

# The HOPE Newsletter

St. Vincent's Clinic

November 2017

Issue 1

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[Edition 1, Volume 1]

## Community Hunger & Homelessness

### Medicine Clinic

St. Vincent's Medical student clinic provides a variety of resources for those in need of medical care. Our focus is on treating those without health insurance. We have free medical visits, provide prescriptions for cheap medications, help those who cannot afford expensive medications, and help people learn about other resources in the community. Although some of our patients are homeless, this is not the majority of people we see. If you know someone who is homeless and needs medical care, please tell them about the clinic. There are no requirements to be seen.

This month, we would like to highlight some free resources. We have a yoga class that meets twice weekly. Think about coming to this class if you have a lot of stress and anxiety. We have a dental clinic that pulls teeth for free. If you have tooth pain or gum swelling, considering asking us about this resource. In November, we will have a health fair with free health screenings, a meal, and representatives from community resources like Coastal Health and Wellness and the Galveston County Food Bank.

### Occupational Therapy Clinic

Occupational therapy helps people do the things they need to do each day. For those who are homeless, this may be:

- Helping apply for a job,
- Managing money,
- Taking time to relax and enjoy activities that matter to them, or
- Learning new ways to cope with different emotions.

Occupational therapy can help someone with employment through role playing situations at work, increasing function after an injury, or preventing injuries from happening. Therapists may help people manage their money by teaching budgeting skills. For example, an occupational therapist may work with clients to help them decide what is most important, ways to make money stretch, and how to eat well with health in mind. Occupational therapists may also assist people in finding new activities or organizations that they enjoy. Therapists may even teach approaches to deal with stress, anger, and assertiveness in safe ways.

### Recipes for Healthy Living



#### Fall Apple Sandwich

Ingredients:

- 2 small apples, cored and cut crosswise into 1/2-inch thick rounds
- 3 tablespoons peanut or almond butter
- Additional toppings of your choice: granola, chocolate chips, honey, cinnamon, raisins, etc.

Spread one side of half of the apple slices with peanut or almond butter. Sprinkle the peanut butter with the toppings of your choice. Top with remaining apple slices, pressing down gently to make the sandwiches. Transfer to napkins or plates and serve.

Source: Whole Foods Market

## St. Vincent's 2<sup>nd</sup> Annual Health Fair

Saturday, November 11, 2017 10:00 AM – 12:00 PM

**Screenings:** Diabetes, blood pressure, depression, anxiety, obesity, physical health

**Vaccines:** Flu, pneumonia, tetanus

**Yoga classes:** 2 free relaxation and meditation classes on site during event

**Mammograms:** complete paperwork at front desk by November 3rd



## Calendar of Events

### Recurring events

- Yoga: Monday at 7:30 PM, downstairs (relaxation and meditation); Tuesday at 5:00 PM, downstairs (yoga)
- Cooking Classes: times not finalized
- Walking Group: times not finalized
- Teen Pregnancy Prevention: times not finalized

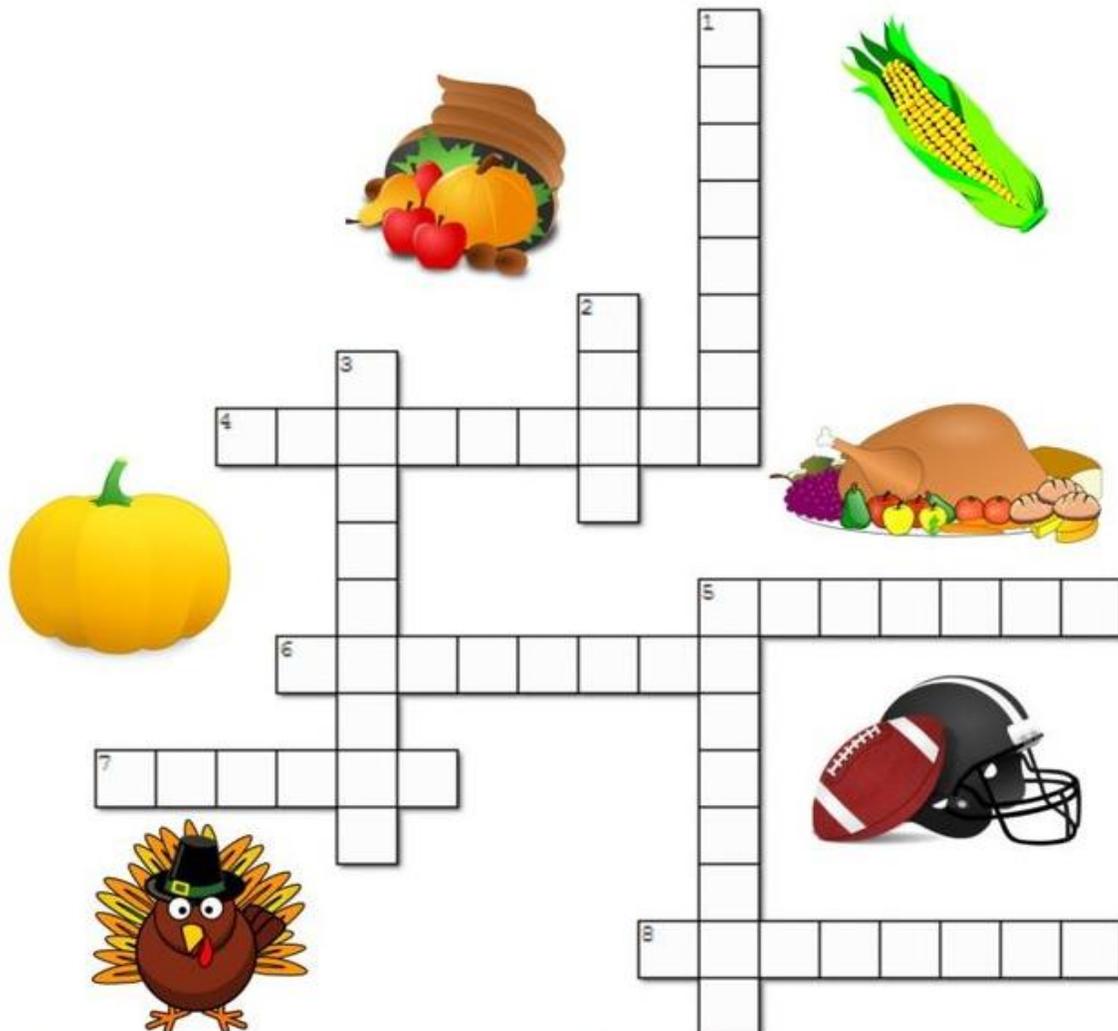
### Annual events

- St. Vincent's 2nd Annual HOPE Health Fair, Saturday, November 11<sup>th</sup>, 10:00am-12:00pm

### Clinic Hours

- Medicine Clinic, Tues, Thurs 4:30-6:30pm, Sat 10:00am-2:00pm
- Physical Therapy Clinic, Wednesdays 1:00pm-3:00pm
- Occupational Therapy, Thursdays 1:00pm-3:00pm

*“Let us come alive to the splendor that is all around us, and see the beauty in ordinary things.” -Thomas Merton*



### Across

4. A tart red berry.
5. I will make a \_\_\_\_\_ pie for dessert.
6. We watch the \_\_\_\_\_ game on Thanksgiving Day.
7. It is the Thanksgiving bird.
8. My favorite meal is turkey with \_\_\_\_\_.

### Down

1. Thanksgiving falls on this day of the week.
2. You can eat it on or off the cob.
3. The Pilgrims sailed on the \_\_\_\_\_.
5. The Pilgrims landed on \_\_\_\_\_ rock.