

INSIDE



A note from Steve

Thank you for making a difference in the lives of others.

| PAGE 2



Evelyn's House to open in 2017

Hospice house will offer comfort at end of life.

| PAGES 12-13



A 'groovy' week

BJWCH hosts '70s-themed Hospital Week celebration.

| PAGE 19



It's an adventure

Camp for employees' kids is July 18-22.

| PAGE 24

HEADLINE NEWS

| PAGES 2-3

NEWS AROUND BJC

| PAGES 4-5, 15

FOR YOUR BENEFITS

| PAGES 6-8

FOR YOUR HEALTH

| PAGES 9-11, 14

BJC PEOPLE

| PAGE 16

WHERE YOU WORK

| PAGES 17-22

ETC.

| PAGE 23

NEWS AND INFORMATION FOR THE PEOPLE WHO BRING BJC HEALTHCARE TO LIFE

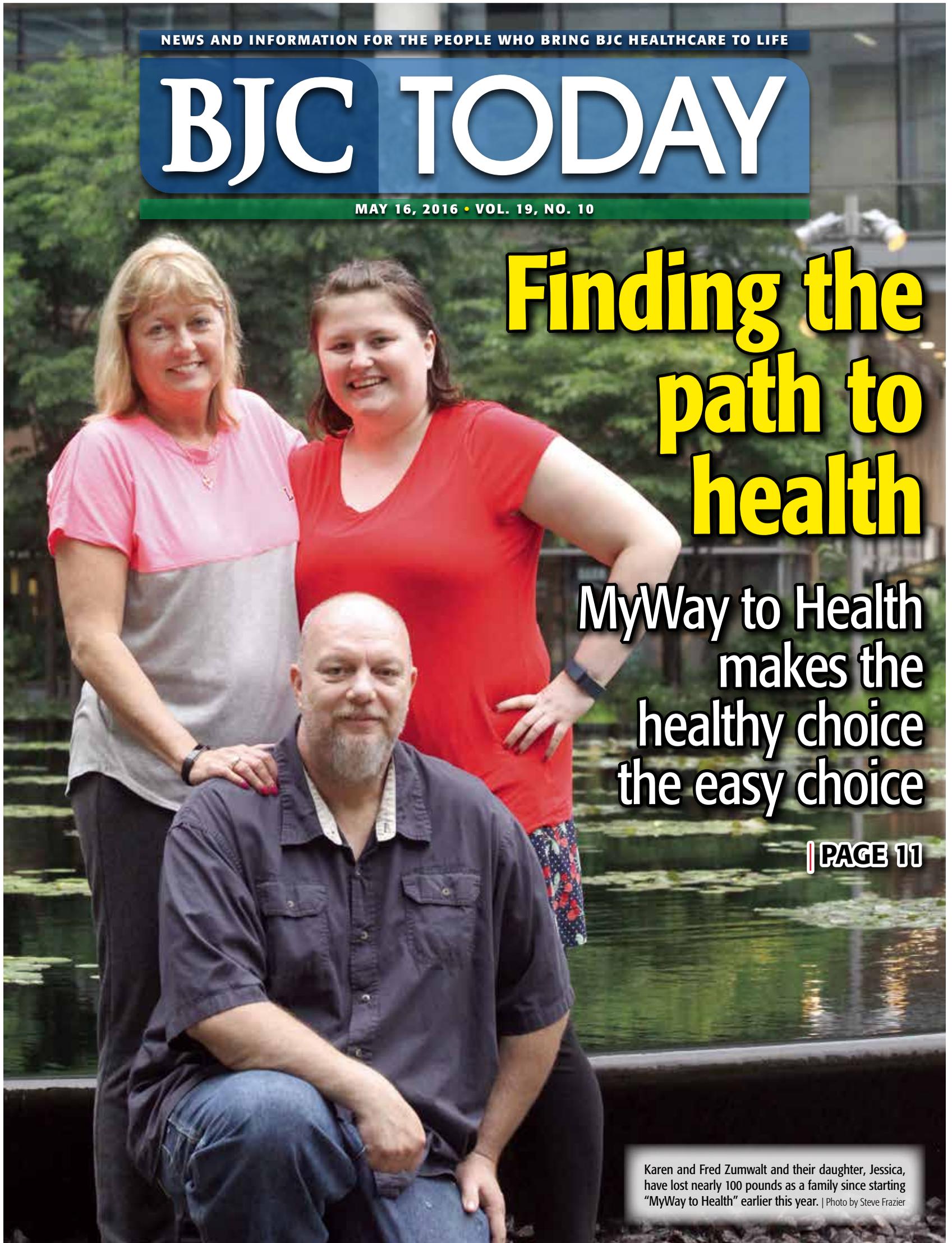
BJC TODAY

MAY 16, 2016 • VOL. 19, NO. 10

Finding the path to health

MyWay to Health makes the healthy choice the easy choice

| PAGE 11



Karen and Fred Zumwalt and their daughter, Jessica, have lost nearly 100 pounds as a family since starting "MyWay to Health" earlier this year. | Photo by Steve Frazier

Changing communities one activity at a time

BJC School Outreach and Youth Development works toward positive change

BJC Over the past 25 years, BJC School Outreach and Youth Development has touched the lives of nearly 1 million school-age youth.

Department staff members bring health education, prevention programs and career exploration experiences to students in their classrooms, in BJC's hospitals and in community settings. Each year, the department reaches 60,000 youth and professionals who serve youth on health issues like nutrition, physical activity, tobacco use, substance abuse, sexual health and safety.

BJC School Outreach and Youth Development is also bringing change to the St. Louis community — together with a number of city neighborhoods, including Bevo Mill, Carondelet, Carr Square, The Ville/Greater Ville, Forest Park Southeast and Shaw.

BJC School Outreach and Youth Development participates in Healthy Schools Healthy Communities (HSHC), funded by the Missouri Foundation for Health (MFH). HSHC is a five-year initiative addressing childhood obesity by increasing access to and awareness of healthy eating and physical activity opportunities through programs, built environments and policy changes.

Here's a look at some of the activities BJC School Outreach and Youth Development facilitates through HSHC to help bring about positive change:

Let's Move! Move Your Body Flash Mob

This annual event is a dancing celebration that encourages people to practice, then perform, Beyonce's "Move Your Body" and "Gimme 5" dances. These dances are performed at the same time by about 14,000 students, teachers, parents and community members across 47 elementary St. Louis Public Schools, three middle schools and at Ballpark Village. (See page 4 for more on this initiative.)



Award Yourself With Good Health

This annual health fair is designed to stimulate students' and parents' creativity and interest in healthy eating and physical activity resources and opportunities.



Double Dutch Showcase

This annual showcase of Double Dutch teams — any age, any gender, any skill level — highlights each team and team members' hard work practicing Double Dutch. Also included in the showcase is a health fair where vendors provide healthy eating and physical activity resources and opportunities to participants and spectators.



Garden bed installation

Seven raised garden beds were assembled in June 2015 through teamwork in the Carondelet community. The garden beds are shared by community members and Woodward School to promote access to fresh and healthy food.



Water source at Maffit Community Garden

A water source was installed in March 2016 to provide water to the 25 thriving garden beds that are supported by community members and community service providers in the Ville community.



Running shoes for middle school

Students from the Carondelet and Carr Square communities, in need of running shoes and who participated in the Middle School Miler program with Go St. Louis, received running shoes in April 2016 through a partnership with HSHC and Big River Running.



Cooking Matters for families

For spring/summer 2016, HSHC partnered with Operation Food Search to provide this family nutrition and cooking program, which provides cooking tips and techniques, food safety, nutrition, and budgeting information through hands-on engaging lessons in the community. Participants receive food to take home, as well as a full meal during class each week.



Earn a Bike Program

Also for spring/summer 2016, HSHC partnered with Bicycle Works' "Earn a Bike" program to provide children with the skills and knowledge to safely maintain and operate a bicycle. Upon completion of the program, students receive a free bike, helmet, light and lock.



Urban K Life – sand volleyball court, tennis court, batting cages, tetherball

In spring 2016, HSHC is supporting the efforts of Urban K Life in providing physical activity opportunities to community residents through the development of batting cages, tetherball, volleyball, tennis and basketball courts.



Woodward crosswalk

Creating a safe place for kids and families to cross the street encourages physical activity and community involvement. This crosswalk will be enhanced this summer by repaving the street, cutting curbs and adding ramps to become ADA compliant, painting the crosswalks, adding a "bump out" to narrow the crossing distance, and relocating a stop sign to calm traffic.



Tandy Park playground

The playground will be replaced this summer, and the area will be resurfaced in an effort to encourage kids and families to be active in the Ville Community at Tandy Park.



Tandy crosswalk

Also this summer, crosswalks will be painted and one curb will be cut to increase the safety of kids and families coming to and from the Tandy Recreation Center and Tandy Park.



Walking Trail at Gateway Complex

Through this long-term goal, HSHC is supporting the efforts of installing a half-mile walking trail that will be available and accessible to community schools and residents. This will be a multi-phase project, with trail development occurring throughout the HSHC initiative.



To learn more about how you can get involved in one of these neighborhoods, call the BJC School Program Line, 314-286-0460.