



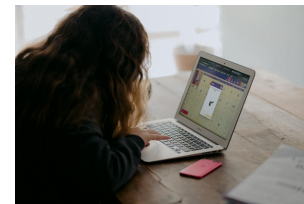
Living Well Newsletter

A monthly e-publication provided by Esse Health

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Preparing Your Kids For Virtual Learning At Home

Is your child learning virtually this year but not sure how to ease the transition from in-person to virtual learning? Dr. Leanne DePalma with Esse Health Tesson Ferry Pediatrics offers tips on how to make the transition easier for your child.



Click [here](#) for the full article.

Click [here](#) to learn more about Dr. DePalma

Esse Health Now Offers Child Psychiatry

We are pleased to announce Esse Health now offers Child Psychiatry! Child Psychiatrist Katie Wilson, M.D. is seeing patients at the Esse Health Child Psychiatry - O'Fallon and Esse Health Child Psychiatry - Watson locations.

Dr. Wilson is board certified in Child, Adolescent and General Psychiatry. She provides psychiatric evaluations, medication management and counseling

services for patients under the age of 18. Dr. Wilson will also collaborate with Primary Care Providers to deliver the highest quality patient care. Talk to your pediatrician to learn more about Dr. Wilson.



Esse Health Welcomes Jason Hand, M.D.

We are pleased to announce Dr. Jason Hand is joining Esse Health on October 1, 2020. Dr. Hand joins Esse Health from the Mercy Health system. He will see patients at our Family Focus Healthcare office, 13303 Tesson Ferry Rd., Suite 105, St. Louis, MO 63128.

A St. Louis native Dr. Hand is board certified in Internal Medicine with a keen focus on preventative medicine. He has a particular interest in geriatric populations in addition to management of complex medical diseases such as diabetes, COPD, Hypertension and Chronic Kidney Disease. Dr. Hand has been recognized by the National Committee of Quality Assurance and the American Diabetes Association for patient care in diabetes. Appointments with Dr. Hand can be made by calling 314.722.2862.



Taking Care Of Diabetes Now Available Virtually

Esse Health invites you to a virtual Taking Care of Diabetes (TCD) group meeting, from the comfort of your home! Below are the meetings for September and October. Click the date/time of the meeting(s) you want to attend to register as space is limited.

Healthy Eating and COVID19 Update:

[Monday, August 31, noon](#)

Healthy Coping: Seeking Support, Healthy Coping Strategies and a Simple Meditation Practice

[Monday, September 14, 4 pm](#)

[Tuesday, September 15, 10:30 am](#)

10 Ways to Move More to Improve Blood Sugar and Fall Comfort Foods

[Friday, October 9th, 8:30 am](#)

[Thursday, October 15th, noon](#)

Once you've registered you'll receive an email to sign the consent form and the link/phone number for the virtual meeting (via Webex). You can watch via Webex or just listen via a Webex phone number.

If you have any questions, please contact Mindy Musselman at 314-851-1033 or mmusselman@essehealth.com. These virtual TCD meetings are free of charge.

Join Esse Health Virtually For The LLS Light The Night Walk!

On Thursday, October 8th, Esse Health employees, patients, family members and friends will join many others virtually for the Leukemia and Lymphoma

Society's annual Light The Night Walk. The purpose of the Walk is to raise awareness of leukemia, lymphoma, Hodgkin's disease and myeloma.



Click [here](#) to join the Esse Health Team and we hope to see you on October 8th!!!

Esse Health's COVID-19 Safety & Wellness Plan

These are challenging times. There is a lot of information out there - some of it is accurate, but there is also a lot of misinformation. At Esse Health, we are working hard to provide you with the most accurate and up-to-date information available. Your Esse Health team is going above and beyond to keep you and our staff healthy and safe. When you visit your Esse Health office, you will find:

- Everyone is screened before entering the office
- Waiting times are limited
- Everyone - staff and patients - wear masks
- Sick patients are separated from patients in the office for regular checkups



We have increased cleaning protocols in our offices and we will continue to monitor and update these measures as new information becomes available to us.

We also urge you to continue to take measures to keep yourself and those around you safe. These measures are known to reduce the spread of the virus.

- Wash your hands often and thoroughly for at least 20 seconds
- Use hand sanitizer when washing your hands is not possible
- Practice social distancing
- Don't touch your face!!! Mouth- Eyes-Nose
- Wear a cloth face mask covering your nose and mouth when out in public

It is safe to visit your Esse Health office. If your Esse Health doctor is recommending an office visit, rest assured we are taking every precaution to keep you safe.

Providing health care to patients at 45 convenient locations across the St. Louis Metro area.

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