In the November 2017 issue

**Hoops and Harmony through Basketball**
Better Family Life’s PeaceFest 2017 basketball game, scheduled for Saturday, September 16, 2017, was rescheduled in light of the Jason Stockley Verdict. Sunday, September 24, 2017, People’s Family of Corporations and Myrtle Hilliard Davis Health Centers united some in the community through an exciting sports event.

[See page 3]

**Day of Beauty Brings Self-Confidence to Hopewell Clients**
Psychosocial rehabilitation helps people develop the social, emotional and intellectual skills they need in order to live happily with the smallest amount of professional assistance they can manage. But recently Dwayne Butler CEO for People’s Family of Corporations, wanted to provide the women who are part of the Psychosocial Rehabilitation Program for Hopewell with a special gift.

[See page 5]

**Financial Well Being Checklist: Good for Everyone**
Financial literacy and education is a key program at People’s Community Action Corporation. While PCAC focuses on work with low income families and communities, the advice and information it provides can be useful to anyone. How is your financial well-being and health? PCAC has your back. Check out our check list for financial well-being.

[See page 6]
A MESSAGE FROM PEOPLE’S CEO DWAYNE A. BUTLER

PHC Family,

I am pleased to report that we have had yet another exciting and successful 2017 quarter for our PHC Family of Corporations. And while we continue to improve the breadth, quality, and effectiveness of our many “gold standard” community-based programs, I am also excited about the many outstanding developments and milestones we have achieved as an agency, in the past few months.

We can be very excited about the continued development of our strong partnership with Centene/Home State and Schunck’s to open our newest Peoples HealthCare Services by Home State Health site, located at the new Schnuck’s grocery store in Ferguson Missouri. People's HealthCare Services inside of a grocery store is a very innovative concept with great potential. The grand opening of this very creative clinic was held on November 29th, 2017.

Also, we continue to see significant growth in our Hopewell client programs with the addition of addiction treatment services (PHASES) and significant PSRC growth.

And, we have seen an impressive staff support for our PHC Ballers Basketball Team and the PHC Ballers Cheer Squad. We have played, to date, two games on our home turf, the Gateway Classic Site. Suffice it to say that all in attendance had a great time at each game. We have more games to come. Stay tuned!

Because of your hard work and commitment to the community and the agency, the PHC Family of Corporations continues to be a Beacon of Hope and Excellence for those who need us most. Well done all!

Our best days are just in front of us, and our best efforts are never wasted.

As always, I, the EMT, Board of Directors, and the community, thank you for your tireless commitment to serving our community. Enjoy this edition of your Newsletter.

Kind Regards,
Dwayne Butler, CEO
Hoops and Harmony

How People’s Family of Corporations and Myrtle Hilliard Davis Health Center Contribute to Peace in St. Louis City

Better Family Life’s PeaceFest 2017, scheduled for Saturday, September 16, 2017 was rescheduled in light of the Jason Stockley verdict. The atmosphere was one of uncertainty, upset protestors, and some violence. Therefore the basketball game between People’s Family of Corporations (PHC Ballers) and Myrtle Hilliard Davis Health Center to accommodate PeaceFest 2017 was also rescheduled.

But on Sunday, September 24, 2017, the two health centers set out to unite a community in conflict through basketball. You could hear familiar sounds of basketballs impacting the hardwood floor, squeaking tennis shoes, a few swishes as a shot drained through the hoop, and music of DJ Micetro (Lawrence Pruitt).

This may sound like a typical day for basketball, but the experience of both health centers coming together at People’s Gateway Classic was anything but typical. Both teams practiced and worked hard meaning they were so prepared. Cheerleaders were poised and focused, no drops, falls, or flubs were happening on their watch. Families were invited to support and enjoy the basketball game in a peaceful manner although the game was competitive. People’s Family of Corporations Hopewell Client Fan Club was also in the stands and operating the concession booth. Families enjoyed one another, new friendships were formed, and players learned the real meaning of teamwork. This game was a pleasant diversion from the community unrest. Coach and CEO Dwayne Butler consistently emphasized the importance of participants viewing this event as a fun time for the community to come together.

Please visit People’s Family of Corporations website (www.peoplesfamilystl.org), and click on the BBall Pictures Tab to see game photos. You may also click on the News Tab to see current game photos.
AROUND THE AGENCY—People’s Health Centers

People’s Health Centers Opens Launches New Clinic in Ferguson Schnucks

People’s Family of Corporations will soon be celebrating the Grand Opening of People’s Healthcare Services by Home State Health. Centene Corporation (NYSE: CNC) announced in July 2017 that the company and its Missouri subsidiary, Home State Health, have partnered with Schnuck Markets, Inc. and the Betty Jean Kerr People’s Health Center to launch a full-service health center located within the Schnucks store in Ferguson, Missouri. The more than $1.3 million, multi-year investment will establish the health center scheduled to open in November 2017. Schnucks is donating space in the Ferguson store for a primary care and urgent care center for adults and children over the age of three.

Dr. Eboni January Receives Leadership Award

Dr. Eboni January was among 30 Leaders in Their Thirties who received the North County Inc. Leadership Award on Tuesday, October 31, 2017. The rising professionals are recognized for making their mark in their careers and civic work in the North County area. They were honored at a luncheon held at Christian Hospital Atrium, Detrick Building. Join us in congratulating Dr. Eboni January!

Dr. Eboni January (center), with Vickie Wade, PHC Vice President of Clinical Services, and Dr. Jacqueline Harvey, PHC Chief Medical Officer

People’s Among Awardees at Mayor’s Business Celebration Luncheon

St. Louis Mayor Lyda Krewson and the St. Louis Development Corporation held a successful Mayor’s Business Celebration Luncheon on Friday, October 13, 2017 at the Marriott St. Louis Grand on Washington Avenue. People’s Family of Corporations was among the awardees who received the 2017 Quality of Life Awards, accepted by CEO/President Dwayne Butler. More than 1000 guests attended the event.

St. Louis Mayor Lyda Krewson, People’s CEO Dwayne Butler, and Otis Williams, Executive Director, St. Louis Development Corporation
Self-Confidence and Beauty

Hopewell PSR Program Women’s Day

Psychosocial rehabilitation helps people develop the social, emotional and intellectual skills they need to live happily with the smallest amount of professional assistance they can manage. Recently Dwayne Butler, CEO for People’s Family of Corporations, and his wife, Mrs. Dawn Butler, wanted to provide these women who are part of the Psychosocial Rehabilitation Program for Hopewell with a special gift, a day of beauty.

Sometimes women who are part of this program are dealing with years of having their self-esteem eroded, piece by piece. For some of the women taking pleasure in themselves can be an alien concept. Think of the little things that you do for yourself, the small ways you show yourself kindness to make yourself feel good: having a bath, spending time with friends, eating well. Some of these women have never had their hair washed by a professional stylist. A few of them have never had a person spend time applying makeup to their faces. Mr. and Mrs. Butler wanted these clients to feel they deserve to be pampered.

The day started with breakfast, music, and an encouraging interchange from the women regarding how they feel about themselves. Raquel Green, Hopewell PSRC Team Leader, not only led them in this discussion but helped them to understand their worth. They also talked about positive words and their meanings. Following, Mr. Butler expressed his sentiments of how vital the women are to The People’s Family.

As this interchange was taking place, Mrs. Butler arranged for an exclusive stylist, Omar Samy, to provide the women with top-notch beauty salon services. Vanessa Wead, the Transportation Specialist for Hopewell, provided the women with special makeup services. The impact was overwhelmingly touching. Many of the women expressed how beautiful they felt.

Women’s Day for the PSR Program accomplished its purpose. The PSRC Program provides structured, scheduled activities promoting socialization, recovery, self-advocacy, development of natural supports and maintenance of community living skills. PSR is a recovery based program serving adults with mental illness or co-occurring mental illness and addictive disease. This experience will be forever embedded in the women’s hearts and minds.
Check Out the Financial Wellbeing Checklist

Among its program, People’s Community Action Corporation is deeply involved in financial literacy and creating better financial services for those with low and moderate incomes. Lisa Potts, PCAC’s Financial Services Coordinator, not only works internally within PCAC but is involved in coordinating the work of the St. Louis Regional Unbanked Task Force.

But the financial information PCAC provides isn’t just useful to the individuals and families it serves; it’s useful, frankly for everyone, including employees of the People’s Family of Corporations.

Like physical wellness, financial wellness means balancing what we take in (i.e. save) with what we burn (i.e. spend). Most know that spending beyond our limits is a recipe for disaster that could have serious long-term implications on our ability to provide a financially secure future for ourselves and our family. But what you may not realize is that it can also have a negative effect on our physical health and well-being. Whip your finances into shape and reduce money-related stress with this Financial Wellness Checklist.

1. **MAKE A BUDGET.** Once you have an accurate account of where and on what you spend your money, set realistic goals that move you toward your objective, whether it’s to reduce debt, grow your savings or even help pay for a large investment, such as a wedding, new home or growing family.

2. **IDENTIFY NEEDS VERSUS WANTS.** If your expenses exceed your income or if you’re having trouble sticking to your budget, it’s possible that you’re spending too much on luxuries that many of us have come to view as necessities, such as the data plan on your cell phone or satellite and cable TV. If it’s necessary to tighten the belt to better meet your goals, look to cut spending on these faux necessities.

3. **TRACK YOUR CASH.** ATM machines are a wonderful convenience that gives you access to cash wherever and whenever you need it. But remember, every time money comes out of the machine, it’s also coming out of your back account! If ATM withdrawals are depleting your account, keep better records and limit yourself to once a week.

4. **PAY YOURSELF, TOO.** Positive reinforcement is a great way to stay on track toward financial wellness. Similar to very restrictive diets, not giving yourself any leeway to treat yourself once in a while can lead to spending binges that ruin your efforts to get out of the red. Instead, pay yourself a small monthly allowance to put toward something you enjoy. But remember, once it’s gone, there’s no more until next month.

5. **BUY GENERIC.** Buying generic groceries and medications (when appropriate) is a simple and effective way to reduce spending. Let’s be honest, many generic brands use the same ingredients as their pricier, name brand counterparts, so why not give it a try?

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AROUND THE AGENCY—People’s Community Action Corporation

PCAC Participates in Energy Assistance Event

People’s Community Action Corporation participated in a one day energy forum on October 6. The fifth year the annual event has been held, it was hosted by Heat Up St. Louis, Ameren Missouri and Spire (formerly Laclede Gas). Participants had to sign up to attend and received assistance with their Ameren and Spire bills, after attending brief classes on financial literacy, fire safety, weatherization, and the “cold weather” rule.

Over 1200 were registered for the event, which included agencies from both St. Louis City and County. PCAC itself made pledges of assistance to some 150 clients in the amount of $31,255 for Ameren accounts and $31,328 for Spire accounts. PCAC staff participating included Lisa Potts, Yolanda Holmes, Darlene Miller, Pam Richardson, and Sheila Hart.

FINANCIAL WELLBEING CHECKLIST from page 7

6. SHOP SMARTER AND EAT BETTER. Eating out is a major expense for many American families. Though it’s okay to treat yourself and your family on occasion, you’ll realize savings by packing lunch and cooking meals at home. Also, eating fruit and vegetables that are in season is less expense than those that are out of season—and they taste better! You’ll realize the benefits not only in your wallet, but also in your waistline. 7. CUT ENERGY COSTS. Energy to power your house is expensive—and costs are on the rise! Reduce costs by turning out lights, making sure windows and doors are sealed properly, and unplugging devices that use energy even when off (known as energy vampires), such as phone and camera chargers, as well as home office and entertainment electronics. Also, invest in a programmable thermostat so you can adjust the temperature of your home while out.

8. SAVE, SAVE, SAVE SOME MORE. No matter how much or little you can afford, it’s important to get into the habit of putting money into a savings account on a monthly basis. And that means EVERY MONTH! If your employer offers direct deposit, first allocate a portion of each paycheck to savings, that way you don’t even know it’s missing. Increase the amount of money you save as often as possible.

9. DON’T GIVE UP! Changing habits is not easy—especially when it comes to spending and saving. If you stumble along the way, don’t beat yourself up; just get back on the right track as soon as possible. Keep at it, and you will be on your way to achieving financial wellness!
PEOPLE’S FAMILY
ALBUM OF PHOTOS

Grand opening for People’s Healthcare Services by Home State Health at the Ferguson Schnucks store
From left to right: Hewart Tillett (CFO), Wil Franklin (COO), Dr. Jacqueline Harvey (CMO), Mark Sanford (Executive Vice President)

People’s CEO Dwayne Butler meets with his executive team in Health Van on route to new clinic

Community Wellness and Resource Fair, co-sponsored by People’s Health Centers and People’s Community Action Corporation, on November 11

Mark Sanford (Executive Vice President) and Dr. Jacqueline Harvey (Chief Medical Officer) assist a patient during the Wellness and Resource Fair

From left to right: Dr. Jacquelyn Harvey (CMO), Vickie Wade (Executive Vice President Clinical Services), Dr. Tifani Sanford (Clinical Measures)

Roger Robles (Maintenance Tech), Rafael Valdez (Maintenance Tech), David Swingler (Case Manager PCAC), with a few of the 300 turkeys given out November 11

Melanie Calhoun (Health Care Home Director)
The PHC Ballers leap into action on September 26 in a game with the Myrtle Hilliard Davis Health Center Eagles as part of Better Family Life’s PeaceFest 2017

During Coach Butler’s pep talks, he emphasizes having a good time because this is a family event. He also prepares them for what they as the players are up against.

Kirk Washington Jr., son of Dr. Kirk Washington, Dental (Central Site). He is truly one of the star players of the team.

The PHC Ballers ready for action

The littlest cheerleader gives the rest of the squad a pep talk

They were taller!
Breathe Out Your Holiday (or anytime) Stress

Holiday seasons filled with joy, surprises, and fun, also bring some added stress. Whether it is related to family, the memory of those lost, shopping, or planning events, it can put a damper on the intentions of the holiday season. Being proactive about your well-being is essential. Stress can be impactful both at the moment you are feeling it and long after. The good news is there are ways to address both timeframes.

The first method to address stress at the moment is connected to breathing. Dr. Andrew Weil, a renowned expert in mental health and wellness, recommends the 4-7-8 technique. Practiced several times a day, this method mitigates the short and long-term effects of stress. Over time and with practice, the process allows you to feel relaxed and clear-headed to face stressful circumstances. The following instructions will help:

The 4-7-8 breathing exercise is simple, takes almost no time, requires no equipment and can be done anywhere. Although you can do the task in any position, sit with your back straight while learning. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pushing your lips slightly if this seems awkward.

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of four.
- Hold your breath for a count of seven.
- Exhale completely through your mouth, making a whoosh sound to a count of eight in one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Once you develop this technique by practicing every day, it’s a handy tool you will always have with you. Use it whenever anything upsetting happens—before you react, whenever you are aware of internal tension or stress, and to help you fall asleep. Everyone can benefit from it.

These instructions and other helpful information can be found at Dr. Weil’s website at https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/

The other important thing to remember when dealing with stress is the way you think about your stress, and how you deal with it. Often it forms the foundation for your ability to cope. This will be discussed in our next newsletter.

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Open Enrollment Time!

Marlin Wheeler, Certified Application Counselor, To Participate in Billboard Campaign

Affordable Care Act Sign Up Time Is Shorter This Year

The Open Enrollment Period for 2018 health coverage for people without coverage through their employer began November 1, 2017, and ends December 15, 2017. The length of time to enroll in the Affordable Care Act has been significantly reduced. It’s imperative that the word reaches all in the community. To help in this initiative, Cover Missouri spearheaded a billboard and poster campaign. The campaign included one of our own Certified Application Counselors, Marlin Wheeler. You will see posters throughout the City of St. Louis and St. Louis County and Marlin will appear on several of the billboards and ads.

Cover Missouri is a project of Missouri Foundation for Health (MFH) to promote quality, affordable health coverage for every Missourian. MFH is the convener of the Cover Missouri Coalition and is an independent philanthropic foundation dedicated to improving the health of uninsured and underserved.

Health insurance questions? He’s your lifeline.
Enroll Nov. 1 - Dec. 15.
Get free help.

Call For A Free Appointment
314-367-7848, Ext. 1234

¿Preguntas sobre seguro de salud? 
Ella es su cuerda salvavidas.
Inscríbase del 1 de nov. al 15 de dic.
What!!

We have some very exciting news!

The Schnuck’s Supermarket located in South St. Louis at 1020 Loughborough Ave has chosen People’s Community Action Corporation as the latest beneficiary of the Schnuck’s – Bags 4 My Cause program!

This means for the entire month of December 2017, every time the reusable Hunger bag with the message “Every Bag Feeds a Neighbor in Need” is purchased at the Schnuck’s 1020 Loughborough Ave

We Receive $1!

This is truly a great opportunity for us and it’s an easy way for you to show your support for People’s Community Action Corporation!

Please go to the store, find the reusable bag rack and buy a few Hunger bags!

And remember to spread the word – the more bags purchased the bigger donation to People’s Community Action Corporation!
LEARNING ABOUT OUR COLLEAGUES

Two Things You Didn’t Know About...Saundra Stevenson
Ms. Stevenson is a Case Manager at PCAC Northside

Saundra Stevenson has a long history of work in the social services and medical fields. With an Associate of Arts degree in Human Services Management, she has over 25 years of experience in these fields. Before joining PCAC in 2014, she worked from 2005-2013 in the WIC program for People’s Health Centers. Prior to that, she worked as a Geriatric Care Management Advocate.

The mother of three and a grandmother of four, her hobbies include traveling, reading inspirational literature, and cooking. Asked what she likes to cook, she answered, “Just good southern cooking”, reflecting her connections to the state of Mississippi, where she lived in the town of Tupelo.

Two Things You Didn’t Know About...Ronald Bell
Ronald Bell is a Medical Assistant at PHC’s Central Site Internal Medicine Department.

One thing people may not know about Ronald Bell is that he is a singer/songwriter. At the age of 5, he knew singing was his passion when he saw The Temptations movie. He wanted to be the David Ruffin of his generation. He has an Extended Play (EP) coming out in the springtime entitled “Law of Attraction.”

The second thing people may not know about Ronald is that he is also a dancer. He started dancing because he didn’t want to be a singer that just stood still. He stated that if he is performing, he is going to put on a show. Besides being inspired by The Temptations choreography, he’s also inspired by The King of Pop Michael Jackson. Ronald implements dance moves but adds his unique twist to make them his own.

Two Things You Didn’t Know About...Iralonna Shaver
Iralonna Shaver is the Director of the Health Care Home program at the Hopewell Center

Iralonna Shaver has a well-developed personal philosophy of “People will forget what you said, people will forget what you did, but people will never forget how you made them feel.” It’s a philosophy well suited to her role as the co-chair of The Spirit Committee, which focuses on employee morale, recognition and retention at Hopewell.

Mrs. Shaver focuses on physical feelings as well as mental feelings. Among her improvements to the Health Care Home Model are the inclusion of dietary counseling and smoking cessation. Under her guidance, the program has been recognized for high attainment in metabolic screenings for at risk clients.
# PLEASE WELCOME THESE NEW MEMBERS OF THE PEOPLE’S FAMILY OF CORPORATIONS

## Hopewell Center
- **Vernice Marcia Graves**: Integrated Treatment Specialist
- **Chelesa Holden**: Community Support Specialist
- **Lisa Aslyn Horton**: Care Coordinator-Healthcare Home
- **Quinton Jackson**: Community Support Specialist
- **Swayze Jackson**: Community Support Specialist
- **Robin Loving**: Residential Specialist
- **Maria Lovings**: Community Support Specialist
- **Christel Malloyd**: Community Support Specialist
- **Elizabeth Nawiichik**: Medical Scribe
- **Olivia Prater**: Community Support Specialist
- **Jami Scott**: Community Support Specialist
- **Carla Denise Sheppard**: Community Support Supervisor
- **Brady Smith**: Driver
- **Stephanie Taylor**: Community Support Specialist
- **Theresa Taylor**: Community Support Specialist
- **Jennifer Thompson**: Community Support Specialist
- **Stedman Williams**: Integrated Employment Specialist
- **Patricia Wilson**: Community Support Specialist

## People’s Health Centers
- **Dashanaba Brazier**: LPN
- **Regina Elaine Brown**: Switchboard Operator
- **Delores Calmese**: Nurse Practitioner - Family Med
- **Jamon Curtis**: Dental Assistant
- **LaRonda M. Cutts**: Registered Nurse
- **Brandi Dorsey**: Dental Assistant
- **Tinisha Jackson**: LPN
- **Nicole Jefferson**: Billing Manager
- **Jean Johnson-Strachan**: Physician - Family Med
- **KhaDijah Jones**: Switchboard Operator
- **Ali Jumaiii**: Dentist
- **David A. Keely**: Pharmacy Technician
- **JerWanda Luckett**: LPN
- **Monica Lyons**: IT-Support Technician
- **LaDasha Renay Moye**: Medical Assistant
- **Gia Patel**: Physician - Family Med
- **Alberta Peters-Herron**: Registered Nurse
- **Gabrielle Satterfield**: Nurse Practitioner - Family Med
- **Jared Visor**: Medical Assistant
- **Alonzo Williams**: Senior Human Resources Manager
- **Sandra Williams**: LPN
MARK YOUR CALENDAR FOR THE PEOPLE’S FAMILY EVENTS

Betty Jean Kerr People’s Health Centers

November 1 – November 30, 2017
Open Enrollment for the People’s Family of Corporation Health Insurance Plans

November 29, 2017
Grand Opening People’s Health Care Services Ferguson

Monday, December 25, 2017
Christmas Holiday Schedule

Monday, January 1, 2018
New Year Holiday Schedule

Amanda Luckett Murphy Hopewell Center

December 16, 2017
Hopewell’s Children’s Christmas Event (more Info to follow for participation)

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OPEN ENROLLMENT—2018
November 1, 2017 through November 30, 2017

The effective day for your coverage starts on January 1, 2018.
ATTENTION All PHC, Hopewell and PCAC Employees everyone must re-enroll/make your benefit elections for the 2018 calendar year.


When you log into ADP there will be a prompt that will walk you through enrollment steps. You can enroll at any time, even at home, as ADP is a website that can be accessed anywhere as long as you have internet availability.

***** This is for the 2018 calendar year so ALL EMPLOYEE’S MUST RE-ENROLL OR EnROLL (if you previously waived coverages) during this enrollment period, If you choose to NOT elect any of the plans you must waive the coverages in ADP.*****

✓ Also, this would be great time to update your address in ADP.

If you have any questions or need assistance with the enrollment process you can reach out to any of the HR team members at 367-7848.
MISSION STATEMENTS OF THE
PEOPLE’S FAMILY OF CORPORATIONS

Betty Jean Kerr People’s Health Centers
To improve the health status and quality of life for all residents of the St. Louis metropolitan community by providing, in a culturally sensitive manner, comprehensive primary health care, and related services directly and through collaborations and partnerships.

Amanda Luckett Murphy Hopewell Center
The mission of the ALM Hopewell Center is to improve the quality of life for the mentally challenged by decreasing the incidence of mental disabilities and their negative impact through hope, treatment and wellness.

People’s Community Action Corporation
People’s Community Action Corporation will act as a catalyst fighting to end poverty by empowering individuals, families and communities to thrive.

THE PEOPLE’S LINK will be issued quarterly in January 25, April 25, July 25, and October 25. Your ideas and suggestions are welcome!

To submit ideas or content, contact:

PEOPLE’S HEALTH CENTERS
Carl Green at cgreen1@phcenters.com

HOPEWELL CENTER
Inna Park MD at ipark@hopewellcenter.com

PEOPLE’S COMMUNITY ACTION CORPORATION
Jim Thomas at jthomas@pcacstl.org