



**ST. JOHN'S MERCY
NEIGHBORHOOD MINISTRY**

3660 Gravois, St. Louis, MO 63116
314-865-0927 Phone, 314-865-0679 FAX



NEIGHBORHOOD NEWS

October 2009

Staff:

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Outreach & Administrative Assistant
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Volunteer
Alexa Previti
Gateway Vincentian Volunteer

- **It's All About Flu**
- **Welcome to the Ministry**
- **Hope is Moving In**
- **ACTNOW**
- **Oct – Breast Cancer Awareness Month**
- **Eye Care is Looking for Personal Care**
- **Halloween Costumes**
- **Thank You for the Collections**
- **Ashworth Scholarship**
- **AND MORE**

Mission:

St. John's Mercy Neighborhood Ministry, a department of St. John's Mercy Health Care, connects the economically underserved with appropriate health and social service resources. In partnership with community organizations, we improve access to care and quality of life for those in need.

IT'S ALL ABOUT FLU

October and November are optimal times to receive your seasonal flu shot during the influenza season. Vaccinations take approximately two weeks to become effective. Sr. Carrol Coble, parish nurse at St. John the Baptist Church, will once again be administering free shots to seniors and the uninsured. Her program is a collaboration of area Catholic hospitals providing supplies and volunteers. See the attached schedule for a location near you.

Free flu shots are also being offered by Barnes Jewish and St. Louis Children's Hospital to individuals 6 months of age and older. Call 314-867-3627 ext. 9 for locations and times. You may also get your flu shot at most Walgreens for \$24.99.

Many employers, including St. John's Mercy, will be offering free flu vaccines to co-workers.

*** According to a recent report on WebMD, the CDC says the H1N1 vaccine should be available early October. ***

How can you keep from getting the flu?

- Wash your hands well and often.
- Cover your cough and sneeze by covering your mouth with your elbow, not your hands. Ask others to do the same.
- Avoid close contact.
- Stay home when you are sick.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits.

Free bulletin board information

Find ready-to-post flyers on flu facts, symptoms, prevention, etc. on the St. John's Mercy Neighborhood Ministry website, www.stjohnsmercy.org/services/neighborhoodministry.

Additional Flu Information

Visit the CDC web site at www.cdc.gov/flu



WELCOME TO THE MINISTRY



Please join us in welcoming Alexa Previti to the Neighborhood Ministry. Alexa is our 2009-10 Gateway Vincentian Volunteer (GVV) and she'll be with us until June 2010. Alexa is from Absecon, New Jersey, and received her BA in Biology from Loyola College in Maryland. Before entering graduate school, she wanted to take a year to work with those who are struggling. Alexa lives with 8 other GVV's here in St. Louis and each one is assigned to a worksite in the underserved community to work 40 hours a week for 10 months. To learn more about the Gateway Vincentian Volunteer Program, visit their website, www.vincentianvols.org.

HOPE IS MOVING IN

The St. Louis Continuum of Care for Ending Homelessness is kicking off their "Hope is Moving In" campaign on October 6, 10:00 a.m. – 12:00 noon in the St. Louis City Hall Rotunda. This is part of the new Homeless Prevention and Rapid Re-Housing Program. Those who are homeless are encouraged to come by for a brief housing assessment that day. They will be asked about their current housing status, needs and barriers. They will not be guaranteed housing.



Check it out! The Continuum of Care has its own website:
www.hopeismovingin.com.

ACTNOW

St. John's Mercy Neighborhood Ministry is working with area parish nurses to identify potential clients for ACTNOW: **A**wareness, **C**ontrol and **T**reatment of High Blood Pressure. ACTNOW is a free community program that helps African-American men ages 18 to 54 control their blood pressure. There is no income restriction. The program provides personal and private help with questions and problems related to high blood pressure, such as:

- Understanding blood pressure
- Knowing what services are available
- Helping with a healthy lifestyle
- Learning to talk more effectively with doctors
- Medication assistance
- Transportation assistance



The program is funded by Mid-America Transplant Services, the Missouri Foundation for Health and the Lutheran Foundation. If you know someone who qualifies or would like more information, call Sharon Neumeister, RN, St. John's Mercy Neighborhood Ministry at 314-865-0927, or Eileen McGartland, RN, Deaconess Parish Nurse Ministry at 314-918-2621.

WEBSITE FEATURE

www.stjohnsmercy.org/services/neighborhoodministry/bulletin_boards.asp

October is "National Breast Cancer Awareness Month". Go to the Neighborhood Ministry's "Bulletin Board" section on our website to find ready-to-post information on guidelines for early detection, statistics, and screenings for low-income uninsured women.





EYE CARE IS LOOKING FOR PERSONAL CARE

St. John's Mercy Eye Care will be collecting personal care items from now through Thanksgiving for the Neighborhood Ministry to distribute to the underserved in our community. Items needed include:

*bath soap
body lotion
Chapstick
cotton swabs*

*deodorant
disposable razors
feminine products
mouthwash*

*shampoo
sunscreen
tissues
toilet paper*

*toothbrushes
toothpaste
adult socks (white)
adult undergarments*

All items should be new and in their original packaging. You may drop off your items at these locations:

St. John's Mercy Eye Care — Chippewa

6650 Chippewa St.
St. Louis, MO 63109
314-752-2679

Hours:
Mon, Tues, Thurs, Fri - 9 a.m. to 6 p.m.
Wed - 9 a.m. to 7 p.m.
Sat - 8:30 a.m. to 1:00 p.m.
Closed Sunday

St. John's Mercy Eye Care — Ballas

621 S. New Ballas Road, Suite 7A
St. Louis, MO 63141
314-251-6430

Hours:
Mon, Thurs, Fri - 9 a.m. to 6 p.m.
Tues, Wed - 9 a.m. to 8 p.m.
Sat - 9 a.m. to 1 p.m.

St. John's Mercy Eye Care — Washington

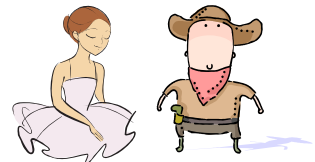
Ground Floor, Doctors Building
851 East Fifth Street, Suite 112
Washington, MO 63090
636-239-8345

Hours:
Mon through Fri - 8:30 a.m. to 5:30 p.m.
Sat - 8:30 a.m. to Noon

HALLOWEEN COSTUMES



The Neighborhood Ministry is now **collecting clean, gently-used Halloween costumes** (non-violent themes), **including old dance costumes** to distribute to children in need. Please be sure all costumes are complete. Place any accessories in a Ziploc bag and/or pin to the costume. We'd like to have them by October 16 so we have time to distribute to community agencies for their clients.



If you would like to donate costumes or if you have any questions, please call Terri Durst at the Neighborhood Ministry, 314-865-0927.

A SPECIAL "THANK YOU"

The Neighborhood Ministry thanks the following groups who have recently collected items that were or will be distributed out into the community:

- Sisters of Mercy Health System collected 1,931 pairs of socks
- St. John's Mercy Patient Financial Services collected hundreds of toothbrushes and toothpastes
- St. John's Mercy Distribution Center donated:
 - 5 gently used scales to area parish nurses located at food pantries
 - chairs to the Peter & Paul Community Services Emergency Men's Shelter
 - safe chairs to St. Paul United Church of Christ's exercise program
- Two special girls from Sacred Heart Catholic Church in Valley Park who held a silent baby shower for a pregnant teen in need as part of their confirmation service hours.

GET CONNECTED! www.stjohnsmercy.org/services/neighborhoodministry

Area resources are just a click away! *Visit the Neighborhood Ministry's website to find:*

- Clinics
- Prescription Assistance
- Utility & Rent Assistance
- Mental Health Sliding Scale programs
- Free Clothing Sites
- Employment & Training Assistance
- Downtown Homeless Resources & Map And More!

ASHWORTH SCHOLARSHIP



A student from St. Cecilia School will be awarded the *Ashworth Scholarship Award* sponsored by Sisters of Mercy Health System. This annual \$1,000 award, (\$500 for 2 students), goes to a student who demonstrates *good citizenship, strong academic performance and a desire to achieve.*

BREAST HEALTH SCREENINGS



ATTENTION WOMEN BETWEEN AGES 40-64: Have you had your annual mammogram AND clinical breast examination by your health care professional?

The St. John's Mercy Mammography Van is in the community helping uninsured women access breast cancer screenings and will soon be visiting the following sites:

November 4
Pilgrim Congregational UCC
826 N. Union
St. Louis, MO 63108
314-584-6447 – parish nurse

Please call the location 2-3 weeks in advance to schedule an appointment, and call St. John's Mercy David C. Pratt Cancer Center, 314-251-6400, for more information on breast health.

Funding for this program is provided by: Missouri Show Me Healthy Women, Susan G. Komen for the Cure St. Louis Affiliate, and St. John's Mercy David C. Pratt Cancer Center

REMINDER: Do your breast self-exam once a month.

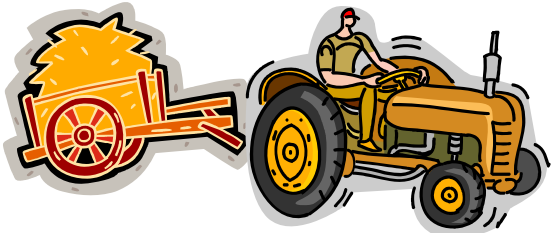
HAYRIDES THROUGH FOREST PARK

The City of St. Louis Department of Parks, Recreation and Forestry will offer hayrides in Forest Park on Friday and Saturday nights on fall weekends starting Friday, Oct. 2 and ending Saturday, Dec. 12.

The wagons, which are pulled by tractors, leave from Faulkner Drive (at Clayton Road near the Science Center) and take a 45-minute ride. They return to the picnic grounds where a bonfire is waiting. Groups can bring hot dogs and marshmallows to roast. The bonfire has a one-hour time limit.

Riders can choose from the following dates in 2009: Oct. 2 and 3; Oct. 9 and 10; Oct. 16 and 17; Oct. 23 and 24; Oct. 30 and 31; Nov. 6 and 7; Nov. 13 and 14; Nov. 20 and 21; Dec. 4 and 5; and Dec. 11 and 12. They will not operate during the Thanksgiving weekend, Nov. 27 and 28.

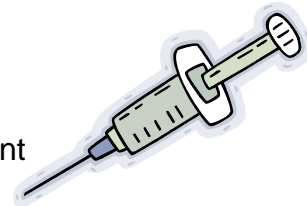
Wagons leave each evening at 7, 7:05, 7:10, 7:15, 7:20, 8, 8:05, 8:10; 8:15 and 8:20 p.m. These time slots are for group rides with a maximum of 20 people per wagon. Groups of all ages are welcome. The cost is \$100 a wagon with a maximum of 20 people per wagon. The Parks Department will accept only a personal check or money order to reserve a wagon. Electronic payments are not accepted. There are no refunds. The dates are not transferable. Hayrides go on rain or shine.



Reservations are required and are taken from 9 a.m. to 4 p.m. Monday through Friday by the permit section of the Parks Department, 289-5330. They cannot be made online.

2009 FREE FLU SHOTS

- Must be 18 years of age
- Will NOT be given to anyone who may be/is pregnant



09/24/09 Grand Oak Hill Sr. Center
09/26/09 St. Trinity Lutheran
09/28/09 St. Vincent's
09/29/09 First United Methodist
09/30/09 Pilgrim
10/02/09 Guardian Angel/Hosea House

10/04/09 St. Cecilia
10/12/09 St. Agatha's
10/13/09 Aboussie (Bevo) Sr. Residence
10/13/09 Our Lady of the Holy Cross
10/15/09 St. Agatha's
10/19/09 St. Patrick Center

10/20/09 St. Augustine Wellston
10/21/09 ESL Family Center
10/23/09 Isaiah 58
10/26/09 Feed My People

63101 – St. Patrick Center – Shamrock Club

800 N. Tucker
10/19/2009, Monday
11:00 a.m. - 2:00 p.m.

63104 – Isaiah 58 Food Pantry & Thrift Store

2149 S. Grand
10/23/2009, Friday
9:00 a.m. - 11:00 a.m.

63104 – St. Vincent's Church Meal Program for the Underserved

1410 S. 10th St.
09/28/2009, Monday
4:30 p.m. - 6:30 p.m.

63108 – Pilgrim Congregation UCC Meal Program for the Underserved

826 N. Union
09/30/2009, Wednesday
11:30 p.m. - 1:30 p.m.

63111 – St. Cecilia's Catholic Church

5418 Louisiana
10/04/2009, Sunday
9:30 a.m. - 1:30 p.m.

63111 – St. Trinity Lutheran Food Pantry

517 W. Koeln
09/26/2009, Saturday
8:30 a.m. - 11:00 a.m.

63112 – St. Augustine Wellston Food Pantry

1705 Kienlen
10/20/2009, Tuesday
8:30 a.m. - 11:00 a.m.

63116 – Aboussie (Bevo) Senior Residence

4635 Ridgewood Ave.
10/13/2009, Tuesday
9:00 a.m. - 11:30 a.m.

63116 – Grand Oak Hill Senior Center

4168 Juniata
09/24/2009, Thursday
9:00 a.m. - 11:30 a.m.

63118 – 5 Star Senior Center

2832 Arsenal
10/02/2009, Friday
9:00 a.m. - 11:30 a.m.

63118 – Guardian Angel Settlement Hosea House Food Pantry & Thrift Store

2635 Gravois
10/06/2009, Tuesday
9:00 a.m. - 11:30 a.m.

63118 – St. Agatha's Church Food Pantry

930 Withnell
10/12/2009, Monday
10/15/2009, Thursday
1:00 p.m. - 2:30 p.m.

63125 – Feed My People Food Pantry

171 Kingston Dr.
10/26/2009, Monday
10:00 a.m. - 12:00 p.m.

63147 – Our Lady of the Holy Cross Food Pantry

8115 Church Rd.
10/13/2009, Tuesday
6:15 p.m. - 8:00 p.m.

ESL Family Center and Food Pantry

East St. Louis, IL
10/21/2009, Tuesday
11:00 a.m. - 2:00 p.m.

First United Methodist Food Pantry

Festus, MO
09/29/2009, Tuesday
9:00 a.m. - 11:30 a.m.

Services provided by the Parish Nurse and collaborative partners.

If you have questions about the above sites, call St. John's Mercy Neighborhood Ministry at 314-865-0927.

Free flu shots are also being offered by Barnes Jewish and St. Louis Children's Hospital to individuals 6 months of age and older. Call 314-867-3627 ext. 9 for locations and times.

UPCOMING MINISTRY VOLUNTEER OPPORTUNITIES



Below are community volunteer opportunities made available to St. John's Mercy Co-workers. Co-workers can visit the "Mercy Gives Back" website on the St. John's Mercy intranet for complete details of these events plus view additional opportunities, both internal and external of St. John's Mercy.

Agencies with volunteer needs, may call the Ministry to discuss collaborative opportunities.

St. Vincent's Church Meal Program

4:15 – 6:30 p.m. Oct 26
10 – 15 co-workers needed to serve dinner to homeless Dec 1
or low-income individuals and families Dec 29

Peter & Paul Community Services

Emergency Men's Shelter Oct 22
6:15 – 8:30 p.m. Nov 17
5-6 co-workers needed to spend 1 on 1 time Dec 16
talking with the men. Departments or groups
may also sign up to cater the evening meal to
70 men.

The Bridge Meal Program

Centenary United Methodist Church Oct 9
10:00 a.m. – 2:00 p.m. or 11:00 – 1:00 Nov 13
2 – 3 co-workers needed to help prepare, serve and Dec 11
clean up lunch.

Food Outreach, Inc.

Cook & Pack
8:00 – 11:00 a.m. Oct 17
10 co-workers needed to assist with food Dec 5
preparation, cooking, and packaging home-
cooked meals for persons living with HIV/AIDS
or Cancer.

Food Distribution

10:00 a.m. – 3:00 p.m. Nov 21
5 co-workers needed to fill food orders at our
on-site "grocery store" for persons living with
HIV/AIDS or Cancer.

Catherine's Residence – Mercy Center

Catherine's Residence is home to retired Sisters of Mercy. Volunteers are needed to spend time with the Sisters talking, sharing a talent, reading, etc.

**CO-WORKERS SHOULD CALL THE NEIGHBORHOOD MINISTRY TO SIGN-UP
FOR ANY OF THESE OPPORTUNITIES,
314-865-0927.**