.

To receive volunteer services through NORC, members must agree to all program policies and procedures. Vaccination against COVID-19 is no longer a requirement to receive volunteer services; however, members and volunteers are required to wear masks during visits to minimize the spread of germs.

Contact (314) 812- 9344 or JHirst@jfsstl.org to learn more, volunteer, or request assistance. Please do not contact volunteers with new requests.

For requests that go beyond the scope of our volunteer program, we will help to identify what other options may be available

Navigating services can be overwhelming.

ElderLink is here to help.

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

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



Book Club Offers Online and In-Person Options

The St. Louis County Library and Mirowitz Center have joined together to offer a monthly book club. Reference Librarian, Hillary Peppers, facilitates two discussions on the third Thursday of each month, one online at 10 a.m. and the other in-person at the Mirowitz Center at 1 p.m.



With two different meetings that discuss the same book, a last-minute schedule change doesn't mean you have to miss book club. Offering dual platforms ensures inclusivity and meaningful discussion!



Marge Fenster, a longtime NORC member and regular participant and volunteer at the Mirowitz Center, shares "I always wanted to join a book club, but never really had time before. So after the pandemic, when the Mirowitz Center started up an in-person book club again this year, I decided to try it!"

Join Marge, Hillary, and book club members for upcoming discussions!

Thursday, August 24: *The Altruists* by Andrew Ridker

Thursday, September 21: *Family Trust* by Kathy Wang

To register, contact (314) 733-9813 or skemppainen@mirowitzcenter.org.

What's New for Medicare in 2024?

Medicare plans can change each year, including cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

Information for next year's plans will be available beginning in October. To find Medicare information and compare plans, call 1-800-MEDICARE or visit [Medicare.gov](https://www.Medicare.gov). Missouri's State Health Insurance Assistance Program (Missouri SHIP), formerly CLAIM, can answer your questions about Medicare, help you find the right plan for you, and check for savings on your Medicare costs! SHIPs cannot sell insurance, and SHIP counselors cannot work for insurance companies. SHIPs must follow federal rules to ensure they are a safe and trusted resource.

For upcoming Missouri SHIP programs at the Mirowitz Center, turn to page 14.



Call (800) 390- 3330 or visit MissouriSHIP.org for free, unbiased, and confidential help to navigate Medicare.

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



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.

Mirowitz Center Community Singers

Wednesdays | 2-3 p.m. | 8 Millstone Campus Drive | Free

All are welcome to join this lively group conducted by professional musician Robert Denison. No experience required.

Medicare Open Enrollment Information Session

Wednesday, October 18 | 2-3:30 p.m. | 8 Millstone Campus Drive | Free

Join Wilma Schmitz, Missouri State Health Insurance Assistance Program, to learn what kind of changes can be made during Open Enrollment and what revisions will take effect in 2024. Review parts of Medicare and cost-saving programs. RSVP to (314) 733-9813.

Individual Medicare Consultations with Missouri SHIP Counselor

Wednesday, October 25 | By appointment only | 8 Millstone Campus Drive

Free in-person consultations with Missouri SHIP counselors will be available by appointment only from 10 a.m. to 2:30 p.m. To schedule an appointment, contact Laura: (314) 812-9345 or LPressMillner@jfsstl.org. Space is limited.

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.

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



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

St. Louis NORC Staff

Sarah Levinson

Manager
(314) 812-9342
SLevinson@jfsstl.org

Joan Hirst

Outreach, Support and
Volunteer Specialist
(314) 812-9344
JHirst@jfsstl.org

Laura Press Millner

Activities Coordinator
(314) 812-9345
LPressMillner@jfsstl.org



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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.