

# St. Louis **norc** news

CONNECTING NEIGHBORS. ENRICHING LIVES.

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### Join NORC in 2023

Congrats to NORC's 2023 membership raffle winners! We're thrilled to have you join our community. To renew your NORC membership, complete the application on pages 9-10 or visit [www.stlnorc.org](http://www.stlnorc.org).

► **Turn to page 3 for membership information.**



### Show Yourself & Neighbors Sweetness with Jellybeans this February

Let someone know you're thinking of them by sending a personalized note with jellybeans! Stop by the Jewish Community Center (The J) or Mirowitz Center to pick up a treat for a neighbor or friend. Join us for this fun event funded by the JCA Charitable Foundation. Contact Laura at (314) 812-9345 or [LPressMillner@jfsstl.org](mailto:LPressMillner@jfsstl.org) with questions.

#### **Friday, February 10 | 11 a.m.-1 p.m.**

Staenberg Family Complex (2 Millstone Campus Dr.). Use the fitness center entrance across Willow Brook Elementary School.

#### **Monday, February 13 | 3-4 p.m.**

Mirowitz Center (8 Millstone Campus Dr.). Following a special performance by the St. Louis Symphony Orchestra. Space is limited for the concert. Please RSVP to (314) 733-9813 or [skemppainen@mirowitzcenter.org](mailto:skemppainen@mirowitzcenter.org) for concert.

### NORC Dinner Out at St. Richards' Parish Fish Fry

#### **Friday, March 24 | 4:30 p.m.**

O'Brien Hall - 11223 Schuetz Rd. (near the upper parking lot).

Enjoy a delicious meal with your NORC friends in a welcoming community environment. Cash or check only. RSVP to Laura by Friday, March 17, at (314) 812-9345 or [LPressMillner@jfsstl.org](mailto:LPressMillner@jfsstl.org).





# Sarah's Sentiments



Dear Neighbors and Friends,

The start of the year is a popular time for reflection and goal setting. We asked for your insight and wisdom for the year ahead. Here's what you shared:

## **What are you looking forward to and/or hoping to accomplish in 2023?**

- "Using the J pool more! Walking in the pool allows me painless workouts." - Susan
- "My granddaughter's wedding!" - Eileen
- "Volunteer work in the community and being with family and friends." – Marilen
- "Getting together with people, new and old friends." - Sharon
- "Continue to serve my community through Ready Readers and facilitating classes at Lifelong Learning at Washington University." - Jeanette
- "I hope my body will be healthy and I can serve my self this year." - Soad
- "Looking forward to a peaceful and healthy year." - Jeannie

## **What advice do you have for making the most of 2023?**

- "Finish projects begun last year and find new projects that excite you!" - Sheri
- "Read, travel, be with family, meditate, and eat healthy!" - Florence
- "Treat others as you would like to be treated." - Mary Ann
- "Try to keep healthy and maintain a positive mental attitude." - Paul
- "Be kind to each other." - Rachael
- "Take one day at a time." - Anonymous

My wish for you is the continued cultivation of wellness. A dynamic process of change and growth, wellness spans six interconnected dimensions: emotional, occupational, physical, social, intellectual, and spiritual. Finding ways to function optimally within our current environment builds resilience and enables us to thrive amidst life's challenges. A variety of opportunities that promote wellness are highlighted in the pages that follow.

Embracing the support of others is another effective tool. Your NORC Staff and ElderLink St. Louis (Contact (314) 812-9300), a free phone line staffed by JFS case managers trained to help older adults and caregivers navigate new stages of life, are here for you.

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. We are grateful for your membership and participation. For a list of area businesses that offer discounts to NORC members, please see page 15. Application is on pages 9-10. Complete and pay online at [www.stlnorc.org](http://www.stlnorc.org). 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	✓	✓
Member discount for NORC activities	✓	✓
Access to cultural, educational, wellness program	✓	✓
Access to caring professionals who provide connections to programs and services to meet your unique needs	✓	✓
Opportunities to engage socially with new peers	✓	✓
NORC Advantage Card discounts to area businesses	✓	✓
Reduced Membership Fees to Staenberg Family Complex Fitness Center (JCC)	✓	
Minor home repair and technology assistance by trained and screened volunteers	✓	

## The Perks of Being a NORC Member

**Did you know that NORC members receive invitations to special events?**

Recently, NORC members enjoyed an uplifting afternoon at the Jewish Book Festival's author event featuring Jen Maxfield, a television news reporter. Jen spoke of her book, "More After the Break," which focuses on the lives and stories of inspirational people, who faced life's greatest heartbreaks. Jen utilized her investigative talents and reconnected with folks to learn about their experience of thriving and making positive change.





# Covenant Place Waitlists are Open

In February, Covenant Place will reopen waitlists for the Covenant Place I Weinberg Building and Covenant Place II Cahn Family Building. A new waitlist will be opened for the beautifully renovated Covenant Place III JCA Building, and there will be 80 updated, affordable apartments available for lease, late summer 2024.

Covenant Place residents will enjoy a new Resident Service Center with a dining room, tech center, lounge, screened porch and patio. Additional benefits for residents include affordable housekeeping services, transportation to shopping and field trips, and other amenities to make this chapter one of your best!

**Did you know that you don't have to be a Covenant Place resident to take advantage of their services?**

The Mirowitz Center offers ongoing, weekday programs, classes, and entertainment at no or nominal cost to non-residents. Programs and services are offered at the Covenant Place II Building, #8 Millstone Campus Drive, 63146.

At the Mirowitz Center, you'll find familiar faces, including the office of St. Louis NORC's own, Joan Hirst. You'll also have access to RPI Therapy Services and Washington University Primary Geriatric Care and Weight Management medical practices. Covenant Place has been recognized as an innovative community by Focus St. Louis, Missouri Workforce Housing Association, and St. Louis Magazine!

► To learn more about the apartment waitlist and Mirowitz Center programs, please call (314) 432-1610.

Covenant Place III JCA Building





# Crown Center in 2023

**Is your New Year's resolution to: Simplify your life? Move out of the house that has become too much to manage? Live somewhere safe and affordable in a walkable neighborhood?**



Happy New Year from your friends at The Crown Center for Senior Living, where we are making big changes for our community! As we begin 2023, things at Crown Center are a bit in flux, but for a good reason. The new building construction at Crown Center – Crown Center Phase 1 (CC Phase 1) – is scheduled to be completed in Spring 2023. The new construction includes:

- A 5 -story building with 52 one-bedroom and two-bedroom apartments
- The Staenberg Commons – a new senior community living center

**Applications are now being accepted for CC Phase 1, including subsidized and market-rate rental plans for both one and two-bedroom apartments.**

The Staenberg Commons Community Center will be the centerpiece of the Crown Center campus, which is available for residents and retirees from St. Louis. The goal is to provide individuals with resources and a welcoming atmosphere to remain active. Comfortable spaces will be offered to accommodate those with mobility, vision, or hearing challenges.

Crown Center will continue to partner with key program partners, including Oasis, St. Louis Symphony Orchestra, Missouri Botanical Gardens and the University City Library.

**Please contact Crown Center for leasing and programming information:**

Phone: (314) 991-2055

Email: [info@crowncenterstl.org](mailto:info@crowncenterstl.org)

Website: [www.crowncenterstl.org](http://www.crowncenterstl.org)

**Take a look inside!**





## Meet Ruthie Neff: Graduate Student Intern

Ruthie is a doctoral student of occupational therapy at St. Ambrose University in Davenport, Iowa. She completed her clinical rotations at the University of Iowa Hospitals and Clinics, where she educated clients about the importance of everyday activity.

Ruthie lives with her family and puppy, Honey. In her free time, she enjoys taking Honey for walks, traveling, listening to music, playing video games, watching movies, and crocheting! She loves trying new crotchet stitches to make tote bags, stuffed animals, hats, and more.



Ruthie is excited to get involved with NORC because she values the importance of social participation, leisure, and healthy aging for older adults. Her graduate research focused on the importance of social participation and brain health for older adults. She's thrilled to engage with NORC members through her crocheting program, "Crocheting the Gap." Ruthie anticipates an incredible experience with NORC, where she can advocate for occupational therapy and learn from NORC members!



## A "Story Worth" Telling



NORC member Ann Tullman took full advantage of alone time during the pandemic. She was gifted Story Worth, a service that collects your stories and memories and preserves them in a bound book. Ann was initially hesitant to become an author, but she found motivation after reflecting on her own stories, which she wanted to share with her grandchildren!

Ann started compiling short stories into chapters, each with a different focus, including friends, dating, childhood pranks, and family secrets. One chapter is dedicated to her lifelong friendship with NORC member, Lois Perryman, which started in second grade! Reflecting on memories and gathering old photos was very therapeutic to Ann, who was surprised with her ability to recall various details of her life. Additionally, the project helped her master technology on her own.

Two hundred pages and three hundred and thirty three hours later, Ann is very proud of her published book. Her perseverance – especially in the face of naysayers who chirped that her book couldn't be done – paid off! Ann's daughter read the entire book in one evening, and she's received rave reviews from her grandchildren. Well done, Ann!



# Helping People Changes Lives, Including Your Own

**Volunteers make a tremendous impact on people's lives. But did you know that volunteering can help your health, as well? Research has shown that volunteering especially among adults 60 and older – reduces stress, increases positive feelings, and provides a sense of purpose. Are you interested in becoming a volunteer? Check out these opportunities in our community.**

## Volunteer with St. Louis NORC

Help us support local older adults by lending a hand with minor home repairs and technology troubleshooting. Minor home repairs include changing light bulbs, hanging curtain rods, and organizing closets. Our technology volunteers assist individuals with setting up new devices, troubleshooting, and installing applications. We offer flexible scheduling and ongoing training. For more information, contact Joan Hirst at (314) 812-9344 or [JHirst@jfsstl.org](mailto:JHirst@jfsstl.org).



Joan Hirst

## Help Others at The J

Contact Stephanie Rhea, Volunteer Coordinator, at (314) 442-3164 or [srhea@jccstl.org](mailto:srhea@jccstl.org) for information on the following volunteer opportunities:

- Help sort books for the Biannual Used Book Sale on Tuesdays from 9:30 a.m.-Noon. Location is off-site but nearby.
- Assist with reading and interacting with children at the Chesterfield and Creve Coeur Early Childhood Centers. Must be age 18+.
- Help with fitness activities or lead an art or music group at the Adult Day Center. Must be age 18+.
- Coach a school-aged basketball team. Practices are one hour each week, with typically one game each weekend. Must be age 16+.
- Lend a helping hand at the Creve Coeur Campus Garden on Sundays, Mondays, and Thursdays, between 8-11:30 a.m. Open March-November.
- Usher and sell concessions at the New Jewish Theatre. Volunteers can attend the play they volunteer at. Various dates are available.
- Assist with the St. Louis Senior Olympics during Memorial Day Weekend.



Stephanie Rhea

## Let Your Talents Shine at St. Louis Oasis

Become an Oasis SPARK! facilitator to meet with locals each week for six weeks and discuss topics, such as travel, wellness, and creativity. You can also become an Ever-Advancing Facilitator to lead weekly readings and discussions. Volunteers help deliver in-person and virtual programs, assist with technology, and help in the registrar office. To learn more, visit [www.oasisnet.org](http://www.oasisnet.org) or contact Amy Neuman at [aneuman@oasisnet.org](mailto:aneuman@oasisnet.org).



Amy Neuman



# Three Medicare Scams to Watch for in 2023

**Sadly, Medicare scams by phone happen every day. Remember that Medicare will never “cold call” you and ask for your personal information. When in doubt, hang up and call Medicare at (800) 633-4227.**

## **Watch Out for Medicare Card Scams**

New plastic Medicare cards are not being issued. This is a scam! Hang up the phone if you get a call telling you that Medicare is sending out new plastic cards, microchipped cards, or Medicare “gold” cards. Don't be fooled by this one!



## **Report Genetic Testing Scams**

Your doctor may order you a genetic screening or test. However, if you get a “telemedicine call” or see people offering free tests at a meeting or educational session, report them to Missouri SMP at (888) 515-6565. Review your Medicare statements for genetic screening/tests not ordered by your doctor, including cancer, cardiac, dementia, DNA, drug metabolism, or Parkinson's. Stay safe!

## **Detecting Medicare Hospice Fraud on Behalf of Yourself, Family, and Friends**

Hospice is for terminally ill people with a life expectancy of six months or less. High pressure scammers try to con you to agree to hospice care using gifts or incentives, even though you or your loved ones don't qualify for the benefit. Check your Medicare statements regularly to see if you were billed at a higher level of care than was needed or were billed for services not received.

This fraud prevention information is brought to you by Missouri SMP. Our mission is to empower and assist Medicare beneficiaries, their families and caregivers to prevent, detect and report healthcare fraud, errors, and abuse. Together, let's make 2023 a safe, healthy and satisfying year!

**Call (888) 515-6565 to report suspected Medicare or Medicaid fraud, errors, or abuse.**



# 2023 St. Louis NORC 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 ☐ Mailing

☐ 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 St. Louis NORC 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 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 and 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 boundaries; limited benefits)

**\*See page 3 for a description of benefits by membership type.**

- ☐ **An additional tax-deductible donation is enclosed to support NORC: \$**\_\_\_\_\_

Please make check payable to "JFS" with "NORC" in the memo line.  
Mail checks to: JFS, 10950 Schuetz Road, St. Louis MO, 63146



# Thank you for your Generosity

Susy Alias	Mary Hohenberger	John Rosenthal
Joan Althaus	Evelyn Kleiman	Mike & Pam Schmidt
Harvey Altman	Linda Kusmer	Bonnie Schneider
Helen Baker	Joyce & Lary Lazier	Sharon Shattan
Teddi Baumgarten	Jeff Lerner	Harold Siegfried & Marilyn Blatt
Bernice Brandmeyer	Pamela & Jerald Luke	Mark Silverstein
Marilyn & Steven Brown	Terry Lynford	Donald Silverstone
Lisa Marz Browning	Kathleen & Bob Melsheimer	Chris Simpkin
Marjorie Coleman	Jay Meyer	Paul Steinberg
Adrianne Davinroy	Helene Mirowitz	Jane & Dean Talley
Sandy Diamond	Joyce Moore	Enid Tennenbaum
Betty Eise	John Morton	Marcia L Thompson
Susan Erickson	James & Carol Mullins	Judith Ugalde
Karen Fishman	Sheryl Peterson	Betty Urban
Rosalie Franklin	Marilen Pitler	Aileen Wallis
Morty Gelber	Florence Pullen	Verda Weaver
Nanci H Goldberg	Myra Rosenthal & Alan Raymond	Andy & Shirley Wise
Susan Goodman	Radine Robbins	Ellen Wolf
Ted Hamburg	Frances Rocine	Irvin Zwibelman
Renate Hawn	Charlotte Rosenblum	

## In memory of —

**David Adelstein**  
from Harvey Altman

**Thomas H. Haggerty**  
from Marilyn Haggerty

**Joan Bach**  
from Eleanor Loebner

**Alex Herman**  
from Sanford Schenberg

**Fay Badasch**  
from The Yee Family

**Ted Pevnick**  
from Rachael Pevnick

**Carol Faintich**  
from Harvey Altman

**Joan Schenberg**  
from Sanford Schenberg

## In appreciation of —

**NORC Minor Home Repair Volunteers**  
from Ann Greenstein, Walter Mayer and Rosalie Rotenberg, and Joe and Joan Szymanski

**NORC Staff**  
from Jim and Caroline Keane and Rachael Pevnick

## In honor of

**Audrey Rubin's  
special birthday**  
from Harvey Altman



## A Holiday Hellos Wrap Up

A special shout out to our wonderful volunteers who made the 2022 Holiday Hellos Friendly Phone Calls Project a huge success. Volunteers made more than four hundred phone calls to our members, checking in and offering a warm hello. Hats off to this year's volunteer helpers: Rita Beckerman, Marge Fenster, Judy Ferdman, Marcia Hanson, Janet Loiterstein, Rachael Pevnick, Genny Rondberg, Ann Tullman, and Betty Urban.



## Friendly Phone Calls, Surprise Connections

NORC Friendly Phone Call Volunteers, Betty Urban and Hervert Days, had a pleasant and unexpected run-in earlier this year! Hervert was discussing a JCC fitness membership when Betty entered the NORC area for a quick hello. NORC staff member Laura Press Millner shared, "It was a beautiful, happy moment," she said. "NORC connections are made daily. I took a snapshot to capture the surprise and elation on their faces. Their smiles tell it all."



**CONGRATS!**

**Congratulations to our friends at Aging Ahead who have been supporting countless journeys of aging for 50 years! Connect your friends and family to their local area agency on aging by going to [eldercarelocator.gov](http://eldercarelocator.gov) or call 1-800-677-1116.**

**The JFS Harvey Kornblum Jewish Food Pantry is here for you.**

The Pantry offers nutritious and fresh food, including Kosher options.

No appointment necessary.

**Monday-Friday | 9 a.m.-2 p.m. | Drive-Through  
10601 Baur Blvd., St. Louis, MO 63123 | (314) 513-1672**



## **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! at the Mirowitz Center**

**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.



### **St. Louis Symphony Orchestra: Love is in the Air!**

**Monday, February 13 | 3-4 p.m. | 8 Millstone Campus Drive | Free**

The St. Louis Symphony Orchestra is returning –and with a special romantic prelude for Valentine's Day! This afternoon concert will include classics that speak of romance, love and passion. Seating is limited; don't wait to reserve your space! RSVP is required to Mirowitz Center: (314) 733-9813.



### **A Life with Classical Music with Jim Wehrman & Jeffrey Schmitz**

**Thursday, February 23 | 1-2 p.m. | 8 Millstone Campus Drive | Free**

Classical music can sharpen your mind, increase relaxation, and improve your mood. Jim Wehrman will share anecdotes from his 35 years with the St. Louis Symphony Orchestra and inspiring musical excerpts in a dialogue led by his longtime friend, Jeffrey Schmitz. RSVP to Mirowitz Center: (314) 733-9813

### **St. Louis Senior Olympics Sample Day**

**Tuesday, March 14 | 9 a.m.- Noon | Staenberg Family Complex Gymnasium**

Please join us at The J (Creve Coeur) for a fun and energetic time sampling some of what the St. Louis Senior Olympics has to offer. Learn the game of Mahjongg, shoot some hoops, see how far you can throw a football, try out the latest craze, "Pickleball," and much more! Many sponsors will be here with great information and free stuff! Registration for the 2023 St. Louis Senior Olympics will be available on site. No RSVP required. Contact Stephanie Rhea at (314) 442-3164 or [srhea@jccstl.org](mailto:srhea@jccstl.org) for more information.



## Mark your Calendars: Upcoming Events

**Who's on First? with St. Louis Sports Commission President, Marc Schreiber**  
**Thursday, March 9 | 1-2 p.m. | 8 Millstone Campus Drive | Free**

St. Louis has always been a great sports town, with some of the most passionate and loyal fans in the world! So don't miss this special presentation by the new St. Louis Sports Commission President, Marc Schreiber. Marc will fill us in on upcoming events, including next fall's Mizzou vs. Memphis football game at the Dome. He also will highlight the annual Musial Awards, which celebrate extraordinary sportsmanship and have grown from a local ceremony into a full-fledged nationally televised program.

RSVP to Mirowitz Center: (314) 733-9813.

**Tour New York's Metropolitan Museum of Art with Elana Kaplan**  
**Wednesday, March 15 | 2-3 p.m. | Virtual | Free**



Join Elana Kaplan, Museum Educator and Lecturer for New York's Metropolitan Museum of Art, for a monthly tour (3/15 & 4/19) featuring some of The Met's world-renowned collections! Attend all or just one event. Prior attendance is not required. RSVP to Mirowitz Center: (314) 733-9813.

**On the Same Page: STL County Library Book Club**  
**Thursday, March 16 | 1-2 p.m. | 8 Millstone Campus Drive | Free**

Come together in person for a new book club in partnership with the St. Louis County Library! Reference Librarian, Hillary Peppers, will be facilitating an afternoon group discussion at the Mirowitz Center every third Thursday of each month. Hillary, who has worked in public libraries for many years, also leads an online book club for the Mirowitz Center, "Between the Covers: STL County Library Book Club." The two clubs will collaborate, in person as well as online, on book selections. Both groups provide opportunity to share your love of literature with positive, nurturing discussion! The March book is *White Ivy* by Susie Yang.

**A Balancing Act: Don't Stop Moving! with RPI Therapy Services**  
**Thursday, March 30 | 2-4 p.m. | 8 Millstone Campus Drive | Free**

If you missed this program last fall, get moving and sign up for a complimentary in-person consultation. The experts at RPI Therapy Services are back to discuss balance challenges and evaluate your overall stability! Remember, even minor balance problems may lead to falls and injury. RPI therapists will use the cutting-edge Biodex BioSway Balance System to screen participants for previously undetected balance issues. This program is co-sponsored by RPI Therapy Services and Mirowitz Center.

RSVP to Mirowitz Center: (314) 733-9813.



# 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>Poke Munch</b> (314) 731-6735 630 N New Ballas Rd, 63141 10% off any purchase
<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  
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**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.