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Because of mandates and restrictions, Linda was not allowed to continue going to work. So to fill the gap in Linda's life, she began a part time dishwashing position on campus at SLC. But she really misses her friends at the University, so Sr. Sarah, reached out to her supervisor Martin and he invited Linda to come to work to get her personal belongings from her locker. On August 23rd she went to get her things and the Mary Markley staff surprised her with a party. They miss her tremendously and really enjoyed spending time with her again.



Martin presents Linda with a plaque to thank her for her service.

Staff Pizza Party

The pandemic has been difficult for everyone on many levels including the staff and residents of St. Louis Center. Throughout these grueling months the SLC staff has worked many extra hours, picked up shifts and persevered through quarantines. As a small token of gratitude Tom



Rick Visel and Matt Kotarski were able to spend some leisurely time together at the pizza party.

Arbanas, SLC HR director, hosted a staff pizza party. This was indeed a welcome break even for kitchen staff since the pizza was prepared by Thompson's Pizzeria, a local favorite. Staff members from all shifts had some time to socialize and enjoy the food.

A Glimpse at Gardening

The residents of Fr. Guanella Hall were challenged to grow some bean seeds in plastic bags indoors. Since they have raised beds behind their home, they decided to take their sprouts outside and plant them in the boxes to see if they would grow. All of the residents look forward to tending the gardens and growing more plants there in the future.



Sarah enjoyed working in the raised garden bed.

Gaining Independence

August 3rd was the kick off of a new and exciting program at SLC called Independence College (IC). IC was named by the founding team of residents with support from the team leader, Sheryl Mohr. The team felt strongly about this decision because they are here to grow in independence and learn how to live the least restrictive lifestyle possible.



Nancy, Lisa and Stanley are always eager to learn new skills during IC.

Update on Covid-19 Mitigation at St. Louis Center

All individuals who received the Pfizer, Moderna or J&J vaccines are eligible for a booster injection now, if it has been at least 6 months since their second injection. People who have underlying health conditions, such as diabetes or high blood pressure, are over 65 or work in an environment which has a high risk of exposure are encouraged to seek out a booster at their local health department or pharmacy.

Here at SLC, we have established which of our residents are in need of a 3rd dose. Now that the Moderna vaccine is approved for booster doses, we will be reaching out to families to seek out their approval for the booster dose. We will not be able to have large clinics here like we ran before, so we are in the process of setting up a way to provide the boosters.

People should talk to their healthcare provider about their medical condition, and whether getting an additional dose or a booster is appropriate for them.



Ken practiced both writing and signing his name as part of the weekly IC program.

Independence can be seen as a continuum, with total dependence at one end and complete independence at the other extreme. No one is completely independent in all

areas, which also goes for people with I/DD. However, one can aim at guiding people with I/DD toward the most optimal level of independence that is attainable for an individual. To create a better understanding of how to promote independence in people with I/DD, perspectives need to be obtained from those whom it concerns the most, which are people with I/DD and those who support them. This is exactly what Mohr set out to do. She met with a core group of residents at SLC and talked with them about their ambitions, hopes, dreams and desires.

She then set up a program based on what they felt they needed.

The happiness and the knowledge that this young group of people has developed has empowered them to seek and grow in ways that they never knew was possible.

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