



ST. LOUIS CENTER

ST. LOUIS SPIRIT

St. Louis Center serves individuals with intellectual and developmental disabilities in an intentional, faith-based community.

WINTER | 2022

NURTURING INDEPENDENCE

St. Louis Center continues to move forward in developing Independent Living Skills among the residents. This year we established Mike's House, an independent living home for women, and moved in five people. These ladies were excited to be able to have more independence, and, of course, the most exciting thing was being able to plan and cook their own meals. The Kitchen Supervisor, Robert Walker, first sat down with the group to help them plan a menu that was healthy and nutritionally sound. Although many of the big items were purchased through SLC kitchen vendors, each resident has a monthly SNAP card with which they are able to buy things that are enjoyable to them—the special coffee creamer or dessert that makes them happy. Together they prepare a grocery list and go



Sarah sets the table while her roommates prepare dinner.

shopping with their Direct Care Worker. The next step is cooking the meals! The ladies work together, under the supervision of their DCW, to prepare meals that they eat together as a

family. It takes a lot of cooperation but this team of women have been friends for years, and they have really made it work.



MEDICAL INDEPENDENCE



Blood pressure is the force that moves blood through the body and is the measure of the force that circulating blood puts on the walls of the arteries. Without blood pressure, blood will not circulate and we cannot survive.

When a person has hypertension, or high blood pressure, the workload of the heart and blood vessels is increased which makes them work harder and less efficiently. Over time this damages the tissues of the arteries, causing LDL (bad) cholesterol to build up plaque in the damaged tissue. This build-up narrows the arteries and causes even higher blood pressure, more damage and more plaque build-up. Left untreated it can lead to heart arrhythmia, stroke and heart attack; avoiding them is why it is important to monitor/measure blood pressure. Nearly 45% of all adults in the US today have hypertension.



CONTINUED ON PG 2