

# Family Ties

The newsletter of Community Aging Corp.  
Covenant House/CHAI Apartments

Winter/Spring 2008



AARP Volunteer Jane Elswick helps residents apply for Circuit Breaker rebates and fill out their tax returns.



Anthony Muzarrelli and Elaine Rogers were the featured vocalists at our New Years Day Brunch.



Dan Hoerle, guitarist, provided a beautiful concert in December, including original music he composed.

## AARP IS HERE TO HELP

Last year 200 residents were assisted by AARP Volunteers in filling out their application for the Missouri Property Tax Credit Claim Program, better known as *Circuit Breaker*. We estimate that these residents should have received a total refund of \$110,000 (an average of \$500/person/family). For low-income residents, this is a very special year end bonus. The program reimburses low-income elderly people a percentage of their yearly rental expenses. Claim forms for 2007, the year just ended, are due no later than April 15, 2008.

February is Circuit Breaker Month at Covenant House. Once again, Jane Elswick and Leon Gross, trained AARP volunteers, are helping tenants complete the necessary paperwork beginning in late February.

CH residents who have lived in Missouri for the past 12 months and whose income did not exceed \$25,000 for a single person or \$27,000 for a couple are eligible for the Circuit Breaker reimbursement. AARP Volunteers are also available to assist residents at no cost with Income Tax Preparation on Tuesdays by appointment.

For more information, call Janet Kupferberg in the Management Office. For a program application form, call or write the Missouri Department of Revenue, 3256 Laclede Station Rd., Suite 101., St. Louis, MO, 63144, 314 877-0177. To order forms, call (800) 877-6881, or visit their web site [www.dor.mo.gov/tax](http://www.dor.mo.gov/tax) or E-mail [propertytax-credit@dor.mo.gov](mailto:propertytax-credit@dor.mo.gov).

## SINGING IN THE NEW YEAR!!!!

Thank you Elaine Rogers and Anthony Muzarrelli for providing a New Year's Day Concert including a wonderful mix of Broadway Show Tunes, romantic ballads and holiday favorites to welcome in 2008! Elaine Rogers accompanied Anthony on piano; and taped music was used to accompany Elaine and the two of them for very special duos. While many other agencies were closed on the legal holiday of

January 1st, Elaine and Anthony made sure that hands were clapping and hearts were gladdened in the multi-purpose room of Covenant House II. The full audience sang-along to many of the familiar songs. We are truly blessed to have such wonderful volunteers that celebrate with us on a regular basis. Should auld acquaintance be forgot and never brought to mind... We'll take a cup o kindness yet, for auld lang syne!"

## REBATE UPDATE

The recently enacted Economic Stimulus Tax Rebate requires people to file a tax return to receive between \$300 and \$600 per person. This fact has serious consequences for millions of low income seniors and people with disabilities who would generally not have to file a tax return given their income level. Up to 20 million low income constituents may lose out on the economic stimulus tax rebate checks they are eligible for unless they file a 2007 tax return. Many have not filed a tax return in recent years; some may never have filed a return. Although the IRS is encouraging people to file by April 15, they will have at least until October 15, 2008 to file for the tax rebate. The Stimulus Payment is not taxable next year and will not affect the amount of SSA benefits received by individuals.

**What you need to do:** We encourage family members to assist their loved ones to fill out and file a 2007 IRS Form 1040 or Form 1040A and report at least \$3,000 in qualifying income. Individuals can include the amount of their SSA benefits to qualify for the stimulus payment. In late March 2008, the IRS will mail

a packet of information to recipients of Social Security benefits who did not file a tax return last year. The packet will contain guidance to help individuals claim the stimulus payment.

**Qualifying Income:** Add the amount of your Social Security benefits to other qualifying income such as wage earnings or certain benefits paid by the Dept. of Veteran Affairs, to reach the \$3,000 requirement. Supplemental Security Income (SSI) does not count as qualifying income for the stimulus payment. **The IRS will begin mailing checks in early May.**

You can also get a copy of tax forms and directions by going to the World Wide Web: [www.irs.gov](http://www.irs.gov). Click on the button that says "rebate questions." Others helping individuals fill out their taxes are: AARP Tax Assistance at County Library, call: 314-994-3300, CORP call Weekdays from 9 am-12 noon, leave a message, 314-615-7447; or the Department of Revenue, St. Louis Office: 314-877-0177. Covenant House/CHAI Social Service Providers are available to assist residents with this process.



## SHUTTLE CHANGES

AW Healthcare recently terminated their weekly grocery shuttle services for Community Aging Corporation (December 17, 2007). We thank AW for their year long effort on our behalf. "AW helped us make an important transition after we closed our grocery store a little over a year ago," stated Jenny Gilsinn, Activities Coordinator. They allowed us to offer a weekly shuttle to Schnucks at a very affordable rate.

Fortunately, we have been able to refer most residents that still need help getting to and from the grocery store to another good alternative. Tenants are now using **Older Adults Transportation Services (OATS)** for grocery store transportation on Wednesday mornings at 9:00 am - noon. In addition OATS also provides transportation to Wal-Mart the third Friday of every month at 10:30 a.m. and rides for medical appointments. Tenants should make reservations for these services 4-5 business days in advance, and the requested contribution is \$3 each way (but there is no set fee). OATS can be reached at (314) 894-0517.

Another option utilized by some tenants is Call-a-Ride, which operates through Bi-State Transit. Call-a-Ride requires 24-hours to one-week advance notice, and charges \$3.50 each way for seniors 65 and older or disabled individuals. Call-a-Ride reservations can be made by calling (314) 534-1544.

Covenant House/CHAI Apartments Social Service Providers are available to assist tenants with accessing transportation services. They can also provide emergency cab vouchers to low-income tenants who have exhausted all other transportation options. To reach a Covenant House/CHAI Social Service Provider, call the Management Office at (314) 432-1610.

## BLOOD PRESSURE SCREENINGS

We are happy to announce that **Apollo Medical, Inc.** (as of December 2007) has once again agreed to provide bi-weekly blood pressure screenings on a pro bono basis to our residents. They have also been offering a special monthly social or educational program. This is a great contribution to our health promotion efforts. We thank Delmar Gardens Private Services for providing pro bono Blood Pressure Screenings for our residents through November, 2007.

## ST. LOUIS OPERA THEATRE PREVIEWS

Trained volunteers from the Opera Guild enhance Opera Theatre of St. Louis' (OTSL) educational programs all year long with free classroom instruction and Docent Presentations. We have been fortunate to schedule two presentations by OTSL docents to share their knowledge about the Operas scheduled to be performed in the OTSL 2008 season. The 2008 operas are: *The Tales of Hoffman* by JACQUES OFFENBACH; *Madame Butterfly* by GIACOMO PUCCINI; *Una Cosa Rara* by VICENTE MARTÍN Y SOLER; and *Troilus and Cressida* by WILLIAM WALTON and will be performed from May 24 - June 29th. For more



*Volunteer and Extraordinary Tour Guide, Linda Koenig (above), once again led our 2007 Winter Lights Tours for residents, their friends and family.*



*Among the Winter Lights Tour participants were resident Mary Louise McIntosh and her family (l to r) front row: Jane Thompson, Mary Louise McIntosh, Melvin Swann; 2nd Row: Harlan Thompson, Amye McIntosh, and Rebecca Null*



*Leona Zimm will be celebrating her 90th birthday at a special lunch Kiddush, sponsored by her children, following Shabbat Services in the Covenant House Chapel on Saturday, March 22nd. Shown here with her daughter-in-law Doris Zimm.*

### OUR MISSION

The Community Aging Corporation, or CAC, was established in 1985 as a 501(C)(3) charitable organization to provide a wide array of caring services that "meet the physical, social and psychological needs of the elderly..."

These services have always targeted the residents of Covenant House / CHAI Apartments

### SERVICES AT A GLANCE

CALL 314-432-1610

#### TO REACH:

Executive Director

**Janet Weinberg**

Leasing Director

**Jude Landwehr**

Social Services Provider(SSP)

Covenant I

**Janet Kupferberg**

SSP Covenant House II

Activities Coordinator

**Jenny Gilsinn**

PAL and SSP Covenant II

**Jane Thompson**

SSP CHAI

**Regina Dub**

For Maintenance, Podiatry,

Appointments, Legal

Service, Weekend Meal

Program, Escort Service,

or Room Reservations

**Eva Cantrell**

Housekeeping

**Jenny Gilsinn**

#### Other Services:

Beauty Shop

997-5903

Grocery Store

432-1610 ext. 1115

JCC Nutrition Meals

442-3149

# COVENANT I REHAB CAMPAIGN NEARS \$2M MILESTONE

“We wish to extend a special thanks to the new participants in our Covenant House I Rehab Campaign in addition to all the others that have enabled us to reach this special \$2M milestone!” proclaimed Board President, Rob Bohm. Since this fall, the following foundations and individuals have offered additional support to our ongoing capital campaign. The Fox Family Foundation pledged \$100,000 over five years in memory of their mother (in-law) and grandmother, Ms Celia Widman. The Staenberg Family pledged \$60,000, Community Housing Management Corporation pledged \$40,000; The Essman Family Foundation, Howard Lesser, Rob and Sue Bohm, and Howard and Phyllis Loiterstein each pledged or donated \$10,000 to the cause. Donations and commitments from foundations, individuals and special government grants to date total: \$1.996M. “We only need \$1,000 to reach the \$2M milestone, and about \$372,000 to complete the entire campaign,” said Executive Director, Janet Weinberg.

“When we started this effort four years ago, we had no idea how we were going to reach our ambitious goals,” stated Campaign Co-Chair, Lee Bohm. “But I am deeply grateful to a very supportive and generous Board of Directors and the Jewish Federation of St. Louis who have helped us with this effort.”

The Fox Family Foundation Executive Director, Ms Cheri Fox wrote: “Covenant House’s mission to provide housing to the elderly and the mobility impaired is very important. The Fox Family Foundation is very proud to support the rehabilitation of this facility.”

Covenant/CHAI serves as a model for other low-income housing projects across the country leading the way in creating a rich array of supportive services and amenities in addition to housing for seniors. Covenant House I includes a commercial kitchen and dining room. The kitchen provides home-delivered meals to frail seniors in the community as well as for residents. Covenant I also provides space for a chapel, meeting rooms, and a bank branch of Royal Banks of Missouri.

Covenant I, opened in 1973, has 90 Section 8 and 92 market-rate studio and one-bedroom apartments. Covenant II, completed in 1978, and CHAI House, built in 1981 - have a total of 252 one-bedroom Section 8 units.

Covenant II and CHAI house a cultural center, library and computer center, art room, beauty shop, laundry rooms, professional rehab center (which accepts Medicare and Medicaid reimbursements), and Jewish Community Center’s Adult Day Services.

To date, six foundations, five corporations and 55 individual donors have participated in the campaign. In recognition of the Fox Family Foundation grant, the Covenant House Lobby will be named in memory of Celia Widman. Several naming opportunities remain. For more information, contact Janet Weinberg at 314-432-1610 or [jweinberg@covchaistl.org](mailto:jweinberg@covchaistl.org).

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## KUDOS TO OUR RELIABLE STAFF



*“Neither snow, nor rain, nor heat, nor gloom of night stays these couriers from the swift completion of their appointed rounds.” Found as an inscription on the NYC General Post Office, could be an apt description of our wonderful maintenance and janitorial staff. Despite challenging weather and ongoing rehab projects, our staff has kept walks clear of ice and snow and made maintenance repairs in a timely manner. From (l to r) First Row: Harold Chapman; Second Row: John McRoy, Chuck Landwehr, Sterling McGee, and Glenn Brown; Third Row: Harry Williams, Jeff Kosterer, and Property Manager, Jerry Nelson.*

# HUD DELAYS HOUSING PAYMENTS

During the fourth quarter of the past federal fiscal year (July-September 2007) and into the first quarter of the new fiscal year (October-December), many government-assisted housing sites, that signed Section 8 Housing Assistance Payment (HAP) contracts (these pay for rent subsidies for low income individuals /families) with HUD experienced problems getting their rental subsidy payments. This includes Covenant House/CHAI Apartments. The problem reached crisis level during the summer of 2007, when HUD delayed payments to housing sites totaling \$1.3 billion. Subsequently, HUD indicated that it had not been requesting sufficient funds from Congress to cover payments for the full 12-month term of the contracts HUD was issuing.

Colleen Bloom, associate director of housing operations at the American Association of Homes and Services for the Aging (AAHSA), has been monitoring HUD's performance in the area of HAP contracts. With her help, *Assisted Housing Management Insider* (newsletter) has examined why the payment delays are occurring and what is being done to fix the problem.

## Status of Funding Delays

Delays in HAP contract funding should be over for now, Bloom says. Final HUD funding levels were established just before the New Year. While the final amount is expected to cover most payments through the end of the current fiscal year (FY 2008), which ends on September 30, 2008, the amount is insufficient, Bloom claims. An additional \$1.9 billion will be required to cover all one-year subsidy contracts contained in HUD's project-based Section 8 account, she adds. Consequently, shortfalls and payment gaps are likely to recur as the fourth quarter of HUD's FY 2008 approaches, she says.

HAP funding gaps are also likely to occur if HUD runs out of funds before the federal FY 2008 ends, or if HUD is again funded by another congressional continuing resolution (CR), which means that a full annual appropriation for FY 2009 is not completed on time, just as it was not for FY 2008.

Recent administrative change may help avoid significant gaps in payment in the future, but it comes at a cost, Bloom says. In October 2007, HUD issued new "incremen-

tal level" funding contracts, by which owners had to acknowledge that HUD is only obligating "such funds as are available" at the time of issuance, she notes. Gone is the guarantee – also a contractual obligation – of 12 months' worth of HAP funding, she adds. HUD acknowledges that there are no provisions for guaranteeing HAP funding if HUD runs out of money, she advises.

The climate of uncertainty is already affecting assisted housing site operations and refinancing, Bloom says. Members of AAHSA indicated that they will be more cautious about making withdrawals from their site reserves in the event that the money is needed to cover future funding gaps, she says.

Financial institutions are once again evaluating the potential risk in financing sites without long-term subsidy guarantees, she notes. And HUD acknowledges that there are no protections whatsoever for residents (that is, no notice, no vouchers) if, as it is anticipated, HUD runs out of money and is unable to make good on its Section 8 HAP commitments during the year, she adds.

"All of this sounds rather dire, doesn't it?" says Bloom. "But not to worry: It doesn't signal the end of the subsidized housing program. For the foreseeable future, Congress is likely to continue providing sufficient funding for HUD to continue limping along making payments year to year," she says. For further information about the contracts/notices problem, visit HUD's Web site at [www.hud.gov/offices/hsglmfh/exp/guide/s8guideatt.cfm](http://www.hud.gov/offices/hsglmfh/exp/guide/s8guideatt.cfm).

## Effects on Covenant House/CHAI Apartments

The Service Coordinator Contract for Covenant House I has not been renewed for FY 2008 because sufficient funds have yet to be released. Covenant House I, Section 8 contract will expire July, 2008. Since this is in the 4th quarter of the federal fiscal year, this contract is the most likely to suffer delays in funding and approval. To voice your concern about timely and adequate funding for our affordable senior housing buildings, contact your elected officials in the US Senate and House of Representatives.

This article was excerpted from *Assisted Housing Management Insider* Newsletter, March 2008



Robert Colm was the recent speaker of our St. Louis Scholars Series. He gave an Israel Update in memory of his mother and our long time resident, Lil Cohn.



St. Louis Strutters were the featured entertainers at our Chanukah Luncheon and Party in December. The Jossem Fund generously underwrote the dance program and dessert for the celebration. Shown here: Strutter, Marlene Grant interacts with Covenant House resident, Leib Ganz.

## APARTMENTS AVAILABLE!! HELP US SPREAD THE WORD.

Covenant House I, Covenant House II and CHAI Apartments are now actively marketing to fill vacancies! Due to our shorter wait lists the process which used to take up to three years has been reduced significantly (3 – 6 months!).

In order to apply you must be 62 years of age and meet the income guidelines\* set by HUD. Visit our Web Site for detailed information and to print out an application. Our web address is: [www.covchaistl.org](http://www.covchaistl.org). If you have additional questions, please do not hesitate to contact Jude Landwehr, Leasing Director, (314) 432-1610.

\*Due to a softer rental market, HUD has granted an income waiver for up to 10 rental units in Covenant House I, so even if an individual is over the designated income caps, they will be able to qualify to get an apartment if they meet all the other Tenant Selection Criteria. Availability may be limited, so call today!



JCC Candyland (above) and Bear Classes visited residents during the Chanukah Party. They are invited to return for our annual Purim Celebration on March 21st. They usually parade around the room in their holiday costumes.



Hanukkah Luncheon Volunteers made our holiday sparkle. Above: l to r: Nancy Kodner, Nadine Schneider, Nancy Lebrer, Nicky Stern, Maria Szapszewicz, Allen Silverberg, Sara Willick, Barbara Cupples, Eilene Schneiderman, and Rob Bohm.

## OVER THE BACK FENCE: COUPLE FINDS REFUGE HERE

Community Aging Corporation was pleased to host a *Meet Your Neighbors Tea Party* in December 2007 to introduce relative new comers Xiaorong Wu and her husband, Xuemeng Yu to other residents and share the story of their journey from China to St. Louis and Ms. Wu's spiritual exercise practice of Falun Gong.

Ms. Wu came to St. Louis in 2000 to visit her son. Towards the end of her visit, she received an urgent phone call from her daughter advising her that the police had been looking for her and that when she returned they should be informed. According to Ms. Wu, at that time, the Chinese Communist Party had launched a statewide crackdown on the practice of Falun Gong and over 100,000 Falun Gong practitioners had been sent to labor camps for refusing to give up their beliefs. Stories of human rights violations including torture, imprisonment and death were coming from China and Ms. Wu recognized that she could not safely return to China to be with her daughter and husband. While seeking political asylum in the U.S., she nervously awaited news from China on the safety of her family.

Falun Dafa (also known as Falun Gong) is a practice that originated in China. It has attracted millions around the world by offering better health and inner peace. It is called a cultivation practice. According to the tradition: "cultivation" means to improve one's heart and mind based on the universal principles of truthfulness, benevolence, and forbearance; "practice" means doing exercises and meditation to energize the body.

Although Ms. Wu could freely practice Falun Gong in the U.S,

Center photo: Xiaorong Wu with her husband, Xuemeng Yu



unfortunately her husband and daughter in China suffered a lot through "Guilt by Association" (policy implemented by Chinese government to harass and persecute Falun Gong practitioner's family members). In September 2003, her husband was detained by eight policemen while on his way to the U.S. Embassy in Beijing to apply for a visa to join his wife. They confiscated all his personal belongings, including his passport, various documents needed to apply for a U.S. visa, money, cell phone and luggage. Mr. Yu was tortured by the Chinese police for eight days. Two years after the police confiscated his passport it was finally returned.

In 2006 Mr. Yu was granted a visa and finally reunited with his wife in St. Louis. Shortly thereafter, they decided to make a new home at Covenant House/CHAI apartments. Ms. Wu and Mr. Yu wanted to greet and offer gratitude to their new neighbors at the tea party. Mr. Yu greeted his fellow tenants by playing a beautiful musical piece on his traditional Chinese violin. With the assistance from fellow Falun Gong practitioners in St. Louis, who translated and demonstrated some of the exercises: Carol Kaminski, Corrina Stuhlman, Kirong Tian, and Chen Shuging, we were able to learn the amazing story of this courageous couple and enjoy a graceful demonstration of the Falun Gong exercises. The program was completed with a spirited question and answer segment while tea and refreshments were served.

The large audience was captivated by the couple's special story and enchanted by the beautiful exercises. We thank Ms. Wu and Mr. Yu for sharing their story and Carol Kaminski for her narration. We also thank Corrina Stuhlman and Kirong Tian for demonstrating the exercises.

# FOOD CLASSES DRAW

When it comes to volunteers, our cup runneth over! We have had several wonderful When Food Is Love (demonstration) classes thanks to caring and creative volunteers. In January, Social Service Provider, Regina Dub and Executive Director, Janet Weinberg were the featured cooks in a special *Soups On* program. Regina made her special Borsht Recipe and Janet Weinberg demonstrated a recipe for Carrot Cauliflower with Tarragon Soup from Dean Ornish's book, Everyday Cooking.

On January 22nd, Ronit Sherwin, Executive Director of Nishmah, led a special Tu B'shvat Seder which included lots of

singing, blessings, and learning. Participants enjoyed four cups of grape juice and various fruits and nuts associated with the holiday. In February, Social Service Provider, Jenny Gilsinn invited her brother, Tim and niece, Piper, to join her for a Valentine's celebration. Jenny demonstrated a pasta dish which was special due to her secret marinara recipe. This was followed with fresh strawberries dipped in chocolate prepared by Tim. Coming in March will be our Annual Hamentashen Baking Class being taught by our dear resident, Esfir Berezin. If you have a recipe you would like to demonstrate, please call Jenny Gilsinn at 314-432-1610.



Ronit Sherwin led a special Tu B'shvat Seder.



Tim Gilsinn prepared fresh strawberries dipped in chocolate in February.



Esfir Berezin shown with husband Yuliy will be the featured baker at our March WFIL class. She will show participants how to bake Hamentashen.

## BIG SCREEN Premiers:

- Amazing Grace
- Deck the Halls
- Great Performances Opera Series
- In Good Company
- No Reservations
- Pride
- Waitress
- West Side Story



## Coming Attractions

- Appalachian Journey
- August Rush
- Charlie Wilson's War
- Enchanted
- In the Valley of Elah
- Into the Wild
- JUNO
- Lars and the Real Girl
- Michael Clayton
- SHMELVIS!

## Coming Events

**Purim Megillah Reading & Celebration**  
with Dr. Larry Gornish, Friday, March 21st, 10:30 am,  
Covenant House I Chapel

**Annual Covenant House/CHAI Health Fair**  
will feature local service providers, health care vendors,  
demonstrations, and promotional items.

Thursday, April 3rd 1-3 pm, Covenant House II

**Covenant House Passover Seder,**  
Sunday, April 20th, 5:00 pm. Paid reservations are required.  
For more information call Eva or Jenny at 432-1610.

**Free Tickets to Opera Theatre of St. Louis,**  
May - June, exact dates and number of tickets TBA.

# NEWS YOU CAN USE:

## *Analog Television Owners Must Convert By '09*

Individuals with conventional television might be surprised to learn that they could be left without programs to watch one year from now, unless they take action.

On February 17, 2009, all analog televisions that are not connected to cable, a satellite receiver or a converter box will be unable to receive a digital broadcast signal. In Missouri alone, 478,000 households do not have cable or satellite and rely on over-the-air television.

U.S. Senator Claire McCaskill, D-Missouri, is urging state residents to make sure they get their government provided coupons that will cut the cost of purchasing their TV converter box sooner rather than later. The government is offering two coupons to every household, each worth \$40, to help families

purchase converter boxes for their televisions. A total of 33.5 million coupons will be available to consumers.

"I don't want a single person in the state of Missouri to wake up on February 17, 2009 and not be able to get their local channels on their TV," McCaskill said. "We can't wait any longer to start preparing for transition to digital TV, and it's my hope that Missourians will take advantage of these coupons and purchase their converter boxes as soon as possible to ensure that they are ready well before the deadline."

Many Missouri broadcasters already transmit in digital today. To apply or to receive coupons online or by phone, mail, or fax, please note the following:

- Online: visit [www.dtv2009.gov](http://www.dtv2009.gov)
- By phone: Call the 24-hour hotline at

1-888-DTV-2009  
(TTY 1-877-530-2634)

- By mail: Send coupon request to:  
P.O. Box 2000  
Portland, Oregon 97208-2000
- By fax: Send coupon request to:  
1-877-388-4632

McCaskill has been vocal about the need to better educate the general public about the upcoming switch to DTV. Covenant House/CHAI Apartments will make any required building antenna changes so tenants with converter boxes will continue to receive program broadcasts.

(This story was excerpted from story by Don Corrigan, Webster Kirkwood Times Feb. 2008)



## Quality Therapy Services At Covenant House!!

Rehabilitation Professionals Inc. (RPI) offers top-quality, individualized Physical and Occupational therapy services from initial evaluation through treatment:

- Strength and balance therapy
- Joint replacement rehab therapy for hip, knees, and other joints
- Pain management of spine and joint dysfunction
- Disease management programs for patients with arthritis, Osteoporosis, diabetes and other common chronic diseases
- Wellness/exercise programs to prevent re-injury and extend quality of life
- Rehabilitation for stroke patients
- Exercise Classes: Tuesdays and Thursdays at 11:00 a.m.



RPI — Covenant House #6 Millstone Campus Dr. St. Louis, MO 63146 Tel: (314) 991-1978

Hours: Mon to Fri: 8:00 am to 5:00 pm and by appointment; Exercise Classes (8-wk session) by appointment



*Xuemeng Yu plays a special song for his neighbors (See story page 5).*

## *Family Ties*

COMMUNITY AGING  
CORPORATION

8 MILLSTONE CAMPUS #2000  
ST. LOUIS, MO 63146

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### *Family Ties* Ongoing Activities

**Family Ties Ongoing Activities & Services: For more information call our office at 314-432-1610; seniors from the community are welcome.**

**Shabbat Services** are held each Saturday in Covenant House I Chapel 9:30 – 11:30 a.m.  
**Arts & Crafts Class** is held the last Wednesday of the month, 12:30 p.m.  
**Beauty Shop in CHAI Building** open weekdays, 8:30 a.m.-3:30 p.m., (314) 997-5903  
**BINGO Games** are run each evening Saturday – Thursday by Tenant Council Volunteers  
**Blood Pressure Screenings** provided 1st and 3rd Thursdays of each month, 1:00-2:00 p.m.  
**Citizenship Tutors available.** Call Parkway School District for more information (314) 415-7063  
**New OATS Grocery Store Shuttle** Wednesdays, 10 am, call 432-1610  
**Chair Yoga with Larry Glass**, Wednesdays and Fridays, 11:00-noon  
**Covenant House II Library/Computer Center** weekdays 9:00 a.m. -4:00 p.m. & Sundays 10:00 a.m. – 2:00 p.m.  
**Current Events Class** sponsored by JCC meets Thursdays, 1:00 p.m.  
**English as a Second Language Classes (ESL)** are held every Tuesday & Friday: Levels I, II, & III 10-12:00 Noon; Call Parkway School District for more information (314) 415-7063  
**Friday Club** meets the 1st Friday of each month 1:00 p.m.

**GOALS Pro Bono Attorney** visits the 2nd Monday each month, 10:00 a.m.; appointments are required.  
**Hebrew Class sponsored by NORC** with Dorit Galor meets Tuesdays, 2:30 p.m.  
**Knit & Sew Club** meets the 2nd & 4th Friday of the month, 1:30 p.m.  
**Kosher Dinners** are available Monday- Fridays, 4:45 p.m. Call Karen for more info-442-3149.  
**Mobile County Library** visits every other Thursday each month, 9:30 a.m.  
**Mobile Post Office** visits the 1st & 3rd Wednesday each month, 2:30 p.m.  
**Ring along/Sing along with Troy Jones** meets 2nd & 4th Thursday each month, 1:00 pm  
**Podiatrist, Dr. Meredith Stuart** provides foot care each Wednesday by appointment, 9:00 a.m. -noon; call office 432-1610 for an appointment.  
**RPI “Class in Motion”** is offered pro bono 2 times (Tuesdays and Thursdays)/ week at 11:00 a.m. for 8-week sessions. For more information call RPI at (314) 991-1978.  
**T’ai Chi Class provided pro bono by RPI** meets Mondays, 11:15 a.m.  
**Yiddish Club with David Levine and Sara Moses** meets weekly, Mondays at 7:00 p.m.