

the buzz

September 2020

FLU SHOTS

Flu shots will be offered for **FREE** to all City of St. Louis Active employees and employees covered under the City of St. Louis Medical Plan. Flu shot clinics will be administered by BJC BarnesCare and Anthem Blue Cross Blue Shield partnering with Visiting Nurses Association of Greater St. Louis.



Due to COVID-19 social distancing guidelines, appointments are highly encouraged - Make your appointment today!

- Call the BJC Health Line at 314-747-7234, Monday through Friday, 8 a.m.-6 p.m.

OR

- Sign-up online by visiting <http://www.bjc.org/beefit>

NOTE: Walk-ins will be subject to time availability.

Employees must bring the following to the flu shot clinic:

- Photo ID:** Employee ID or driver's license.
- Face Mask:** All employees are required to wear a face mask in order to receive a flu shot.
- Flu Vaccine Consent Paperwork:** This paperwork will be emailed to all participants prior to their appointment.
- Pen:** If you forget to bring your completed consent paperwork, you must bring your own pen to complete it at the clinic.

Due to COVID-19 social distancing guidelines, you must keep your scheduled appointment time.

If you cannot keep your scheduled appointment, contact BeeFit Wellness Coordinator Cathy Hargrove by email at hargrovec@stlouis-mo.gov.

High dose vaccine

- High dose vaccine is licensed only for those 65 years of age or older and is intended to create a stronger immune response in the person getting the vaccine.
- This vaccine will be available at Carnahan Courthouse, City Hall and 1520 Market Street flu shot clinics.
- If you would like to receive this type of vaccine, please contact BeeFit Wellness Coordinator Cathy Hargrove to receive the proper Flu Vaccine Consent forms. You can reach her by email at hargrovec@stlouis-mo.gov or call 314-622-4849.

Keeping you safe at the flu shot clinic

- To maintain social distancing guidelines, appointments will be spaced appropriately during clinic time.
- All worksites will be implementing and enforcing the wearing of masks and social distancing guidelines.
- While at the clinic, employees will be spaced six feet apart.
- Staff will appropriately sanitize workstations after each flu shot administered.

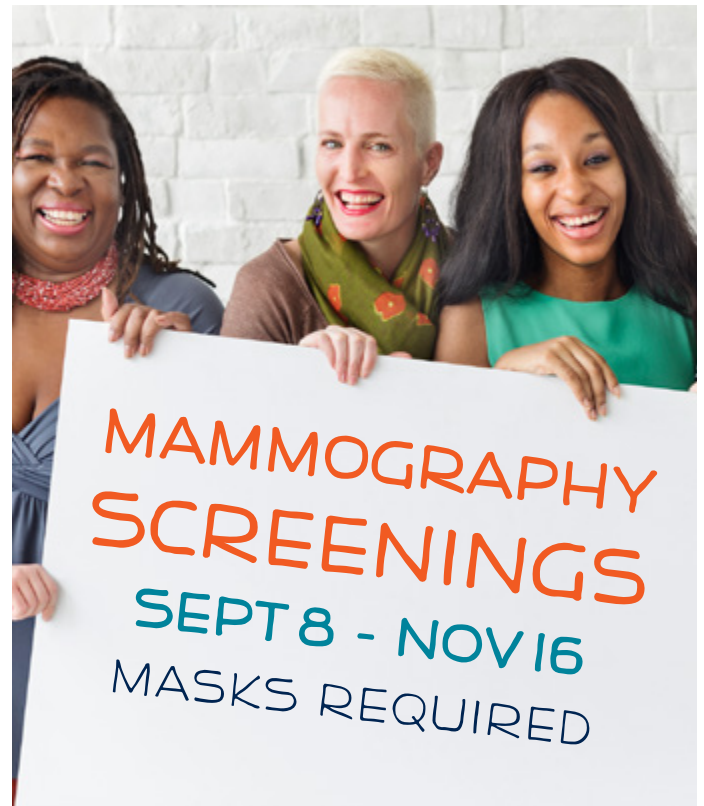
Ensuring staff safety

- Temperature checks will be performed on all staff prior to working the clinic.
- Any staff showing symptoms will not be allowed to work.

FLU SHOT SCHEDULE

DATE	LOCATION	TIME	ADDRESS
Sep 28	Police Division-Central Patrol*	7-9 a.m.	919 N Jefferson Ave., Outside Sally Port, St. Louis, MO 63016
Sep 28	Fire Department Headquarters A-Shift	10 a.m.-noon	1421 N Jefferson Ave., Auditorium, St. Louis, MO 63106
Sep 29	Emergency Medical Services Headquarters (EMS)	7-9 a.m.	2634 Hampton Ave., Lower Level Sim Lab, St. Louis, MO 63129
Sep 29	Fire Department Headquarters B-Shift	10 a.m.-noon	1421 N Jefferson Ave., Auditorium, St. Louis, MO 63106
Sep 29	Police Division-South Patrol*	2-4 p.m.	3157 Sublette Ave., Roll Call Rm., St. Louis, MO 63139
Sep 30	Fire Department Headquarters C-Shift	10 a.m.-noon	1421 N Jefferson Ave., Auditorium, St. Louis, MO 63106
Sep 30	Police Division-North Patrol*	2-4 p.m.	4014 Union Blvd., Outside Sally Port, St. Louis, MO 63115
Oct 1	Board of Elections	8:30-9:30 a.m.	300 N Tucker Blvd., Board Rm., St. Louis, MO 63101
Oct 1	Police Division-Academy	10 a.m.-noon	315 S Tucker Blvd., Gym, St. Louis, MO 63102
Oct 1	Equipment Services	1:30-2:15 p.m.	1900 Hampton Ave., Lunch Rm., St. Louis, MO 63139
Oct 1	Street Department	2:30-4 p.m.	1900 Hampton Ave., Outside North Employee Entrance, St. Louis, MO 63139
Oct 5	Police Division-Headquarters	9 a.m.-1 p.m.	1915 Olive St., 7th Floor Board Rm., St. Louis, MO 63103
Oct 6	City Hall	9 a.m.-noon	1200 Market St., Rotunda, St. Louis, MO 63103
Oct 6	Refuse Division	1-2 p.m.	1200 Central Industrial Dr., Ready Rm., St. Louis, MO 63110
Oct 6	Forestry Division	3-4 p.m.	1415 N 13th St., Garage, St. Louis, MO 63106
Oct 7	Carnahan Courthouse	7:30-9:30 a.m.	1114 Market St., Rm. 921, St. Louis, MO 63101
Oct 7	1520 Market Building	10:30 a.m.-12:30 p.m.	1520 Market St., Conference Rm. 1, St. Louis, MO 63103
Oct 8	St. Louis Lambert International Airport	7-9 a.m.	10701 Lambert Intl. Blvd., Concourse B, St. Louis, MO 63145
Oct 8	St. Louis Lambert International Airport-Material Management	9:30-10:30 a.m.	4780 St. Andrew Ln., Conference Rm., Bridgeton, MO 63044
Oct 8	Family Courts*	12-1:30 p.m.	920 Vandeventer Ave., Training Rm., St. Louis, MO 63108
Oct 8	City Justice Center	2:30-4:30 p.m.	200 S Tucker Blvd., Quiet Rm., St. Louis, MO 63101
Oct 13	Water Division-McRee	7-8 a.m.	4600 McRee Ave., Lunch Rm., St. Louis, MO 63110
Oct 13	Water Division-Kingshighway	8:30-9:30 a.m.	1640 S Kingshighway Blvd., Lower Level Conference Rm., St. Louis, MO 63110
Oct 13	Water Division-Howard Bend	10:30-11:30 a.m.	Waterworks Rd., Filter Plant Training Rm., Chesterfield, MO 63017
Oct 13	Water Division-Chain of Rock	1-2 p.m.	10650 Riverview Dr., Lunch Rm., St. Louis, MO 63137
Oct 13	Medium Security Institution	2:45-3:30 p.m.	7600 Hall St., Briefing Rm., St. Louis, MO 63147
Oct 14	Department of Parks, Recreation and Forestry	7-8:30 a.m.	5600 Clayton Ave., Conference Rm., St. Louis, MO 63110
Oct 14	Building Division	9:30-10:30 a.m.	2923 N. Broadway, Main Conference Rm., St. Louis, MO 63147
Oct 14	Laclede Garage	3-4 p.m.	3930 Laclede Ave, Lunch Rm., St. Louis, MO 63108
Oct 20	City Hall	9 a.m.-noon	1200 Market St., Rotunda, St. Louis, MO 63103

*Limited access sites: Only employees from these sites will have access.



Mammography Screenings

New Siteman Mammography Van screening procedures during COVID-19 pandemic

The following procedural changes will allow the Siteman Mammography Van to maximize patient and staff safety, while maintaining a standard of excellence in patient care:

- For the safety of patients and staff, **all patients will be required to wear a mask** in order to enter the van. Masks will be available for patients who need one. Patients who refuse to wear a mask will not be screened.
- At this time, the screening will be **unable to accommodate walk-ins** unless there is a cancellation in the schedule. Walk-ins will require advanced approval from the van technologist.
- Patients will be given a scheduled appointment time, and on screening day, they will be notified when they can enter the vehicle. Van staff will send a text message or phone call to the employee when the staff is ready for her to board the van.

Sep 8	St. Louis Lambert International Airport	10701 Lambert International Boulevard, St. Louis, MO 63145	9 a.m.-3 p.m.
NEW! Sep 9	City Hall	1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
Sep 18	1520 Market Building	1520 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.
Sep 28	Water Division-Kingshighway	1640 South Kingshighway Blvd., St. Louis, MO 63110	8:15 a.m.-1 p.m.
Nov 16	City Hall	1200 Market St., St. Louis, MO 63103	8 a.m.-3 p.m.

Skin Care While Wearing a Mask



Wearing a mask has become the new normal during the COVID-19 pandemic.

While masks are great at preventing virus spread, they are not so great for our facial skin. Wearing a mask can lead to dryness, irritation, skin breakdown and acne.

Here are some tips and tricks to keep your skin healthy presented by Dr. Courtney Crider, a board-certified dermatologist at the Boonslick Medical Group, Inc. located in St. Peters, MO.

1) Cleanse your face in the morning and evening

- Look for a gentle, fragrance-free facial cleanser to remove trapped dirt/oil.
- Avoid products like toners, alcohol, exfoliators and abrasive cleansers that may lead to further dryness.

2) Moisturize your face in the morning and evening after cleansing

- Look for a fragrance free, non-pore clogging moisturizer to add moisture to dry, irritated skin.

3) Protect and hydrate your lips throughout the day

- Look for a fragrance free ointment, like plain petroleum jelly, to add moisture to dry lips.
- Avoid scented lip balms as these make lips more irritated.

4) Skip makeup under your mask

- Makeup trapped under a hot mask leads to further clogged pores and skin irritation.
- If you must wear makeup, stick to eye makeup only or choose non-pore clogging/oil-free makeup.

5) Take mask breaks (if possible)

- If it is safe to do so, taking short mask breaks can give your skin time to breathe and decrease irritation.
- When removing mask, ensure you are away from others, your hands are clean and you only touch the outside of your mask.

6) Mask care

- Wash your cloth masks regularly to remove dirt, oil and skin cells.
- Choose breathable fabrics.

If you continue to have skin issues, see a board-certified dermatologist for additional recommendations.

September Exercise Tip: Shoulder Press



The shoulder press exercise strengthens the shoulders, upper back and arms (deltoids, trapezius and triceps muscle groups). For weight, you can use dumbbells, water filled milk jugs, canned goods, books, etc. You can lift both arms or lift one arm at a time. Complete this exercise to strengthen shoulders and arms as well as to improve your ability to reach overhead. It is recommended you consult with your physician before trying this exercise to determine if it is right for your needs.

Exercise Directions:

1. Stand or sit with weights in each hand.
2. Position weights slightly above shoulders with palms facing forward or palms facing in towards head (pinky finger facing forward).
3. If standing, knees and hips are slightly flexed. Avoid locking these joints.
4. Tighten abdominal muscles and roll shoulders back.
5. Lift weights overhead in line with or in front of ears. Elbows should remain directly under hands throughout movement.
6. Slowly return weights to starting position.
7. Repeat for 8-15 repetitions. Rest and if you like, repeat a second set of 8-15 repetitions.



Provided by:
Department of Personnel and BJC HealthCare
for the BeeFit Wellness Program

For more information:
Contact Cathy Hargrove at 314-622-4849 or
hargrovec@stlouis-mo.gov

Look for us on:  

 **BJC HealthCare**