



Spring, 2019

Senior Services Newsletter

Dear University City Senior Resident,

Included in this newsletter is some helpful information for older adults concerning services, programs, and resources available in University City, as well as in the greater St. Louis area. Please feel free to contact Marcia Mermelstein, Senior Services Coordinator, by phone at 314-505-8563, or by email at mmermelstein@ucitymo.org if you have any questions about any of this information, if you would like to be sent a copy of the city's Senior Resource Guide, or if you would like to request a "File of Life" emergency health information form and magnetic envelope for your refrigerator.



CASEfest – Celebrating Art for Senior Engagement – will be held **April 18-28** in venues across St. Louis. Presented by the nonprofit Maturity and Its Muse, *CASEfest is the premier area-wide festival dedicated to*

More than 50 events, including lectures, art shows, performances, theater and classes will take place at dozens of venues during the 10-day event. CASEfest offers opportunities for senior involvement in the arts and encourages increased quality of life experiences.

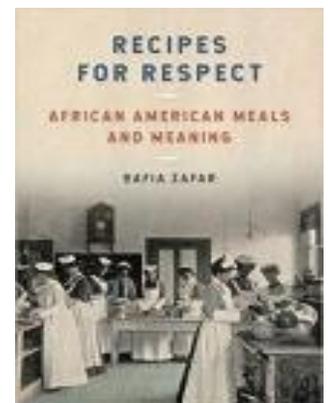
One event of special interest to University City residents is "Enjoy Being a Dancer for a Day," which will take place on Thursday, April 25, from 10:30 – 11:30 a.m. at COCA---Center for Creative Arts, 524 Trinity Avenue. This modified ballet class will be able to be done seated or standing to accommodate all levels, and will be taught by a former professional dancer. For additional information, contact Vanessa Woods at info@vitalityballet.com. Find an up-to-date calendar online at www.maturityanditsmuse.org/calendar. The majority of events are free; however, a few may have a fee or ask for pre-registration. For questions, call Lynn Hamilton at 314-420-1444.

LOCAL AUTHOR EVENT: Dr. Rafia Zafar - University City Public Library

Wednesday, May 22, 7:00 p.m. in the auditorium - Free event

Washington University professor, Dr. Zafar, will present her new book, **Recipes for Respect: African American Meals and Meaning**, sharing her research into the history of African American contributions to our country's culinary traditions.

Books will be available for purchase and refreshments will be served.



Women's Book Discussion

Thursday, June 6, 10:30—noon

U-City Public Library Auditorium



Join Marcia Mermelstein, Senior Services Coordinator, in a discussion of a new book by Mary Pipher, [Women Rowing North: Navigating Life's Currents and Flourishing As We Age](#). Pipher's other books include [Reviving Ophelia](#) about raising daughters, and [Another Country](#), about caring for aging parents. Books can be purchased through the library at a discounted price - call Marcia at 314-505-8563 to register.



ITN/Gateway is now providing rides within a large service area in St. Louis County that includes University City. Those eligible to participate as riders are older people age 60+ or those who are visually impaired, age 21+. This unique service is available 24/7, is provided in safety-inspected private vehicles by trained and tested volunteer drivers, and will take riders to destinations of their choice (beyond only the medical and grocery trip services offered by the other senior driving services.) ***This service is not free, but the cost is considerably less than that of a taxi or Uber, and riders are provided with door-through-door, arm-through-arm service.***

- If you are interested in enrolling in this program as a rider, or learning about the annual membership and per mile costs, call 314-724-2117 or go to <http://www.itngateway.org>.
- ***Volunteer drivers are needed!*** If you are interested in becoming an ITN driver, apply online at <http://www.itngateway.org/#volunteer-app> or call 314-724-2117. **No amount of time you might be willing to give is too small!**



ITN Scholarship Information

A fund established by the City Council of University City will help a limited number of residents become ITN members by giving them a **one-time scholarship that will cover the cost of a year's membership and contribute an additional \$100 to start an account.** To learn about eligibility and to request a scholarship application, call Senior Services Coordinator, Marcia Mermelstein, at 314-505-8563.