



eNewsletter

June/July 2011, Issue No. 12

Director's Letter

Happy anniversary! St. Louis Life opened its doors in June 2007 so we are celebrating our 4th year anniversary this past month. With our recent addition of a 14th resident this earlier spring, we are getting close to reaching our current capacity. As part of a strategic planning process set to begin this summer, the SLL Board of Directors is exploring possible options for growth and expansion while maintaining our commitment to quality and service. This recent growth has also brought about more opportunities for partnerships with other organizations, donors, and the community resulting in creative and innovative programming for our residents. I am particularly excited about our efforts to promote the arts via a partnership with Stages St. Louis and our 3-year long initiative (based on Applied Behavior Analysis, an evidence-based approach) to encourage our residents to apply healthy living skills to all aspects of their lives.

These opportunities are directly linked to our mission of providing a high quality, supportive environment for young adults with developmental disabilities as they achieve independent living and live full and enriched lives. We invite you to come and visit us as we work together toward fulfilling this important mission of supporting SLL residents and their families.

*Andy Conover
Executive Director*

SAVE THE DATE - The Evening Blast: SLL Fall Fundraiser 2011

St. Louis Life will be hosting the Evening Blast, its second annual Fall Fundraiser event on Friday, September 30, 2011 at Chandler Hill Winery in Defiance, MO. The event will include dinner, auction, music from the Soulard Blues Band and the Falling Martins, and a fantastic fireworks display hosted by Spirit of '76 Fireworks. Tickets are \$75 per person. Invitations will be mailed out in early August. If you or your company is interested in being an event sponsor, please contact Andy Conover at aconover@stlouislife.org or 636-561-1900 or click [HERE](#). More details will also be available on our website at www.stlouislife.org



A Quilted Memoir

A Quilted Memoir is a heartfelt handbook that honors loss. Author, Sarah Trulaske, wrote with others in mind, hoping it will help those who are caring for their loved ones with cancer. She shares memories of her husband Rob Trulaske, who died in April of 2008 of sarcoma cancer, to impart uplifting stories, ideas and insight of hope and encouragement. Trulaske believes, "faith is the cornerstone and essential ingredient for life's difficulties." Through moving out of the sad place and into the present, Trulaske emphasizes that joy can exist in loss. *A Quilted Memoir* will be available in August of 2011. For more information visit: www.aquiltedmemoir.com. Proceeds from *A Quilted Memoir* will benefit St. Louis Life.

Summer Program 2011

Three individuals are participating in SLL's third annual Summer Program 2011. **Summer in St. Louis** began July 10th and runs for three consecutive weeks. Following a structured approach, the program includes a volunteer experience, social events, educational classes, and recreational activities featuring many St. Louis area attractions. **Summer in St. Louis** is ideal for individuals who might be considering St. Louis Life as a long-term program destination. Customized trial experiences at SLL are also available at other times of the year for families who are interested in St. Louis Life.



Follow SLL on Facebook

SLL has a Group Page that features updates, pictures, and videos on resident and agency activities and events. We want to invite each of you to follow SLL on Facebook by subscribing to our Group Page. Subscribers must have an existing account on Facebook. Once logged in, click on the Groups link, search for St. Louis Life, and then click on the Request to Join box. For security reasons on behalf of our residents, SLL staff has to approve every subscriber. If you have any questions, please contact Shawn Riley at 636-561-1900 or clicking [HERE](#).

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 of SLL's new residents (Austin) was asked about living at St. Louis Life. Here is what he had to say:

- **What things do you like about living in your own apartment?** It makes me feel happy and comfortable. I like keeping it clean and organized. I also like buying healthy groceries for my apartment on my own.

- **How do you like living on your own?** I am very happy to be living on my own! It makes me feel independent.
- **Which rooms do you like the most at St. Louis Life?** I love my apartment the best! I also enjoy watching movies in the movie theater.
- **Describe a recent activity at St. Louis Life that was fun.** I always like going bowling because it is fun to hang out with my friends.
- **What kinds of meals do you like eating here? Do you help fix them? What things do you do to help?** I like helping cook healthy meals. Sometimes I help with Sunday dinner and happy hour. I also know how to cook eggs.
- **What else would you like to tell others who are considering living at St. Louis Life?** St. Louis Life is awesome! I love hanging out with my friends, going to activities, and having my own apartment.



Admissions Update

St. Louis Life has added its 14th resident to its community this past May as interest continues to grow. With current capacity of 16 residents, applications continue to be accepted 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.stlouisliflife.org.

Site Tours for Families Now Available

While a picture can paint a thousand words, a site visit 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 visits 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](#).



Looking for a Practicum or Internship or Community Service Opportunity?

St. Louis Life welcomes interest from students at the high school, undergraduate, or graduate-level who are seeking a practicum, internship, or community service opportunity. St. Louis Life currently is an approved field education site with many local institutions of higher education. Contact Shawn Riley at 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 continues to partner 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 a 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 your 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](#) to request more information.

Thank You!