Albert Pujols Wellness Center for *Adults* with Down Syndrome

UPDATE

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Chesterfield, MO 63017

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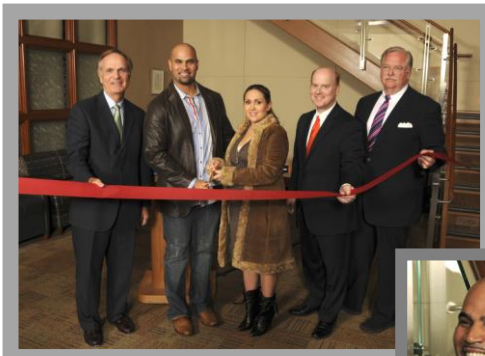

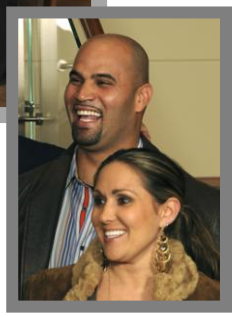

Albert and Deidre Pujols help St. Luke's President Gary Olson, Chesterfield Mayor John Nations and St. Luke's Chief of Medicine Paul A. Mennes, MD, announce the clinic's opening at a Nov. 18 reception.

Open House Night

Cardinal's first baseman Albert Pujols and his wife Deidre were at St. Luke's Desloge Outpatient Center on November 18th to help celebrate the opening of the new Albert Pujols Wellness Center for *Adults* with Down Syndrome. Nearly 200 other invited guests also attended, including members of community agencies that support individuals with Down syndrome, physicians and clinicians involved in providing the wellness center's services, local dignitaries and adults with Down syndrome and their families.

At the November 18th reception, Albert and Deidre Pujols helped cut the official ribbon for the new center, which had already begun seeing patients. The center was developed in response to community feedback that helped St. Luke's identify a growing need for wellness services for adults with Down syndrome. Albert Pujols designated an award from the Major League Baseball Players Trust to help open the clinic, which is the first of its kind in Missouri.

Getting to Know Us

The Albert Pujols Wellness Center for *Adults* with Down Syndrome welcomed our first client on November 11 and has seen many more. The center is located on the fifth floor of the St. Luke's Desloge Outpatient Center (Suite 500), which is located directly across from the main hospital campus. Featuring a waiting area, physician exam room and conference room, the center is devoted to meeting the unique needs of our clients.

Clients receive a two- hour comprehensive assessment allowing the individual to meet with a physician, dietitian and social worker. After the assessment, the team of caregivers meets to put together a care plan for the client, which is mailed to their home. The care plan includes information regarding follow-up care, classes and programs that may benefit the individual.

All efforts will be made to identify resources that can be easily accessed by the individual either at St. Luke's Hospital or somewhere closer to the individual's home. The goal – to give clients a large network of resources in the greater St. Louis area dedicated to helping those with Down syndrome.

The center offers a wide-range of services focused on nutrition, exercise, safety and social/emotional well-being.

To become a client of the center and to schedule an assessment, please call 314-576-2300. More information is also available at www.stlukes-stl.com.

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New Year, New *Healthy* Habits

Is there anything like a new year for beginning a new chapter in our life? What could have more of an effect on our life than having good health? The food we eat is important to our health. New ideas for eating are a great way for a new chapter in your life.

Here are two ideas we recommend for new chapters for your family. We like these ideas because they are realistic and *they work!* If you try them for one week, there's a 90% chance you'll stick with them for a month. Stick with them for a month and your family will see real change.

New Beginning Idea #1….Eat Breakfast
Breakfast is the meal skipped most often and, yet, research on successful weight loss shows eating breakfast is a key to successful weight control. Additionally, eat regular meals throughout the day. Fueling your body every three to four hours helps to prevent hunger-induced bingeing on meals and snacks. It will also keep your energy up.

New Beginning Idea #2…Baby Steps
Don't try to do too much at once. Most people try to overhaul their entire lives all at once, which is nearly impossible to stick with for any length of time. Instead, opt for 1-2 simple changes like including one more piece of fruit in your day or changing to diet drinks. Do smaller more manageable changes and you'll find them much easier to live with.

Good luck with these great ideas!

Want to more fully understand healthy eating strategies? The Albert Pujols Wellness Center for Adults with Down Syndrome offers six consecutive nutrition classes starting on January 26, 2010. We wish you and your family a healthy and happy new year.

This Quarter's MVP

Name: Dr. Hana Tepper

Birthplace: St. Louis, MO

Bats: Right

Throws: Right

Field Position: 3rd Base

Pets: Two dogs – Copper and Phoebe

Can't Live Without: Apple IPhone

Favorite Movie: Overboard

Favorite Food: Chocolate

Ants on a Log

Make a yummy snack that looks like ants sitting on a log.

Prep Time: 15 minutes

Ingredients:

- Celery Stick
- Peanut Butter
- Raisins*

Preparation:

A very simple snack idea! Fill the center of the celery stick with peanut butter. Place a few raisins on top to be your ants. Eat and enjoy!

***If you do not like raisins, try tiny chocolate chips.**

Search and Find

Find words that are that are associated with our new center.

L E Z E B Q L Z N A D N A M A
E A D Z Q A C A E L O C I N P
A A W U I O I N N Y L Y R A M
R U R C C C C O M M U N I T Y
N E O N I A H M P O N O U O K
I S S S O E T H E O A C I A T
N C Y L A L Y I I T E P P E R
G H O L U S D T O W O R K E R
P D T M I P I K E N F X S E V
O H I C P R P O R T I O N S H
Y F A M T U T H G I E W U E P
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Y G N I W R N E C I G G Z T O
O D T L C U Y A R S H R E J N
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PHYSICIAN
TEPPER
WEIGHT
AMANDA
SOCIAL
COMMUNITY
NUTRITION
MARYLYNN
ARNOLD
PHYSICAL
PULSE
PHONE
WORKER
LEARNING
PYRAMID
FOOD
HANA
HEIGHT
OFFICE
COMPUTER
NICOLE
EDUCATION
PORTIONS
HEALTHY

How a Social Worker Can Help

Hello Everyone!

My name is Nicole and I am the social worker at the Albert Pujols Wellness Center for *Adults* with Down Syndrome. I am very excited to be part of this wonderful center and the great services it offers. As a social worker at the center, I meet with clients and family members to complete a psychosocial assessment used to identify individual wellness, social, educational and planning needs. Consultation, supportive counseling, advocacy, information sharing and referrals to community resources will be provided to promote ongoing wellness, socialization and education.

I am very excited about the many classes and groups that will be offered at the Desloge Outpatient Center beginning January 2010. We will be offering four six-week sessions throughout the year. Clients who have had a wellness exam at the center and/or their family will be invited to participate in classes and groups specific to their needs or interests. The classes I lead will cover a variety of topics including manners and etiquette, personal hygiene, money management, long-term care planning, sexuality and safety. I look forward to working with each of you.

Nicole Hunt, MSW

World Down Syndrome Day

March 21, 2010

Visit:
www.worlddownsyndromeday.org
for more information.

……..Upcoming Classes and Seminars……

Healthy Eating with Mr. and Mrs. Please and Thank You

- **Description:** Class will cover healthy eating habits along with proper manners and etiquette.
- **Dates and Times:** Every Tuesday evening at 6pm beginning January 19th and ending February 23rd. This is a 6 week session.
- **Location:** St. Luke's Desloge Outpatient Center Conference Room 1
- **Instructor(s):** Nicole Hunt, MSW and Mary Lynn Lebeau, RD
- **Cost:** $25 (price is for entire 6 week session)
- **Registration Deadline:** January 19th, 2010

Individual & Group Exercise Program

- **Description:** Individual evaluations followed by group sessions that include warm-up activities set to music, cardio, exercise stations, and group dance.
- **Dates and Times:** Appointments for initial assessments are available Mon & Wed beginning January 11th in the evenings.
- **Location:** St. Luke's Desloge Oupatient Center Physical Therapy Dept.
- **Instructor(s):** staff varies
- **Cost:** $25 (price is for 6 weeks worth of group classes. Initial assessment appointments are free of charge.
  ***Must have completed all required initial exercise therapy evaluations before moving on to group sessions.**

The Future is Now – Seminar

- **Description:** Long-term planning, estates, wills, trusts, housing, etc.
- **Date and Time:** March 30th 2010 at 6pm
- **Location:** St. Luke's Desloge Outpatient Center Conference Room 1
- **Speaker:** Bhavik Patel
- **Cost:** Free

JANUARY 2010

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FEBRUARY 2010

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28						

MARCH 2010

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28	29	**30**	31			