

WUMC Neighbor News

Community Initiatives in Forest Park Southeast



Washington University Medical Center

Winter 2006-2007

Adams Park Community Center Transfers to Exciting New Leadership Under Herbert Hoover Boys & Girls Club

Herbert Hoover Boys & Girls Club is excited about the opportunity to serve the children and adults in the Forest Park Southeast neighborhood. For nearly 40 years the youth development agency has provided life-changing programs and services for kids ages 6 to 18. As a chartered member of Boys & Girls Clubs of America, Herbert Hoover has an outstanding record of effective program and financial administration, community outreach and facility management.

The activities for senior citizens will continue to be a major focus at Adams Park Community Center. Youth experiences will cover five core areas: Character & Leadership Development; Education & Career Development; The Arts; Health & Life Skills; and Sports, Fitness & Recreation. Programs and services for adults will also be incorporated into the schedule.

Youth members of the Boys & Girls Club at Adams Park will have access to activities at the north Grand campus, including free dental services. Clarkson EyeCare has agreed to establish a free vision care program at Adams Park Community Center. Flint Fowler, Executive Director of Herbert Hoover, stated "The staff and board are looking forward to establishing a productive and long-term relationship with the residents of Forest Park Southeast."

If you have questions or would like additional information please call Flint Fowler or Debra Harris at (314) 652-8300.

Second Annual Home Repair Program Will Serve 12 Homes in Forest Park Southeast



Spring 2006 Rebuilding Together Volunteers

For the second year WUMC has worked with Rebuilding Together St. Louis to target homes in the Forest Park Southeast neighborhood. Rebuilding Together, formerly Christmas in April, is a national organization that revitalizes neighborhoods in partnership with the community by rehabilitating the houses of low-income elderly and disabled homeowners, so that they may continue to live independently in comfort and safety. In the spring of 2006 WUMC and Rebuilding Together were able to target six homes in the Forest Park Southeast neighborhood and this year the goal was to double that number. Laura Hurt, Program Director for Rebuilding Together, stated, "We were so impressed with WUMC's efforts in both recruiting homeowners and assisting with the funding of this project that this year we wanted to target 12 homes in the Forest Park Southeast area."

Brooks Goedecker, WUMC's Community Development Specialist, led in recruiting Forest Park Southeast homeowners and assisting them with the application process. Brian Phillips, Executive Director of WUMC and former board member of Rebuilding Together, observed, "Rebuilding Together does great things in the St. Louis area and we want to make sure that Forest Park Southeast remains one of their targeted areas." This year the home repairs will take place on Saturday, April 21, 2007. If you would like to become a volunteer and join the Rebuilding Together crew in FPSE please contact Brooks Goedecker at (314) 747-2332.

Holiday Outreach Program Celebrates 10 Years of Giving



The goal of WUMC's annual Holiday Outreach Program is to reach out to community members who are in need each holiday season. Each department at Washington University School of Medicine adopts at least one needy family in Forest Park Southeast. Throughout the year WUMC is in contact with area agencies and community stakeholders to identify families with extraordinary circumstances for that year. Once a family is identified they are asked to fill out an application that indicates their family dynamics and their needs.

This year, the Holiday Outreach Program will serve 23 families from FPSE. Items covered under the program usually include food, clothing, bedding, bathroom supplies, school supplies, toys for children, small appliances, and utility assistance. "We receive 100% participation from each department. The staff and faculty members at the School of Medicine are very generous and truly do care about this neighborhood and are very eager to serve the needy families of this area," stated Brian Phillips, Executive Director of WUMC.

In October WUMC was proud to sponsor Adams Elementary School's attendance of "The Circus to Save Lives", a circus event in which proceeds go to cancer research at the Siteman Cancer Center at Barnes-Jewish Hospital.

Tower Grove and Vandeventer From Eyesore to Eye Catching

For years the northeast corner at Tower Grove and Vandeventer was an unsightly entry point for the Forest Park Southeast neighborhood. Thousands of people pass by the area on a daily basis with this perhaps their only glimpse of FPSE. Brooks Goedecker, WUMC's Community Development Specialist, stated, "I thought that this piece of land had real potential to be an excellent entry point into the neighborhood." First Goedecker and WUMC had to research who even owned the land. The property turned out to be owned by Union Pacific Railroad, whose railroad line runs underneath the property and crosses Vandeventer Avenue. Soon after, WUMC and Union Pacific reached a lease agreement to allow for a landscaping project to occur. "We had the lease agreement in place, so now all we needed was some design plans, plants, and landscaping material," stated Goedecker.

Goedecker wrote a successful grant to the city's Operation Brightside Program. The grant was for \$1200 for plants and landscaping equipment. In order for this to be a quality project the area also called for design plans and further funding for additional planting materials. Goedecker and WUMC were unaware that so many other people had noticed the property and were eager to have something positive happen to it. Coming to the forefront was: 1) Landscape St. Louis, a high end landscaping company, whose operations recently located to the city and 2) Suburban Packaging, a distributor of wholesale packaging materials whose business and warehouse is located across from the area on Tower Grove. Landscape St. Louis performed all of the design plans free of charge and Suburban packaging contributed \$1000 toward the purchase of additional plants and sod.

Also lending assistance and leadership to the project was the 17th Ward Youth Employment Program, the St. Louis Knox College Alumni Association, and Americorps members of St. Louis. The 17th Ward Youth Employment Program and the St. Louis Knox College Alumni Association provided the prep work for the area and about 50 Americorps volunteers performed the planting and laying of sod. "This was really a huge collaborative effort that took months to pull off. It was awesome to see so many groups come together to see this project come to fruition. Each of them need to be applauded for the time and effort that they dedicated to improving this area," stated Goedecker. Thanks also to Alderman Joe Roddy and NSO Luke Reven for their support of this project.



Family Care Health Center Receives Support from Washington University School of Medicine Physicians and Students



A physician reviews a case with medical students at the Saturday health clinic

Every Saturday a set of Washington University School of Medicine physicians and medical students run a free health clinic at the Family Care Health Center on Manchester Ave. in Forest Park Southeast. About 70 medical students each year are involved in the Saturday health clinic. The program began in 1997 out of the recognition that there were residents in the area who were uninsured and therefore lacking appropriate healthcare access. The goal of the program is to provide the patients with comprehensive health care. The coordinators of the program keep track of charts and files and work during the week to call patients to follow up and answer any questions. The physician supervisors feel that this is the right place for medical students to learn about social medicine outside of the academic setting. The free clinic is open each Saturday from 9:00a.m. to 12:00p.m. - Story was adapted from the Washington University in St. Louis Record.

Free Self Defense Education for Women Now Enrolling

Rape Aggression Defense (RAD) System is a premiere self-defense program taught in over 40 states and Canada. The RAD System is comprised of easy to learn, effective physical defense techniques. This dynamic, hands-on, 12 hour program was designed for the average woman. It begins with awareness, risk education, avoidance, and prevention. The basic techniques are taught at the Adams Park Community Center by certified instructor, Sergeant Gwen Patton. Sergeant Patton works for the Washington University Police Department and is a former resident of Forest Park Southeast.



Self Defense Training

Twenty women from the area participated in the summer and fall sessions. The winter session will begin in January 2007. Please contact Brooks Goedeker at (314) 747-2332 for more information and to register.

WUMC Lead Sponsor of Grove Fest

When some of the restaurant and bar owners on Manchester presented the idea of a unique festival coming to Forest Park Southeast, Brian Phillips, Executive Director of WUMC, agreed that the time was right. “This neighborhood has been desiring a neighborhood wide festival that could bring together residents and visitors to celebrate the city and a rejuvenated area,” stated Phillips. “We had been hoping that something like Grove Fest would occur, but we knew that it needed the leadership from the night clubs and restaurants in order for it to be successful,” added Phillips. WUMC did not only want to be a financial contributor, but also wanted to show support by being part of the planning committee. To pull off a festival of this size, WUMC knew there would be plenty of preparation work involved. Brooks Goedeker, WUMC’s Community Development Specialist, served on the planning committee and chaired the volunteer committee. “We had over 120 volunteers participate on the day of Grove Fest. It was really amazing to see so many people give their time and energy to create such a successful event,” stated Goedeker. Goedeker worked with area volunteer organizations, including Step Up St. Louis, Fuel For the City, and Washington University’s Community Service Connection. Goedeker also noted that about 50 of the volunteers were residents of Forest Park Southeast and other volunteers varied from those who were supporters of the city to those who had never heard of Forest Park Southeast but enjoyed giving their time to good causes. Overall, Grove Fest, which occurred on September 23, 2006, was seen as a huge success that brought thousands of visitors to the Forest Park Southeast neighborhood. WUMC is hopeful that Grove Fest will become an annual neighborhood celebration.



At each FPSE Safety and Security meeting WUMC will be distributing free anti-auto theft clubs. Safety and security meetings are held at 6:30p.m. on every fourth Wednesday of the month at Adams Park Community Center, 4317 Vista.

MERS/Goodwill Continues Successful Employment Initiative in FPSE

MERS/Goodwill Employment Services, located at the Adams Park Community Center and funded by WUMC, has placed over 80 Forest Park Southeast residents in employment within the last two years. WUMC contracts with MERS/Goodwill to have an office in FPSE and to directly target FPSE residents. Esther Williams, MERS/Goodwill’s Director of Community Projects, stated that, “We are proud of the fact that we have assisted so many FPSE residents in locating safe and stable employment. We have had such great success that now employers are requesting us to send them our FPSE participants.” Two of those employers who are requesting these participants are Washington University School of Medicine and Barnes-Jewish Hospital. Each month human resources recruiters from the two institutions meet with MERS/Goodwill staff. The human resource recruiters notify MERS/Goodwill of available positions and MERS/Goodwill informs the recruiters of possible applicants. Williams believes that a quality connection with Washington University School of Medicine and Barnes-Jewish Hospital is beneficial because of the institutions close proximity for ease of access, quality benefits, and the diversity of employment options. “The institutions have varied positions that meet most of the participant’s employment desires including administration, security, food service, transportation, and various medical related professions,” added Williams. In the last year MERS/Goodwill has placed 13 residents at Washington University School of Medicine or Barnes-Jewish Hospital. If you are interested in the MERS/Goodwill employment services, please call (314) 633-7916.

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