August is National Make-A-Will Month

Baby showers, birthing classes, stroller research – we do all these things (and more!) as we prepare for a birth. And that's good. We should be prepared for this momentous life event. But why don't we prepare with the same care for death, another momentous life event?

Read the blog penned by VOYCE volunteer, Brian Carpenter, Ph.D., Professor of Psychological and Brain Sciences at Washington University St. Louis.

VOYCE In the News

'Missouri Among Worst in the Nation for Hours of Care for Nursing Home Patients' by St. Louis Public Radio

"A report by the Long-Term Care Community Coalition found that Missouri nursing home residents on average receive about three hours of care a day...The data reflect a history of staffing issues in long-term care facilities across the date, said Marjorie Moore, executive director of VOYCE."

"'There does have to be some sort of balance between making sure that we're able to get those folks in, figuring out a way that facilities get the money they need to pay those people,' Moore said. 'Although in a lot of ways, we think a lot of that money is already there. We just see it getting hauled away through related party transactions and into owners' pockets instead of in the hands of the workers.'"

What's New in the Ombudsman Program

The word "Ombudsman" is a Swedish word that means someone who speaks on behalf of someone else, essentially, a voice. Long-Term Care Ombudsmen in each state, like our Regional Ombudsmen Coordinators at VOYCE, work to empower and educate residents. They also work to provide advocacy, on an individual level and a larger scale, tracking legislation and communicating with lawmakers to ensure resident voices are considered in policymaking.
Residents go for weeks without a shower. Cockroaches, mice, and other pests in bedrooms and common areas. Unexpected and inaccurate bills.

Those are some of the complaints long-term care ombudsman Lisa Smith investigates at nursing homes and assisted living facilities in the St. Louis area. AARP strongly advocated for the extra ombudsman funding and was disappointed the governor vetoed it, says Jay Hardenbrook, associate state director of advocacy for AARP Missouri.

VOYCE Volunteer Opportunities

Ombudsman Volunteers
An ombudsman volunteer has the opportunity to advocate for one of the most vulnerable populations by visiting individuals in a long-term care community in a convenient location for them each week.

Friendly VOYCE Volunteers
Friendly VOYCE volunteers have the opportunity to meaningfully engage with residents who are lonely and isolated by being matched with up to two residents who have been identified as needing social support.

Project Holiday Cheer Volunteers
Project Holiday Cheer is an opportunity for individuals of all ages to impact long-term care residents' lives positively. Get involved by simply creating, signing, and/or delivering holiday cards. VOYCE accepts holiday card donations throughout the year.

Student Volunteers
VOYCE seeks interns and practicum students in various disciplines (public health, social work, gerontology, digital marketing, public relations, and more) to work with us in the fall, spring, and summer semesters.

Other Volunteers
We are always looking for individuals who are passionate about serving older adults and residents in long-term care. Reach out to hear about more opportunities available at VOYCE.

Project Holiday Cheer has returned for its third year. Read the blog below to find out more about the project and how you can help us achieve our goal of bringing beautiful cards and smiles to the faces of 40,000 nursing home residents in our area.
MEET THE TEAM

Katie's Favorites:
- Book Series: Harry Potter. She has read it three times!
- Activity: Katie enjoys exploring and trying new restaurants in St. Louis!

Katie Morrison
Meet our Regional Ombudsman Coordinator for North St. Louis County

One fun thing everyone knows about Katie is that she is obsessed with her cat, Casper!

www.voycestl.org

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