

# GRACE HILL'S

## *Healthy Living*

*"Enabling Healthy, Productive Lives"*

Winter 2010

Volume 3, Issue 1

## Depression:

### What to look for; How Grace Hill can help

By Rajeev John, MSW, LCSW, ACSW

It's winter, and many people can begin to feel the "winter blues." But it may not just be the winter blues that's bothering you. Depression is a serious mental health issue that can even affect the family members of those who are suffering from it. The World Health Organization projects that depression will rank second in worldwide disease burden by 2020. Heart disease will remain first.

Depression is not just sadness. It includes both emotional and physical symptoms that are controlled by certain chemicals in the brain. Usually, emotional symptoms are used to detect depression. However, research shows that physical symptoms are very common in depression. They should not be ignored.

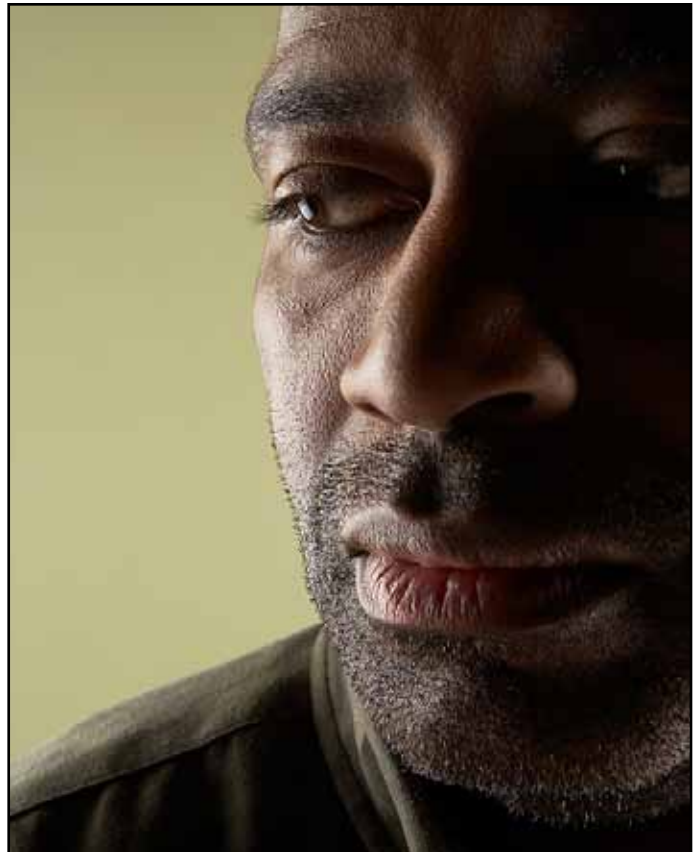
### Screening for Depression

**Depression screening is just as important as it is for other medical diseases, like heart disease and diabetes.**

You can check if you or your loved ones have any of these symptoms:

- Often restless and irritable.
- Either sleep too much or not sleeping enough.
- Not enjoying hobbies or not having fun like normal.
- Difficulty in managing chronic illnesses.
- Complaining about aches and pains that do not improve.
- Trouble concentrating or making decisions.
- Noticeable change in mood and attitude.
- Considerable change in weight.
- Suicidal thoughts.

You or a loved one may be depressed if several of the symptoms above occur for more than two weeks, and the functioning of everyday life activities is suffering due to these problems. The staff at Grace Hill Neighborhood



Health Centers (GHNHC) may be able to help.

Speak with your health care provider or a Clinical Social Worker about these symptoms. You can bring them to their attention by saying something like, "I just don't feel like myself lately," or "My friend thinks I might be depressed," or "I haven't been sleeping well lately," or ask, "Could I possibly have depression?" Having suicidal thoughts is a very serious symptom. This person needs help immediately, according to sources such as the University of Michigan Depression Center.

Your provider or a Clinical Social Worker from your Health Center will be able to give you or your loved one a detailed assessment and provide proper treatment.

You may call the main GHNHC number at 898-1700 and ask for a Licensed Clinical Social Worker. For a specific location, please call Nancy Phillips at 898-1724 (Hadley Health Center); Starlett Grey at 814-8642 (Murphy-O'Fallon Health Center); Aida Rodriguez at 898-1760 (Soulard-Benton Health Center); or Maria Rosario Bobadilla at 814-8722 (Grace Hill South Health Center.)

## In the spotlight

Shea Voelker, Psy.D.

Dr. Voelker is a Licensed Psychologist at the new Children's Developmental Center at Grace Hill's Souldard-Benton Health



Center. She joined GHNHC in August 2009 when the new CDC opened. She is a native of Florissant, Mo. Dr. Voelker earned her Bachelor's Degree from Southern Illinois University—Edwardsville, and her Master's and Doctoral Degrees in Clinical Psychology at Forest Institute of Professional Psychology in Springfield, Mo. She received specialized training in children and adolescents, completing her Doctoral Internship and Residency on the children's units at Royal Oaks Hospital. In addition, she earned an Integrated Health Care certificate. Dr. Voelker's history includes working in an acute care psychiatric hospital, medical hospital, private practice, as a school consultant, and community mental health.

"Being part of a multi-disciplinary team that provides the highest quality of care for families in our community is priceless. I feel fortunate to be part of the Grace Hill family."

## Receiving mammograms at GHNHC

**B**reast Cancer is among the most common cancers that women may face in their lifetime. **DID YOU KNOW** the Susan G. Komen for the Cure-St. Louis and Show-Me Healthy Women provide mammograms for women age 40 and above through Grace Hill Neighborhood Health Centers?

For more information about receiving a mammogram, please call (314) 814-8552. You can also turn to the back page of this publication to see our mammogram schedule through April.

## 'Ask Nurse Betty': What should I use to wash my hands?

Here is a quiz on the importance of hand hygiene.

**1) Which hand hygiene method is more effective at killing bacteria?**

- a) soap and water
- b) alcohol-based hand rub (foam or gel)

**2) Which hand hygiene method is less damaging to the skin?**

- a) soap and water
- b) alcohol-based hand rub (foam or gel)

**3) How long should you rub your hands together when washing with soap and water?**

- a) 5 seconds
- b) 15-20 seconds
- c) 1 minute
- d) Until they seem clean.

**4) How long should you rub your hands together when applying alcohol-based hand rub?**

- a) 5 seconds
- b) 15-20 seconds
- c) 1 minute
- d) Until your hands are dry.

Keeping hands clean is one of the most important steps we can take to avoid getting sick and spreading germs to others.

### The answers:

1) b; 2) b; 3) b; 4) d

## The benefits of reading to children

By Shea Voelker, Psy.D.

**O**ne of the quintessential images of childhood is a child on their parent's lap being read a story. There are many powerful developmental and psychological benefits to practicing this regularly.

### Benefits Include:

•**Parent/Child Bonding and Development of the parent-child relationship**—Physical contact can increase the feeling of security.

•**Self-esteem**—One-on-one time with a child sends the message that the child is special and important.

•**Routine**—Children crave consistency, structure and predictability.

Daily reading will help promote this.

•**Language development**—Vocabulary, sentence structure, proper grammar, and word pronunciation.

•**Enhances intellectual development**

•**Develops a child's attention span**

•**More success learning to read in the future**—This is related to better school performance, a decreased drop-out rate, a decreased chance of involvement with the legal system, and an improved chance of overall future success.

•**Social skills**—Children learn appropriate social interactions and basic conversational skills.

•**Coping mechanism**—Not only does reading to your child promote a state of calm and reduced stress, it sets the stage for using reading as a coping skill in the future.

While being read to is crucial for all children, it can be exceptionally beneficial for children with developmental, social, behavioral, or speech and language delays.



# Grace Hill South Health Center will be moving

By Alan Freeman, President/CEO

The Grace Hill South Health Center is slated to move this coming summer to the Alexian Plaza Building at 3934-3956 S. Broadway. These arrangements were made following a lengthy lease negotiation and city approvals process.

The design for our new space has been created in conjunction with the Arcturis architectural firm. Renovation will occur through mid 2010. GHNHC will occupy just under 10,000 feet in the facility, more than doubling the number of exam rooms from 8 to 17. Funding in part was secured through a grant awarded under the federal American Recovery and Reinvestment Act of 2009.

“The staff at Grace Hill South are very excited about the move. Everyone is talking about it,” said Barbara Bailey, vice president and chief operating officer. She explained the new clinic space offers expanded capacity for the delivery of patient care and improved operational efficiencies.

Dr. Thomas Kernan, a family practice physician at Grace Hill South, summed up the move this way. “We are looking forward to a space that better serves our patients.”



(Above) The Grace Hill South Health Center has been in its current location for the last decade. Photo by Gerald Sonnenberg.

## Healthy start to a new year

By John Parish, MS, RD

It's 2010. Happy New Year! This is the time of the year when many people make New Year's resolutions, or try to make other changes in their lives. Many seem to make the same New Year's resolution each year and shedding pounds often tops the list.

This is not surprising considering that over 66 percent of adults in America are overweight or obese. The problem is that many resolutions seem made to be broken, and never continue past March. Be realistic. Setting reasonable goals and staying consistent are two of the most important factors in sticking with a resolution or a weight loss goal.

### Here are some other Keys to Success:

- Make lifestyle changes rather than temporary changes.
- Start small rather than big. Set goals that you will be able to accomplish. Once you reach your goal, then set another goal. For example: set five goals of three pounds each, rather than one 15 pound weight loss goal.
- Set a goal that will help you reach another goal. For example: I will walk for 30 minutes, 5 days-per-week. This is a goal that can help you reach a weight loss goal.
- Share your goals or lifestyle changes

with family and friends. Receiving support is very helpful. Also, friends are less likely to offer you mid-morning doughnuts if they know you are trying to lose weight or eat healthier.

- If needed, look for professional help by receiving one-on-one nutrition counseling from a Registered Dietitian, working with a certified personal trainer, or joining an exercise class. Nutrition and Fitness professionals can personalize a weight loss or exercise plan for you and help you set and achieve your goals.

- Make healthy changes any time of the year. Don't wait until Jan. 1 to try to lose weight or break old habits. Any day or month of the year is a great time to make lifestyle changes and start improving your health.

## Health Calendar:

### Grace Hill Diabetes Hotline

Do you have diabetes or know someone who does? Call 814-8760.

### Diabetes Clusters

#### Murphy-O'Fallon Health Center

Feb. 17 at 10 a.m.

March 17 at 10 a.m.

April 21 at 10 a.m.

**To sign up for the Murphy-O'Fallon location, call 814-8758.**

#### Soulard-Benton Health Center

Feb. 18 at 8:40 a.m.

March 18 at 8:40 a.m.

April 15 at 8:40 a.m.

**To sign up for the Soulard-Benton location, call 814-8555.**

#### Grace Hill at St. Patrick's Health Center

Feb. 11 at 10 a.m.

March 11 at 10 a.m.

April 8 at 10 a.m.

**To sign up for the St. Patrick's location, call 814-8764.**

**To sign up for a Diabetes Health Coach for the Grace Hill Hadley Health Center, call 814-8759.**

**To sign up for a Diabetes Health Coach for the Grace Hill South Health Center, call 814-8759.**

**To sign up for a Diabetes Health Coach for the Soulard-Benton location, call 814-8766.**

### Grace Hill Wellness Center

Soulard-Benton Health Center at 2220 Lemp from 12 to 3 p.m. on Thursdays, and at the Murphy-O'Fallon Health Center at 1717 Biddle on Mondays from 10 a.m. to noon.

\*Meet with a Health Care Coach.

\*Sign up for fun classes.

\*Get information about your health.

Call 814-8760 for more information.

### Mammogram Van visits for February - April 2010

**You must schedule an appointment.**

For questions about Breast Health, or to sign up for Mammogram Days, please call (314) 814-8776 or 814-8552.

#### February

2 - Soulard-Benton Health Center

12 - Murphy-O'Fallon Health Center

16 - Grace Hill Hadley Health Center

#### March

2 - Soulard-Benton Health Center

12 - Murphy-O'Fallon Health Center

16 - Grace Hill Hadley Health Center

#### April

6 - Soulard-Benton Health Center

9 - Murphy-O'Fallon Health Center

20 - Grace Hill Hadley Health Center

### Smoking Cessation Classes

**St. Patrick's Center**

**On Mondays beginning Jan. 25 at 10 a.m.**

**To sign up, call 814-8764.**

**Soulard-Benton Health Center**

**On Wednesdays beginning Jan. 20 at 10 a.m.**

**To sign up, call 814-8555.**

**Murphy-O'Fallon Health Center**

**On Thursdays beginning Jan. 21 at 11 a.m.**

**To sign up, call 814-8728.**

**Grace Hill Hadley Health Center**

**On Fridays beginning Jan. 25 at 10 a.m.**

**To sign up, call 814-8764.**

### Childbirth Classes

Feb. 3, 10, 17, and 24 from 4:30-6:30 p.m.; & April 7, 14, 21, and 28 from 4:30-6:30 p.m. at Grace Hill's Murphy-O'Fallon Health Center.

Call (314) 814-8728.

### Prenatal Education

#### Baby Shower

April 17 from 11 a.m. to 1 p.m., at Grace Hill's Murphy-O'Fallon Health Center. Call (314) 814-8728.

### For questions about Asthma

Call (314) 814-8776.

### To schedule a

#### Podiatry appointment

Call (314) 814-8761.

### Centering Pregnancy Program

If you or someone you know would like more information, or to participate in the program, please call (314) 814-8694 (English); or (314) 814-8624 (Spanish).



## Grace Hill locations

#### Grace Hill South Health Center

3400 South Jefferson

#### Grace Hill @ St. Patrick Health Service

800 N. Tucker St.

#### Soulard-Benton Health Center

2220 Lemp

#### Murphy-O'Fallon Health Center

1717 Biddle

#### Grace Hill Hadley Health Center

2524 Hadley

#### Grace Hill @ BJC Behavioral Health

1430 Olive Street, Suite 500

Appointment line:

**(314) 814-8700**

Website: [www.gracehill.org](http://www.gracehill.org)

#### OUR HOURS:

\*Hadley, Murphy-O'Fallon, Soulard-Benton, and Grace Hill South Health Center locations

Monday, Tuesday, Thursday, and Friday 8:30 a.m. to 5:30 p.m.

Wednesday 8:30 a.m. to 7 p.m.

#### \*Grace Hill @ St. Patrick Health Service

8 a.m. to 4:30 p.m. Monday - Friday

#### \*Grace Hill @ BJC Behavioral Health

8 a.m. to 5 p.m. Monday - Friday

**Saturday Hours** are offered at the Murphy-O'Fallon and Soulard-Benton Health Centers from 10 a.m. to 4 p.m.

The content of Grace Hill's *Healthy Living* newsletter is not intended as medical advice. Patients should consult their physician or other qualified provider if they are concerned about a health issue or condition.