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eNewsletter

Fall / Winter 2007, Issue No. 7

Director's Letter

This past weekend, the St. Louis metropolitan area experienced a taste of Ol' Man Winter with a blanket of fresh snow, 8 inches or so after it was all said and done. This is not a common occurrence in St. Louis, especially in December. Reports indicated that this was the most snow we have received at one time in nearly 5 years. Snow of this magnitude encourages people to slow down and stay indoors, in spite of the craziness of the holiday season. I am always amazed at the insulating nature of snow, how quiet things become outside after a heavy snow.

As we slow down and reflect on our progress here at St. Louis life, we have much to celebrate. Our fourth resident joins us in January, new staff and interns have been added, strong leadership from our board, active involvement of resident families, and incredible support from our donors. Life is good.

On behalf of the St. Louis Life staff and board, I would like to wish you and your family a few quiet, slow moments over the holiday season. As we enter into 2008, we remain committed to our mission to "enable individuals with developmental disabilities to achieve the highest level of independent living and live a full and enriched life." We invite you to come and visit us as we work together to fulfilling this important mission of supporting young adults with special needs.

Andy Conover
Executive Director

Site Tours for Families Now Available

While a picture can paint a thousand words, a site tour offers families and potential residents a first hand look at the facility and a better understanding of the philosophy on which it is based. Site tours are a critical key in determining whether or not your son or daughter is a good fit with St. Louis Life.

If you are interested in scheduling a site tour, please contact Andy Conover, St. Louis Life's Executive Director, at 636-561-1900 or via email my clicking [HERE.](#)

Dinner and Dancing with the Stars January Event

St. Louis Life is hosting an event on Saturday, January 26, 2008 entitled ***Dinner and Dancing with the Stars***. Co-sponsored by the Down Syndrome Association of Greater St. Louis and the Pujols Family Foundation, this event will be an opportunity for young adults (ages 18-30) with down syndrome to tour the facility, enjoy food and friends, and dance the night away. Invitations will be mailed out later this week. The event is free but RSVPs (online or by phone) are required as space is limited. For more information, contact St. Louis Life at 636-561-1900 or log onto www.stlouislife.org.

St. Louis Life DVD now available

A new video is now available featuring pictures of St. Louis Life's new facility. The video is available for viewing on St. Louis Life's website (click [HERE](#) for the link) or can be mailed to you in a DVD format by calling St. Louis Life at 636-561-1900 or via email by clicking [HERE](#).

Seeking Applications

St. Louis Life is currently seeking applications for its residential program. The decision to enroll in a life-long program is a significant one. St. Louis Life's application process reflects this. Admissions decisions are made based on the "goodness of fit" between the applicant and the program. Families are encouraged to review our admission criteria carefully.

Click [HERE](#) to link to St. Louis Life's Application and Instructions which are available as a Microsoft Word document in the Admission sub page of the St. Louis Life website, www.stlouislife.org.

Resident Voices

It is easy for the staff at St. Louis life to write about its programs and promote its wonderful amenities, but sometimes it is best to hear from the residents themselves. Recently, one resident was asked about living at St. Louis Life. Here is what she had to say:

What things do you like about living in your own apartment?

Actually having one! The staff know me, they are involved in doing everything I love. They keep me safe and trust me.

How do you like living on your own?

I like it, I love it, I want some more of it! (singing to a Tim McGraw tune)

Which rooms do you like the most at St. Louis Life?

My apartment and kitchen, the commons kitchen, the deck, computer room, the game room, and theater.

Describe a recent activity at St. Louis Life that was fun.

Going to the musical Wicked, making a film, the book club, High School Musical dancing, and the dinner party with the parents of one of the other residents.

What kinds of meals do you like eating here? Do you help fix them? What things do you do to help?

Breakfast, pizza, chili. I help a little bit but I hope to do more. I help out by going along with stuff.

What else would you like to tell others who are considering living at St. Louis Life?

I would tell them about all the neat stuff we do and if they have any questions and would like to come here, to call me!

Looking for a Practicum or Internship Opportunity?

St. Louis Life welcomes interest from students at the undergraduate or graduate-level who are seeking a practicum or internship opportunity. St. Louis Life currently is an approved field education site with many local institutions of higher education. Contact St. Louis Life at 636-561-1900 or via email by clicking [HERE](#) for more information.

Partnership with Schnucks Grocery Store and the eScrip Program

St. Louis Life is partnering with Schnucks, a St. Louis-based grocery store chain, to implement the eScrip program. eScrip, along with merchant partners like Schnucks and others, have created a system that rewards customer loyalty by contributing a percentage of purchases to a designated school or charity. Up to 3% of your purchase at Schnucks will go directly to St. Louis Life.

Here is how you can participate:

1. Pick up your card at Schnucks.
2. Activate your card by calling 1-800-931-6258 or by logging onto <http://www.eScrip.com>. They will ask for your contact info, the card number, and what charity you want to contribute. St. Louis Life's ID # is 500016113.
3. Swipe their registered card each time you make a purchase at Schnucks.

Please tell your friends and family to enroll and designate St. Louis Life. Schnucks has a long history of being a strong supporter of both people with disabilities and the agencies that serve them. Call the St. Louis Life office or click [HERE](#) for more information.

Thank You!

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