

# women with a MISSION

Combining resources, vision and passion for helping others to support and improve health care in the St. Louis and St. Charles community.



## 2016 Events



### MARCH MEETING

#### Coffee in St. Charles

Debbie McFarland was gracious enough to host a coffee at her home for prospective new members. St. Charles is a growing part of the Women with a Mission family. We are excited to watch their continued success.



### MARCH MEETING

#### Mercy Takes Health Care Virtual

Members were invited to take a tour of the new Mercy Virtual Care Center located in Chesterfield.

The advances Mercy has made in this area of health care is industry leading.

Dr. Randy Moore spoke to the group in more detail about the strides Mercy has made in the virtual space.

He shared success stories and gave the group a glimpse of what virtual medicine will look like in the future.

### APRIL MEETING

#### An Education in Chocolate

A group of more than 50 members took a tour of the new Bissinger's Chocolate Factory located in downtown St. Louis.

Our women donned lab coats and hair nets to learn about the chocolate-making process and then were treated to a pairing menu that included wine, small bites and of course, chocolate.



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## Update on Mercy's Birthing Center

Mercy recognized that many women were looking for an unmediated birthing alternative, so they opened the Mercy Birthing Center in September, 2014 – the area's first in-hospital, low-risk birthing center managed by certified nurse midwives.



The Birthing Center offers women a home-like birth, with high touch and low intervention. Certified nurse midwives help women deliver their babies in a more natural environment. The four birthing suites are decorated in warm, beautiful colors, creating a calming ambience, resembling bedrooms in your home. Each suite has a queen-size bed, showers and large tubs for labor.

The Birthing Center also includes a central living room area for family members, a kitchen, a large room for natural childbirth classes and a separate clinical area where you will visit your midwife each month of your pregnancy to prepare for your natural birth. Doula's and family members are welcome to be part of the birthing experience.

Since the opening, they have delivered more than 400 babies.

## NEW Hospital-based Outpatient Breastfeeding Program

Mercy began offering a formal hospital-based outpatient program for breast feeding services in February. They expect to see over 1000 new moms this year needing additional assistance with breastfeeding once they go home.



If you are interested in additional information, please contact Jodi Foresman at 314-251-1397.

## 2016 Advisory Board Members

Advisory board members are here to help provide support and guidance to our members. If you have a question or an idea you want to share, talk with an advisory board member.

**Patricia Barnett:** PBarnett@explorestlouis.com

**Angela Brennan:** angela.brennan@mercy.net or 314-651-6804

**Rachael Day:** rachael.e.day@gmail.com

**Elaine Moore:** esm225@aol.com

**Laura Richter:** stllaura73@yahoo.com

**Sarah Saffold:** ssaffold9131@charter.net

**Joan Shaffer, MD:** joan.shaffer@mercy.net

## Speak Your Mind 2016 WWAM SURVEY

Keep an eye on your inbox. The advisory committee is sending out a short survey to get a better understanding of the types of events you like, don't like and want to see more of.

Your time is appreciated!



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## Save the Date

Formal invitations will follow with specific dates and times.



### Speaker Series Luncheon

Mercy Virtual Care Center  
11:30 am - 1:30 pm

Lunch and presentation by Dr. Brian Mahaffey, Medical Director of Mercy Sports Medicine and Jackie Joyner-Kersey, Director of Mercy Sports Performance & six-time Olympic medalist.



### New Members Night at the Ballgame

Mercy Box  
First pitch at 7:15 pm

Cardinals v. Reds Game



### Allocation Meeting & Luncheon

St. John's Boardroom  
11:30 am - 1:30 pm



## A Warm Welcome to New Members!

Nancy Bukovic  
Kim Grasser  
Kak Gunn  
Roseanne Henkel

Elizabeth Jourdan  
Carobeth Kelly  
Linda Martin  
Dina Readinger

Mary Pat Schroeder  
Rene Seabaugh  
Judy Swyers  
Nancy Tegeler

Jean Vance  
Mimi von Gontard  
Dawn Wheeler



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## MERCY NEIGHBORHOOD MINISTRIES

# VOLUNTEER Opportunities

When people are struggling to make ends meet, they often need multiple types of assistance at once. Mercy Neighborhood Ministries provides the resources below.

To give your time, contact the appropriate person on the list.

Agency	Contact Information	Address	Description of Service
<b>Crisis Nursery</b>	Ann Dockery 314-768-3201 ann@crisisnurserykids.org <a href="http://crisisnurserykids.org/">http://crisisnurserykids.org/</a>	<b>St. Louis City</b> - 1928 Gravois Ave, 63104 <b>North</b> - 11037 Breezy Point Ln, 63136 <b>St. Charles</b> - 315 First Capitol Dr, 63301 <b>West</b> - 330 S. Fourth St, 63301 <b>Wentzville</b> - 700 Medical Dr, 63385	Interact with children playing games, doing arts and crafts, and other activities; provide emotional support by rocking and holding children; help Nursery Staff with clothing, bathing, eating, and caring for the needs of each child
<b>Harvest Table Dinner Program</b>	636-399-1426	St. Peter's UCC 1700 E Fifth St, Washington, MO 63090	Serve dinner from 4:30 – 6:45pm on Saturdays to those in need
<b>Food Outreach</b>	Kathy Spencer 314-652-3663 x 111 kathy@foodoutreach.org <a href="http://www.foodoutreach.org/">http://www.foodoutreach.org/</a>	3117 Olive St, 63103	<b>Cook &amp; Pack</b> – Cook meals and package them for the food pantry on Saturdays from 8:00 – 11:00am <b>Grocery Center</b> - Distribute food to clients on Saturdays from 10:00am – 3:00pm <b>Emergency Shelter</b> - Visit and socialize with men at the shelter, distribute toiletry items, serve meals <b>Meals Program</b> – Shop for, prepare, and serve a meal, cleanup afterwards
<b>Peter and Paul Men's Shelter</b>	Felicia Clay 314-588-7111 x 209 fclay@ppcsinc.org <a href="http://www.ppcsinc.org/">http://www.ppcsinc.org/</a>	711 Allen Ave, 63104	Sort and organize donated items in the thrift store
<b>Society of St. Vincent de Paul Thrift Stores</b>	314-881-6000 To fill out Volunteer application, visit website: <a href="https://svdpstlouis.org/">https://svdpstlouis.org/</a>	<b>Ballwin</b> – 14660 Manchester Rd, 63011 <b>St. Charles</b> – 1069 Regency Pkwy, 63303 <b>Dellwood</b> – 10052 W Florissant Ave, 63135 <b>South City</b> – 4928 Christy Blvd, 63116 <b>Lemay</b> – 3924 Lemay Ferry Rd, 63125	Sort and organize donated items in the thrift store
<b>St. Augustine-Wellstone Center</b>	Sr. Carol Ann Callahan 314-382-7158	1705 Kienlen Ave, 63133	<b>Thrift Store</b> – Sort and organize donated items <b>Food Pantry</b> – Package and distribute food to clients on Tuesdays and Wednesdays from 7:30 – 11:00am
<b>Sts. Joachim and Anne</b>	636-441-1302 x 225 info@jacares.org <a href="http://jacares.org/">http://jacares.org/</a>	4116 McClay Road St. Charles, MO 63304	<b>Food Pantry</b> – Sort, pack, and distribute items to clients <b>Intake Workers</b> – Interview and certify recipients and enter client information into a computer
<b>St. Vincent's Dinner Program</b>	Jim Votino 314-231-9328 x 7 mail@stvstl.org <a href="http://www.stvstl.org/">http://www.stvstl.org/</a>	1410 S 10 <sup>th</sup> St, 63104	Serve dinner from 4:30 – 6:30pm to those in need