

Spring Issue 2010

A Wonderful Beginning

As Spring sights and sounds fill the air, the staff at the Albert Pujols Wellness Center for *Adults* with Down Syndrome are gearing up for another exciting session of classes. Our first session was a huge success for all that took part. Participants in "Healthy Eating with Mr. and Mrs. Please and Thank You" learned about the differences between foods that make them feel good and foods that bring them down. At the same time, they also learned how to be polite and courteous to others. Please check out the article about the class as well as some photos inside this newsletter. The new Exercise Therapy Program was also quite a hit.

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Everyone learned how to be more active and have fun at the same time. One night everyone got down and danced to some Beatles tunes! Such fun! Our next session begins Monday, April 12th and will include another round of group fitness classes, a class on money management and a class on planning meals. Be sure to call the Center to sign up as classes fill fast! We also have planned some special engagement seminars. Check out the back of the newsletter where all the session two details are listed. We look forward to hearing from you!

Down Syndrome Creed

Author Unknown

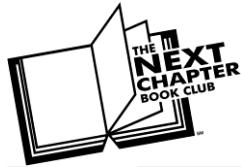
My face may be different but my feelings are the same
I laugh and I cry. I take pride in my gains.
I was sent here among you to teach you to love,
As God in the Heavens looks down from above.
To Him I'm no different; His love knows no bounds
It's those here among you in cities and towns
That judge me by standards that man has imparted
But the family He's chosen will help me get started.
For I'm one of His children so special and few
That came here to learn the same lessons as you.
That love is acceptance; it must come from the heart.
We all have the same purpose though not the same start.
The Lord gave me life to live and embrace
And I'll do it as you do – just at my own pace.

SELF-DEFENSE CLASSES COMING SOON!

As a result of numerous requests, we are developing self-defense classes. To better determine how to fill this need, there will be numerous free Self-Defense Seminars in the coming months at the Desloge Outpatient Center, presented by the BG School of Self-Defense. The dates and times will be announced soon.

Seminars will be for ages 22 and above with a focus on basic skills of defense, improving confidence, self-esteem, coordination, reflexes, flexibility, balance and focus. All instructors have training in working with people with disabilities.





The Albert Pujols Wellness Center Next Chapter Book Club

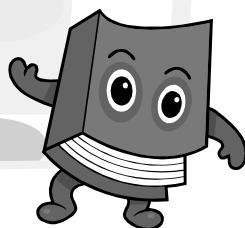
Enjoy reading? Listening to stories? Being with your peers? Making friends and having fun? If you do, join ***The Albert Pujols Wellness Center Next Chapter Book Club!*** The book club follows the Next Chapter Book Club (NCBC) model. The NCBC model promotes social connectedness, literacy and community inclusion. The group consists of 5-8 individuals with intellectual disabilities and a wide range of reading skills. This book club is for those who can or cannot read. We will meet for one hour each Tuesday from June 1 through August 3 from 6 to 7 p.m. at the Desloge Outpatient Center. Participants will read aloud and discuss the chosen book. Remember, book club participants range from independent readers to those who require a significant amount of support while reading. Any client of The Albert Pujols Wellness Center is welcome to participate in the book club. I look forward to *READING* with you soon!

Date: Tuesdays, June 1 – August 3, 2010

Time: 6 to 7 p.m.

Location: St. Luke's Desloge Outpatient Center

Nicole Hunt, MSW



This Quarter's MVP



Name: Nicole Hunt, MSW



Birthplace: Little Rock, Arkansas

Bats: Right (but I am left-handed)

Throws: Right

Field Position: 3rd Base



Pets: Two dogs – Madison and Bailey
Kitty cat – Tinkerbell
Fish – Henry

Can't Live Without: The color pink!

Favorite Movie: The Labyrinth

Favorite Food: Cupcakes with lots of icing!

Strawberry Ice Cream Soda



Ingredients

- 2 cups non-fat vanilla frozen yogurt, slightly softened and divided
- 1 1/3 cups hulled strawberries
- 2 cups chilled club soda

Directions

1. Blend 1 1/2 cups frozen yogurt and strawberries in a blender.
2. Divide between 2 tall glasses and add 1 cup chilled club soda to each glass.
3. Top each with 1/4 cup non-fat vanilla frozen yogurt.

Per serving: 191 calories; 0 g fat (0 g sat, 0 g mono);
1 mg cholesterol; 43 g carbohydrates; 7 g protein; 2 g fiber; 81 mg sodium; 387 mg potassium.



Two Minutes...Too Easy!

Healthier meals by “doing nothing”

By Mary Lynn LeBeau, RD

We are happier about ourselves and our body works better when we are at a good weight. While some foods are high in calories, being overweight is less often the result of eating the wrong foods and more often the result of eating large portions.

Here is why we overeat: our body signals us when it needs food—we feel hungry. Our response is to eat. With enough food in our stomach, the body turns off the hungry signal—but not right away. It takes a few minutes after the stomach is full for the body to turn off this signal. So, we take second helpings, resulting in overeating.

Would you like to know how you can “do nothing” and avoid over-eating? It’s very simple. Fix your plate and when you finish with the food, “do nothing”. Literally, for two minutes don’t do anything. Specifically, do not serve yourself more food. Wait two minutes for your body to determine if the stomach is full so it can turn off the hungry signal. Some bodies may turn the signal off in less than two minutes and for others it may take a little more time. We are all unique. Remember to wait two minutes and then ask, “Am I full?”, “Am I still hungry?”

So “do nothing” and you can find your body adjusting to a good weight. Want a bonus? While you are relaxing, think back over the day and remember things you enjoyed.

Focus on Fitness ~ Tree Pose

By Amanda Pendley, RYT



Yoga can help a person focus their mind, become stronger and increase their flexibility. It’s also a great way to improve one’s balance. The ability to balance can slowly go away without continuing practice. Luckily, just as a person’s capability to balance can easily fade, it can just as easily return if you just put forth a little effort.

One yoga posture that is quite good at helping you get in touch with your body’s ability to balance is the Tree Pose. This posture, when practiced, reminds us to be aware of our presence on earth and to feel solidity and strength in that connection. All the while, you can notice that balance is ever changing and never steady, like the branches on a tree in the wind.

The Posture:

1. Stand with shoulders relaxed, feet hip distance apart, left side next to a wall or chair if practicing for the first time.
2. Keeping your hips level, place your left hand on the chair or wall and lift your right foot off the floor and place it on your left ankle.
3. Slowly raise your right arm up next to your ear, hand

over your head.

4. If you feel balanced enough to raise your left hand over your head as you did your right, do so.
5. As your balance improves, try raising your right foot up to your left knee, and then eventually your left thigh.
6. Hold the pose for as long as you can, trying for 30 seconds or 5 complete breaths gradually working up to 1 minute or 10 full breaths.
7. Repeat on other side.

