



Neighborhood News

A PUBLICATION FOR RESIDENTS OF THE CENTRAL WEST END AND FOREST PARK SOUTHEAST - Summer 2011

The Best Kept Secret on the Block

When Central West End and Forest Park Southeast residents learn there is a fully functional, medically-based fitness facility within walking distance of their home, many are amazed to learn such a hidden jewel exists. The BJC WellAware Center has been helping neighbors look well, feel well and be well since 1998, and the list of program offerings continues to expand in 2011.

The BJC WellAware Center is a 10,000 square foot facility that provides more than a workout. Its mission is to provide a fitness experience. What sets the BJC WellAware Center apart from other area fitness centers is the level of service and the qualifications of the fitness professionals. Combined, the team of exercise specialists has over 60 years of experience helping individuals meet their health and fitness objectives. They also hold degrees in exercise science and are certified through either the American College of Sports Medicine, the National Strength and Conditioning Association or the American Council on Exercise, industry leaders in health and fitness certification.

New in 2011 are several group fitness classes to get members moving and grooving. Mommy Fit is a stroller exercise class taught by new mom and fitness pro Becky Morr. It is designed to help new moms lose their baby weight, socialize with other new mothers, and since baby is part of the workout, bond with their new bundle of joy. The new mind-body class "Flow in the Park" combines tai chi-Pilates-yoga in a tranquil location at the bottom of Art Hill. Add those to the popular kettlebell and Zumba classes to train and tone from head to toe.

The last piece of the puzzle that truly makes the center the best kept secret in the neighborhood is price with memberships for only \$41 per month with no long-term commitments.

For a tour or to receive a free seven-day pass, call 314-286-0525.

Making Fitness Easy

The BJC WellAware Center also offers:

- Massage therapy
- Personal training
- Nutritional counseling
- A fully stocked fitness area
- Group exercise including:
 - Indoor Cycle, Zumba, Yoga, Kettlebell, Boot Camps, Mommy Fit, Cardio and Strength Intervals and more

Amenities to make your workout quick and convenient include:

- Workout and shower towels
- Body wash, shampoo and conditioner
- Hairdryers, lotion, wash cloths and more!

<http://bjhne.ws/wellaware>



Experience Medicine First Hand



Washington University School of Medicine's Mini-Medical School (MMS) is a fun way to learn about a wide range of medical topics, including cochlear implants, emergency medicine, brain tumors, Parkinson's disease, and much more—with refreshments each week and no exams. This popular course, now in its 12th year, has three tiers.

MMS I begins September 27 and meets eight consecutive Tuesdays from 7-9 p.m. In addition to lectures each night, the course includes a hands-on suture/laparoscopy lab and tours of the Siteman Cancer Center, Genome Sequencing Center, Anatomy Lab and Becker Medical Library.

MMS III begins on September 22 and meets eight consecutive Thursdays from 7-9 p.m. This course combines faculty lectures with remarkable stories from the patients themselves and includes several exciting labs in addition to lectures, including a tour of Goldfarb School of Nursing to see the human simulators in action.

Each session is limited to 110 students and fills quickly. Previous students have included artists, engineers, students, CEOs, stay-at-home moms—in other words, anyone interested in learning about medicine, ages 15-92. Cost is \$150, which includes lectures, syllabus, labs, tours and dessert. **Call 314-362-6585 or visit <http://minimed.wustl.edu> for more details.**



CWE Resident Appreciates Diversity, Stability and Barnes-Jewish

Harvey Harris has called the Central West End home since the 1970s. He enjoys the eclectic restaurants and the convenience of being “just a 15-minute drive from everything.”

“What I appreciate most about the Central West End is the diversity, which in my experience can rarely be found outside of New York, San Francisco and Boston,” says Harvey.

Harvey believes that one of the guiding forces leading the Central West End to continued success and stability for businesses, residents and those just passing through is Barnes-Jewish Hospital.

“The hospital performs a vital function for the community through health care service and research, which bodes well for future generations,” says Harvey. “It is also a critical employer and ensures diversity in the neighborhood.”

“Barnes-Jewish is part of the collaboration of nationally-recognized institutions on the Kingshighway campus, which is working well for our community,” continues Harvey. “For all of these reasons, Barnes-Jewish is key to the continued success of the Central West End and undoubtedly deserves everyone’s support.”

Harvey has supported Barnes-Jewish Hospital with charitable gifts to the Barnes-Jewish Hospital Foundation every year since the 1970s. Around the same time, he joined the board of directors at what was then the Jewish Hospital of St. Louis. Today, he remains on the Barnes-Jewish Hospital board of directors and also serves on the Goldfarb School of Nursing at Barnes-Jewish College board, which he joined in 1993. Harvey also led the Goldfarb board as chairman during part of his tenure.

“The hospital is one significant component of the Central West End,” says Harvey. “And although the hospital’s day-to-day focus is on health care, as a board member, I know we have a responsibility to always do what’s best for our neighborhood. The more attention we pay to our neighbors’ varying needs, the better off we will all be in the long run.”

To find out about how you can support the Barnes-Jewish Hospital Foundation, please visit www.givingbarnesjewish.org.

Sundays at Siteman Combines Art and Healthcare

Calming. Relaxing. Rejuvenating. These are words not typically associated with visits to the hospital. But thanks to the Arts + Healthcare program—supported through gifts to the Barnes-Jewish Hospital Foundation—patients, caregivers, visitors and employees are having their spirits raised and their stresses eased.

Recently, the program has collaborated with Deborah Parks, MD, Washington University rheumatologist, to initiate the monthly performing arts event Sundays at Siteman.

All are welcome for this free event series at the atrium of the Center for Advanced Medicine for live music, refreshments and an opportunity to visit the Arts + Healthcare gallery. Arts + Healthcare fosters the institutional culture at the medical center, which includes the arts as an integral part of hope and healing.

More information and a schedule for Sundays at Siteman, as well as other projects sponsored by the Arts + Healthcare program, is located at <http://bjhne.ws/sundaysatsiteman>.



Construction Update

With a scheduled opening in early 2012, the new Barnes-Jewish Center for Outpatient Health is beginning to take shape at the corner of Euclid and Forest Park Parkway. Barnes-Jewish Hospital president, Rich Liekweg (left), signed the last beam to be put into place at a topping out ceremony in December. The 12-story building will house the hospital's outpatient resident clinics on the lower levels and clinics and a radiology satellite for flat film x-rays on the middle floors. Office spaces will cap out the floorplan.

Work has already started on the Forest Park Laclede Garage to cut a new opening for a covered patient drop-off area, and construction of a link from the building to the garage will begin soon.

UPCOMING EVENTS

Caring for the One You Love

Thursday, May 19, 7 p.m. - 9 p.m.

Crowne Plaza St. Louis - Clayton Hotel
7750 Carondelet Ave, Clayton, MO 63103

Caring for a loved one with Alzheimer's disease can often be stressful and overwhelming. Join us for an event focused on you as the caregiver. Learn the neurological implications of Alzheimer's disease, the importance of open communication, the practical side of caregiving and ways to booster caregiver success. Discover ways understand new behaviors and find out ways to manage caregiver stress. The event is free, but registration is required.

Call 314-TOP-DOCS (314-867-3627) or register online at <http://BarnesJewish.org/classes>.

Komen Race for the Cure

Saturday, June 11

Soldiers Memorial
1315 Chestnut St, St. Louis, MO 63103

More than 40,000 Americans will die from breast cancer this year, making it the second-leading cause of cancer death among women in the country. You can help fight the disease by joining the Siteman Cancer Center and NewsChannel 5 for the Komen St. Louis Race for the Cure on June 11 in downtown St. Louis. Last year, the team gathered 4,000 members and raised nearly \$120,000 for cancer research. The deadline for online registration is noon, May 21.

Find out more at <http://bjhne.ws/2011komenrace>.

For comments or questions, please contact Laura Thomson at lm4071@bjc.org. If you no longer wish to receive Neighborhood News from Barnes-Jewish Hospital, please call 314-TOP-DOCS (314-867-3627) or toll free 866-867-3627.

When it comes to heart disease, men and women are not created equal

Wednesday, May 18 | 7 p.m.-8:30 p.m.
Schlafly Library, 225 N Euclid Ave, St Louis, MO 63108-1505

Washington University and Barnes-Jewish Heart & Vascular Center is one of the leading innovative clinical, teaching and research programs in the nation. Join Mohammad Kizilbash, MD, as he discusses the differences between men and women when it comes to prevention, symptoms and treatment of heart disease differently in the sexes. He will also review the new 2011 American Heart Association's cardiovascular disease prevention guidelines for women.

The evening will include an exercise physiologist reviewing seven components of wellness and steps to help you achieve total optimal health. As a leading cause of death, heart disease is not something to be taken lightly, and men and women of all ages are invited to join in this discussion.



To register, call 314-TOP-DOCS (314-867-3627) or register online at barnesjewish.org/classes.