

# Family Ties

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

Fall/Winter 2010-11



Nicholas (Nick) Gollubske and Yvonne Washington



The St. Louis Strutters (shown above) were one of many musical groups/performers that participated in our Summer Concert Series.



Rabbi Brad Horowitz lead holiday blessings at our annual Sukkah Dinner and Party.

## STAFF SPOTLIGHT

The Covenant House/CHAI staff is pleased to welcome our new Property Manager, **Nicholas (Nick) Gollubske**. Prior to joining the Covenant House team, Nick was the Facility Manager for the entire Parkway School District. He also owned a heating, air conditioning, and plumbing company in St. Louis County for 13 years and was a member of Pipefitters Local 562. Nicholas and his wife Kathy are the proud parents of Erin and Sean. Erin is a senior at Parkway North High School, and Sean is an 8th grader at Special School District. Nick enjoys spending time with family, and in his younger years, enjoyed playing golf and ice hockey. Nick has already made a positive difference in our operations and we look forward to working with him for many years to come.

Assisting Nick in his roll as Property Manager is Administrative Assistant, Yvonne Washington. Yvonne brings her administrative and organizational skills to the table in order to ensure that the many facets of the property are maintained. What Yvonne enjoys most about her position is the interaction with the residents and the ability to make their living environment and residential campus more safe, functional and enjoyable. In her spare time Yvonne enjoys spending time with friends, family, and her cat "Me-ow."

## HOLIDAY CELEBRATIONS

Once again the Covenant House Chapel provided a full schedule of special services for Rosh Hashanah, Yom Kippur and Sukkoth. Tenant Council runs our active chapel; the ticket price for these services was a modest: \$18 for residents and \$25 for guests/non-residents. All proceeds are used to defray chapel operating costs. The schedule of services included services for both days of Rosh Hashanah, Kol Nidre and Yom Kippur Services, and **Yizkor Shemini Atzeret Services**.

Festive and delicious holiday dinners were provided by the JCC Nutrition Department in honor of Yom Kippur (9/17/10) and the first night of Succoth (10/2/09). The following menus were offered: (Rosh Hashanah) Roast Beef, Kasha and Shells, Green/Yellow Beans w/Mushrooms, Israeli Salad, Honey Cake, Raisin Challah, and for a sweet year- Apples and Honey; and (10/2/09) Oven-Fried Chicken, Chicken Noodle Soup, Baked Sweet Potato, Zucchini and Yellow Squash, Apple Spice Cake and Challah. For more information about the JCC Meal Program offered 5 evenings/week or to make reservations, please call Karen at 314-442-3149.

On September 28th, we once again co-sponsored our 15th Annual Sukkah Party with the JCC Nutrition Department. This year's celebration included a discussion about the holiday with Rabbi Brad Horowitz followed by a delicious dinner. After dinner, popular vocalist and musician, Jerry Gotlar, provided a wonderful musical performance that had toes tapping, hands clapping and residents singing along.

We are sad to announce that Rabbi Mordecai Magency resigned his position with the Covenant House Chapel in July, 2010. He and his wife, Beverly Milder Magency, had been leading services for the past 15 years and they did a wonderful job. Ben Abramson had been filling in during the summer. We want to thank Ben and all those who pitched in at the last minute to insure that services continued as scheduled including: Jonathan Belsky for leading services for Rosh Hashanah and Yom Kippur; Howard Belsky for leading services on the Sabbath following Rosh Hashanah; Sidney Rosen for leading services during the Sabbath of Succoth; and Lesley Levin for leading Shemini Atzeret/Yizkor services. The Tenant Council is currently in the process of filling their open position to lead weekly Sabbath and holiday services throughout the year.

Wishing all of  
our friends and  
family members  
a healthy, sweet  
New Year, 5771!



## NEW ARBOR FOR COVENANT HOUSE I

**OUR MISSION**  
 The Community Aging Corp., 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.

We are pleased to announce that we were able to realize a long time dream to build an attractive and shady arbor in the CD Courtyard of Covenant House I. The new structure was constructed by MPM Construction Co. and completed by the end of August. We were able to use it for the construction of our annual Succah and we have received many complements from residents and visitors. The project was made possible by a very generous grant from the Mildred, Herbert and Julian Simon Foundation. We are very grateful to the Simon Foundation for their continued support of our programs and special projects.



*New arbor in CD Courtyard thanks to the support of the Mildred, Herbert and Julian Simon Foundation.*

### SERVICES AT A GLANCE CALL 314-432-1610 TO REACH:

- Executive Director  
**Janet Weinberg**
- Leasing Director  
**Jude Landwehr**
- Director of Resident Services  
**Jenny Gilsinn**
- Social Services Provider(SSP)  
Covenant I  
**Janet Kupferberg**
- SSP Covenant House II  
Activities Facilitator  
**Jane Thompson**
- SSP CHAI  
**Regina Dub**  
**Tanya Lin**
- For Maintenance, Podiatry,  
Appointments, Legal Service,  
Escort Service,  
or Room Reservations  
**Eva Cantrell**
- Housekeeping  
**Jenny Gilsinn**
- Other Services:  
Beauty Shop  
997-5903  
JCC Nutrition Meal  
Reservations  
442-3149

## FALL FLU SHOTS HELD

Once again the Seldin Family Premier Service Program worked with VNA TIP to serve as many of our residents as possible. Flu shots were offered on Tuesday, 10/26/10 to residents only and on Thursday, 10/28/10 to residents and the public. Flu shots cost \$29; Medicare Part B, Advantra (GHP), Mercy /Premier HMOs, and Essence were accepted. Pneumonia vaccinations were also available for \$49; Medicare Part B was accepted.

This popular program is repeatedly annually and usually serves 100-200 residents and individuals. We thank VNA TIP staff and our Social Service Providers for organizing this important health promotion program.



*Alan Oxenhandler and Curt Landes were the featured entertainers at our annual new tenant welcome luncheon.*

## NEW OUTREACH BROCHURE AVAILABLE

Earlier this summer, we ran out of our much requested outreach brochures and needed to update and reprint it. We extend our deep thanks to Harvey and Terry Hieken, long time friends and leaders in our community, who donated the funds to underwrite this project. We hired Mulligan Press who did a fantastic job in designing and printing the new piece. We also thank Jenny Gilsinn, Director of Resident Services, for reviewing and updating the copy.



*New tenants enjoyed the Annual Welcome Lunch and Concert. (L to R) Zhi Wei Zhao, Guest, Huizhen Chen, Zhe Sheng Zhao, & Yefeng Zhang.*



*Avigail Rose and resident, Bernice Weisman, show off Bernice's homemade quilt, which she raffled off to raise funds for charity.*



## STAFF SPOTLIGHT: WELCOME TO TANYA LIN

We would like to welcome **Tanya Lin** as our new part-time CHAI Social Service Provider. Born and raised in Belarus, Minsk, Tanya came to the U.S. with her family in 1992. She is the proud mother of two sons and is fluent in Russian and English. Working with Social Service Provider Regina Dub, she hopes to get to know all of the CHAI residents and assist them with all of their social service needs. Translation services will now be available to our Russian speaking residents five days a week, with Tanya working on Mondays, Wednesdays, and Fridays and Regina working on Tuesdays and Thursdays. Please join us in welcoming Tanya to Covenant House.

*Tanya Lin is our new part-time CHAI Social Service Provider.*

### News You Can Use

Falls among older adults is a leading cause of injury, hospitalization, and the need for extensive rehabilitation services. These incidents may precipitate adverse physical, medical, psychological, social, and economic consequences. Discussing falls and the possible causes that may increase the risk of such incidents with medical professionals is essential to both the prevention of debilitating falls and learning how to respond in a medical emergency.

If you or a loved lives alone, then a Personal Medical Alert System may be for you. Covenant House/CHAI Apartments offers an **Emergency Pull Cord System** in all units. The pull cord system is an **additional** safety component of our apartments, but is not meant to replace Personal Medical Alert Assistive Devices. In an emergency, calling 911 or utilizing a Personal Alert Medical Device offers the quickest response time from emergency medical providers. Our residents' health and safety is very important to us, which is why we recommend a personal alert system for all of our tenants. If you are interested, please contact one of the Covenant House/CHAI Social Service Providers at 314-432-1610 to obtain a list of Personal Alert System Providers.



*Members of the Covenant House/CHAI Bell Choir (above) performed a wonderful summer concert and will be performing again in December.*

## Leadership Makes a Difference Covenant Board & Tenant Council Elect New Officers



Newly elected Tenant Council Officers (L to R) front row) Zendra Ashkanazi, Secretary; Marvin Balk, Treasurer; Geraldine Zucol, 2nd Vice-President; 2nd row, Ruth Mariam, Permanent Chaplain; De Wolf, President; Elizabeth Gorin, 1st Vice-President; and Marya Mugerfeld, Permanent Russian Representative.

### TENANT COUNCIL

The Covenant House Tenant Council recently held their annual elections in July, and the following officers were elected: De Wolf, President; Elizabeth Gorin, 1st Vice-President; Geraldine Zucol, 2nd Vice-President; Zendra Ashkanazi, Secretary; Marvin Balk, Treasurer; Ruth Mariam, Permanent Chaplain; and Marya Mugerfeld, Permanent Russian Representative. A nicer or more dedicated group of people you will not find. They form the nucleus of a number of tenant volunteers that make this housing community special.

The Tenant Council adds both a fundraising and social dimension to our campus. When it comes to activities, there's something for everybody! The Council sponsors **nightly bingo games (Saturday through Thursday) and special bingo programs** where those not living on campus are invited. Additional programs sponsored by them include operating the card shop (located in the library), High Holiday and Shabbat Services in our chapel, holiday parties, and a variety of special events including musical programs. The group also produces a bi-monthly newsletter where, for a small donation, "tributes" are written (for example, birthday & get well wishes, congratulations, etc.). Money raised through these programs is used to support the chapel, seasonal parties, and charitable donations to the local food pantry and Jewish Federation. Leaders of the Tenant Council are always looking for new volunteer recruits to maintain ongoing activities and special events.

### COMING ATTRACTIONS

**November 16, 2010**

JCC Thanksgiving Dinner will include musical entertainment

**November 24, 2010**

Temple Israel Thanksgiving Dinner



Newly elected Covenant House/CHAI Board Officers (L to R) Janet Weinberg, Executive Director; Nicky Stern, 1st Vice-President; Rob Bohm, Immediate Past President; John Becker, 2nd Vice-President; Steven Gorin, Secretary; and Scott Malin, Treasurer, missing- Howard Loiterstein, President.

### COVENANT BOARD

In May, the Covenant House/CHAI Board of Directors elected and re-elected a great slate of officers to lead the organization forward (see photo). Howard Loiterstein is the re-elected President; he has been active on our Finance and Development Committees and in the Jewish community for many years. He looks forward to working with and sharing leadership with his very able fellow Officers and Committee Chairs. He will be focusing on many important tasks including preparing a strategic plan and marketing study; hiring a consultant to assist us with the planning process; and creating a Legacy Program to increase our endowment funds to name just a few. Board Officers are: Howard Loiterstein, President; Nicky Stern, 1st Vice-President; John Becker, 2nd Vice-President; Scott Malin, Treasurer; & Steven Gorin, Secretary.



Covenant House/CHAI Board President, Howard Loiterstein and Executive Director Janet Weinberg.

# MEDICARE AND THE NEW HEALTH CARE LAW: WHAT IT MEANS FOR YOU

## *Improvements in Medicare You Will See Right Away* More Affordable Prescription Drugs

- If you enter the Part D “donut hole” this year, you will receive a one-time \$250 rebate check if you are not already receiving Medicare Extra Help. These checks will be mailed in mid-June and will continue monthly throughout the year as beneficiaries enter the coverage gap.
- Next year, if you reach the coverage gap, you will receive a 50% discount when buying Part D-covered brand-name prescription drugs.
- Over the next ten years, you will receive additional savings until the coverage gap is closed in 2020.

## *Important New Benefits to Help you Stay Healthy*

- Next year you can get free preventive care services like colorectal cancer screening and mammograms. You can also get a free annual physical to develop and update your personal prevention plan based on current health needs.

## *Improvements to Medicare Advantage*

- Today, Medicare pays Medicare Advantage insurance companies over \$1,000 more per person on average than Original Medicare. These additional payments are paid for in part by increased premiums by all Medicare beneficiaries—including the 77% of seniors not enrolled in a Medicare Advantage plan.
- The new law levels the playing field by gradually eliminating Medicare Advantage overpayments to insurance companies.
- If you are in a Medicare Advantage plan, you will still receive guaranteed Medicare benefits.
- Beginning in 2014, the new law protects Medicare Advantage members by taking strong steps to ensure that at least 85% of every dollar these plans receive is spent on health care, rather than administrative costs and insurance company profits.

Excerpt taken from: <http://www.medicare.gov/Publications/Pubs/pdf/11467.pdf>

## *Improvements in Medicare You Will See Soon*

### Better Access to Care

- Your choice of doctor will be preserved.
- The law increases the number of primary care doctors, nurses, and physician assistants to provide better access to care through expanded training opportunities, student loan forgiveness, and bonus payments.
- Support for community health centers will increase, allowing them to serve some 20 million new patients.

### Better Chronic Care

- Community health teams will provide patient-centered care so you won't have to see multiple doctors who don't work together.
- If you're hospitalized, the new law also helps you return home successfully—and avoid going back—by helping to coordinate your care and connecting you to services and supports in your community.

## MORE COMING ATTRACTIONS

**November 26, 2010**—Community Aging Thanksgiving Concert and Reception featuring our own “Sensational Seniors Variety Club”

**December 2, 2010**—Frankel Triplets Mitzvah Project—Chanukah Cookies decorating session—make your own edible art work; special door prizes to be raffled made by the triplets.

**December 7, 2010**—JCC—Chanukah Dinner and Program will feature the Hochberg's (funded through the Liverent Grant)

**December 28, 2010**—CAC Annual Holiday Lights Trip led by Linda Koenig



Tenants enjoyed a lively ice cream social and BINGO game sponsored by RPI. Shown in photo (l to r): May Bernstein, Molly Crane and RPI therapist, Scott Uelsmann.

# ESL CLASSES RESUME



ESL Classes meet regularly; shown in photo (L to R) Robin Caine, Instructor; resident Monica Kim, and volunteer tutor Aster Rubinstein.

Three cheers for the Parkway School District! For over a decade, the Parkway School District has provided English as a Second Language (ESL) classes to residents on our premises! Classes focus on helping participants improve their vocabulary, grammar, conversational, and reading skills. Classes continued to meet through the summer, taking a break in July. Classes resumed August 3rd, meeting on Tuesdays and Fridays in the CHAI multi-purpose room. Parkway will continue to provide a tutor to help those in need prepare for the naturalization interview. For more information, please call Regina in our Management Office at 314-432-1610 or Merle Oberman in the Parkway School District's Office at 314-415-7063.

In addition to the wonderful ESL services provided by Parkway, the Covenant House Chinese Residents have arranged for a Chinese ESL instructor to provide ESL classes on Mondays from 9:00a.m.-11:00a.m. in the CHAI multi-purpose room. For additional information, contact Jenny in the Management Office at 314-432-1610.

# BIG SCREEN

## Premiers: Coming Attractions:

*The Blind Side*

*Letters to Juliet*

*Sherlock Holmes*

*Babies*

*Couples Retreat*

*Imagine That*

*Dear John*

*Alice in Wonderland*

*Leap Year*

*Date Night*

*Valentines Day*

*Fantastic Mr. Fox*

*Nine*

*Four Christmases*

*Extraordinary Measures*

*Invictus*

*Remember Me*

*Episodes from Molly*

*The Young Victoria*

*Berg's Television Shows*

*Making Trouble*



**ON-SITE NURSING AT COVENANT HOUSE/CHAI COMMUNITY**  
Nursing Office hours: Monday –Friday from 9am-5pmhouse

### IN-HOME CARE



- Medication Set-up
- Personal Care
- Homemaking
- Respite Care
- Transportation
- Companion Care
- Home Health Aides

### HOME HEALTH CARE



- Nursing Care
- Medication Management
- Blood Pressure Management
- Blood Sugar Management
- Blood Draws
- Pre-/Post Surgical Treatment
- Rehab Services

CONTACT THE NURSE:

**BRAD WHITE**

**314-494-9718**

Medicare • Medicaid • HealthLink  
UHC/Medicare Complete • GHP/Advantra • BC/BS • Private Pay

**RPI THERAPY SERVICES**  
**Comprehensive Therapy Services At Covenant House**



**RPI THERAPY SERVICES offers comprehensive, individualized Physical and Occupational Therapy services ON-SITE at Covenant/Chai Apartments:**

- Pain management of spine and joint dysfunction
- Joint replacement rehab/therapy for hip, knees, shoulders and other joints
- Strength and balance/vestibular therapy
- Rehabilitation for neurological disorders (Stroke, Parkinsons)
- Aquatic Therapy
- Disease management programs for patients with arthritis, osteoporosis, diabetes and other common chronic diseases
- Wellness/exercise programs to prevent re-injury and improve quality of life
- Exercise Classes:
  - Tuesdays and Thursdays at 11:00 a.m. (Strength & Conditioning)
  - Mondays at 11:15 a.m. (TAI CHI)

*EXCEPTIONAL CARE! EXCEPTIONAL RESULTS!*

**RPI – COVENANT HOUSE**

#6 Millstone Campus Dr., Suite 3040 St. Louis, MO 63146  
 Tel: (314) 991-1978 - Call for an appointment or more information.  
[www.rpistfl.com](http://www.rpistfl.com)

## NEW PEST CONTROL COMPANY & SCHEDULE

Covenant House/CHAI recently hired a new pest exterminating company, **Mick's Exterminating Service**. They come to us with good references.

With this change, we are now planning to treat all units on a quarterly basis to make sure that our properties are and stay pest free. This new schedule will begin October 14, 2010. Mick's Exterminating Service will spray twice monthly until all units have been treated. Covenant House Staff will provide the exterminator with apartment lists each time they come and a member of our staff will be present when they enter the apartments. Consistent extermination of all units will help to avoid the infestation of crawling or flying pests. As before, if a tenant notices bugs in his/her unit, please continue to call the Management Office at (314)432-1610 and have Eva add their unit to the bug list.

In order to complete this important work, the maintenance staff and contractors will be using keys to enter apartments when residents are not home. Tenants do not have to be home for this service. If a tenant has a pet, we ask that they please call the office to make us aware and allow us to make any special arrangements.

## 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 or mobility impaired and meet the income guidelines\* set by HUD. Visit our Website for detailed information and to print out an application. Our web address is: [www.covenantchaistl.org](http://www.covenantchaistl.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 12 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!





*New arbor in CD Courtyard.  
See story on page 2.*

Non-Profit Org.  
U.S. Postage  
PAID  
Permit No. 263  
Hazelwood, MO

## *Family Ties*

COMMUNITY AGING  
CORPORATION

8 MILLSTONE CAMPUS #2000  
ST. LOUIS, MO 63146

### *Family Ties* Ongoing Activities



Funding for our programs is generously provided by individuals, grants, endowments and the Jewish Federation of St. Louis. Visit our Web Site to check our monthly schedule of activities: [www.covenantchaistl.org](http://www.covenantchaistl.org); seniors from the community are welcome.

**Shabbat Services** are held each Saturday in Covenant House I Chapel 9:30a.m.-11:30a.m.

**Arts & Crafts Class** is held the last Monday of the month, 1 p.m.

**Beauty Shop in CHAI Building** open weekdays, 8:30 a.m.-3:30 p.m., 314-997-5903.

**BINGO Games** run each evening Saturday-Thursday by Tenant Council Volunteers in the Royal Dining Room, Covenant I.

**Citizenship Tutors available.** Call Parkway School District for more information 314-415-7063.

**OATS Transportation** provides transportation to Schnucks and Dierbergs every Wednesday between 9 a.m.-9:30 a.m. Transportation to Wal-Mart is also provided the third Friday of the month.

Reservations are required. For information call Randy at 314-894-1701 ext. 102.

**Chair Yoga with Larry Glass**, Wednesdays and Fridays, 11:00 a.m.-noon

**Covenant House II Library/Computer Center** weekdays 9:30 a.m.-4:00 p.m.

**English as a Second Language Classes (ESL)** are held every Tuesday & Friday 10 a.m.-noon. Call Parkway School District for more information 314-415-7063. Chinese ESL Classes are held every Monday from 9 a.m.-11 a.m. ESL is offered in the CHAI MPR.

**Exercise Class with Dr. Jill Abrams** every Sunday, 11:00 a.m.-noon.

**Free Blood Pressure Screenings** provided twice monthly through RPI and Healthline Homecare. See calendar for dates and times.

**Monthly Health Presentations** provided by RPI on the 2nd Wednesday of the month at 1 p.m.

**Friday Club** meets the 1st Friday of each month, 1 p.m.

**GOALS Pro Bono Attorney** visits the 2nd Monday each month, 9:30a.m.; appointments are required.

**Knitting Club** meets the 2nd & 4th Friday of the month, 10 a.m.

**Kosher Dinners** are available Monday-Fridays, 4:30 p.m. Call Karen for more information at 314-442-3149.

**Mobile County Library** visits every other Thursday each month, 9:30 a.m.

**Ring along/Sing along with Troy Jones** meets 2nd & 4th Thursday each month, 1pm.

**Podiatrist, Dr. Meredith Stuart** provides foot care each Wednesday by appointment, 9 a.m.-noon; call Management Office at 314-432-1610 for an appointment.

**RPI "Class in Motion"** is offered 2 times/week (Tuesdays and Thursdays) at 11 a.m. for 8-week sessions. For more information call RPI at 314-991-1978.

**Free T'ai Chi Class** provided by RPI meets Mondays, 11:15 a.m.

**Yiddish Club with David Levine** meets weekly, Mondays at 7 p.m.

**Monthly Rabbis and Educators Series** featuring educators from around the community. See calendars for dates, times, and presenters.

**Monthly cooking demonstrations** featuring seasonal recipes.

See calendars for dates and times.