



In Memoriam

Gil Copley

A public health advocate, mentor to many and gentleman to all, Gil Copley transformed the St. Charles County Department of Community Health and the Environment into the highly respected entity it has become through gentle guidance, support and professionalism. Copley, 67, died November 18, 2012, of lung cancer.

A public health professional for more than 33 years, Copley joined the St. Charles County health department as director in 1996. Under his leadership, the department introduced and enhanced many outstanding programs to serve citizens and businesses of the region. As a testament to his commitment to public health advocacy, St. Charles County consistently ranked among Missouri's healthiest counties during Copley's tenure.

Prior to joining St. Charles County, Copley worked with the City of St. Louis Health Department, where he advanced to Deputy Health Commissioner. He also chaired or served on several state, regional and local committees, including: the Board of Directors of the St. Louis Area Regional Response System (STARRS), the St. Charles County Local Emergency Planning Committee (LEPC), the Missouri Department of Health and Senior Services Directors' Advisory Council for Local Public Health, the Partners for Progress Greater St. Charles Health Committee and the Greater St. Charles County Chamber of Commerce Health and Environment Committee. In addition, he served on the adjunct faculty for the St. Louis University School of Public Health and regularly lectured to students in the Master of Public Health degree program each semester.

Copley grew up in Kirkwood, Missouri, as the oldest of three siblings. He was active in the Boy Scouts of America, advancing to the rank of Eagle Scout. His childhood hobbies included sailing and photography, a pastime that continued throughout adulthood.

Copley graduated from Kirkwood High School in 1963 and earned a Bachelor of Science in business administration from the University of Missouri - Columbia. He also earned a master's degree in health service management from Webster University in St. Louis County.

During the Vietnam War, Copley served as a member of the United States Army (active duty from May 1967 through April 1969). He fought during the Tet Offensive, as a member of the 2nd Battalion, 27th infantry regiment. While in Vietnam, he was awarded the Purple Heart and received a Combat Infantryman Badge and a Bronze Star. Upon returning home, he completed four years in the Army Reserve.

Gil's passing is a significant loss for the members of this department, both as a leader and a cherished friend. Our deepest condolences are extended to his wife, Janet, his children and grandchildren. He will be missed!



Education, Prevention & Testing Lessen Impact of STDs

Sexually transmitted diseases (STDs) are caused by infections passed from one person to another through sexual contact. The Centers for Disease Control and Prevention estimates that approximately 19 million new STD infections occur each year in the United States. To fight this spread and to prevent these diseases from impacting the rest of your life, smart decision-making, education and frank discussions are required.

The most reliable way to avoid the spreading of STDs is to abstain from any sexual contact or to be in a long-term, mutually monogamous relationship with an unaffected partner, but those who are sexually active can take steps to help prevent transmission. Studies show that using latex condoms (or polyurethane condoms if allergic

to latex) will reduce risks if used properly and consistently — although it must be understood that this is not 100% effective.

The STD Prevention and Treatment clinic provides confidential testing, treatment and educational counseling. Appointments are required for services. To schedule an appointment, please call 636-949-7401.

Effective September 1, 2012, visits to the clinic are now \$10, and most all testing and counseling services are included in this new fee structure (except for a herpes culture test that carries an additional \$40 charge).

HEALTHY RECIPES

Each month, we take a traditional recipe and offer a healthy alternative. This time, we present the start to a Sunday evening family dinner.

Pork Tenderloin with Country Mustard Cream Sauce

Recipe makes six servings. One 4 ounce serving contains 212 calories, 6 grams of fat, 177 mg of sodium, 10 grams of carbohydrates, 68 mg of cholesterol and 28 grams of protein.

Ingredients

- 2 tsp olive oil
- 1 1/2 pound pork tenderloin (cut into 4 oz slices)
- 1 cup diced onion
- 1 12-oz can evaporated non-fat milk
- 2 Tbsp coarse Dijon mustard
- 2 tsp fresh chopped rosemary
- 2 tsp minced chives
- 1/4 cup minced parsley
- ground pepper to taste

Steps:

1. In a large skillet over medium heat, warm the olive oil. Add pork slices and saute on each side for 6-7 minutes, until no pink remains. Remove the pork from the skillet.
2. In the same skillet, saute diced onions in the pork drippings for 10 minutes. Add evaporated milk, mustard and rosemary. Bring to a boil and then lower heat to simmer for one minute.
3. Return pork slices to the skillet mixture and simmer for 5 minutes.
4. Add chives, parsley and ground pepper to pork. Simmer for 3 more minutes and serve.

(Recipe courtesy of *Diabetic Meals in 30 Minutes - Or Less!* by Robyn Webb)

Give A Natural Gift This Holiday Season



After the holiday, recycle your natural Christmas at sites throughout St. Charles County. This service is available at no cost to you!

Call 636-949-1800 for locations near you.

HELP US FIND A HOME

The Pet Adoption Center (at 4850 Mid Rivers Mall Drive) has completed more than 25,000 successful pet adoptions since opening in November 1999.

If your family is seeking to add a dog, cat, puppy or kitten this year, click this ad or call them today at



(636) 949-PETS.



Helpful Phone Numbers

Division of Public Health (636) 949-7400	WIC (636) 949-7402
Immunizations (636) 949-1857	Recycle Works Central (636) 949-1800
Vital Records (636) 949-7558	Recycle Works West (636) 949-1800
Health Education and STD Clinic (636) 949-7401	Division of Humane Services Pet Adoption Center (636) 949-7387
Division of Environmental Health and Protection (636) 949-1800	Animal Control (636) 949-7347

Include Safety As Ingredient in Holiday Meals

Food borne illnesses cause an estimated 76 million Americans to become sick each year, but you can help make your feast a success by simply following the golden rules of food safety.

With holiday festivities often lasting several hours, it's important to prepare and serve your food safely. The four keys to food safety are: **CLEAN** all preparation areas, hands and utensils and foods before, during and after preparation; **SEPARATE** raw and cooked foods; **COOK** foods to their proper internal temperatures; and **CHILL** to keep bacteria from forming.

Holiday food safety is often just a matter of degrees. Simply keeping hot foods hot and cold foods cold will minimize dangers, as bacteria can form when temperatures linger between 40 and 140 degrees Fahrenheit. Prior to cooking, be sure to refrigerate or freeze perishables. When cooking, internal temperatures must reach a minimum of 165 degrees for poultry, soups

and stuffings and at least 145 degrees for pork, beef, fish and lamb to kill bacteria that may have developed. Use a thermometer that is inserted into the thickest part of the item to ensure proper temperatures.

Another food safety rule to follow when hosting long holiday parties is: **DO NOT** leave foods out at room temperature for more than two hours.

For information on hosting a healthy and safe holiday party, visit www.FOODSAFETY.gov.



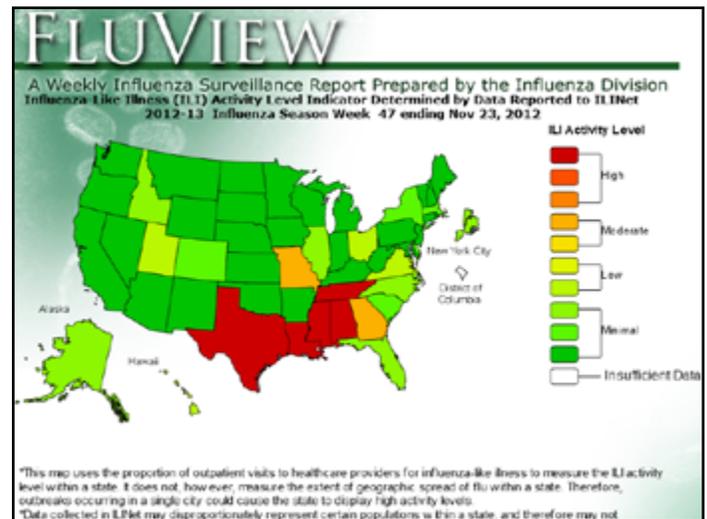
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Make a Toy List, Check It Twice For Safety

A common question this time of year is "What is the hottest toy for my child?" However, one should also consider which products are safest and most appropriate for your loved ones.

Every year, thousands of children experience toy-related emergencies because of faulty manufacturing or products that are inappropriate for certain age levels. These preventable events can involve choking, accidental ingestion, eye injuries and other physical harms.

To help care-givers in their search, the Consumer Product Safety Commission requires toy manufacturers to meet stringent safety standards and to label those toys that could cause potential hazards if not used properly. These label restrictions give age recommendations and list other safety concerns. Even with these labels and assistance, it is up to parents themselves to best determine if a toy is appropriate.

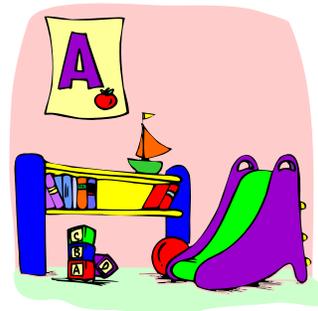
One way to help make this determination is to assess

how the toy will be used, or how it could possibly be misused. Avoiding items that have sharp edges that could easily be broken or that have parts that can be propelled will help to maximize safety. Toys with long strings or

cords are dangerous for infants and young children, as they can choke someone if swallowed or can become entangled around a child's neck. Those with small parts or parts that may be removed can become a choking hazard as well. In addition, electric toys and battery-operated objects have a potential fire or shock hazard and must be operated under adult supervision.

Teaching children to put toys away will help to lengthen the object's life and will minimize safety risks. It will also help to keep toys away from unsupervised, younger siblings.

To view more information on product safety, please visit the [CPSC website](http://www.cpsc.gov).



Get a Good Night's Sleep For Better Health

How did you sleep last night? A recent study declared that nearly one quarter of the U.S. population does not get enough quality sleep, which can have a detrimental effect on day-to-day activity and on long-term health.

Although there are no definitive answers to the question "Why do humans require sleep?," there are a few theories. One common theory is that sleep helps the body to repair and restore itself. Another theory suggests that sleep is the time in which the brain develops, which is why it's most important that infants and children get enough rest.

The National Sleep Foundation notes that although there is no set rule for the number of hours one should sleep, a good rule of thumb is that:

- Newborns (0-2 months) should get 12-18 hours of sleep each day
- Infants (3-11 months) require 14-15 hours per day
- Toddlers (1-3 years) need 12-14 hours each day
- Preschoolers (3-5 years) require 11-13 hours
- School Children (5-10 years) should get 10-11 hours per day
- Teens (10-17 years) need 8.5 -9.25 hours a day
- Adults (18 and older) should get 7-9 hours of sleep



In addition to impairing alertness, concentration and judgment during day-to-day activity, insufficient sleep has been linked to many chronic illnesses. Research shows that a lack of sleep may lead to Type 2 diabetes, as sleep may have a connection to blood sugar levels. Those with sleep apnea (disturbed breathing patterns while sleeping) are at higher risk for cardiovascular disease, stroke and hypertension. Research also appears to show a link between poor sleep and obesity — especially in children.

The National Sleep Foundation offers several tips for developing healthy sleep patterns. The first recommendation is to go to bed at the same time each night and to wake up at the same time in the morning. Second, a room that is quiet, dark and at a comfortable temperature will help create a relaxing environment. The Foundation cautions that one should only use their bed for sleeping. Fourth, although physical activity may help to make you tired and relaxed, it should not be done within three hours of your intended bedtime. Last, finish eating at least three hours prior to sleep to achieve a more comfortable rest.

For more information and tips on getting a good night's sleep, please click [HERE](#).

What You Don't Know MAY Hurt You

According to The Patient Protection and Affordable Care Act, health literacy is the degree to which individuals have the capacity to obtain, communicate, process and understand basic information to make appropriate health decisions. Simply put, health literacy affects a person's ability to make informed, healthy choices. Nearly 9 in 10 adults cannot understand and use health information to their benefit, which often leads to adverse health outcomes and increased health costs.

People with limited health literacy often lack knowledge or have misinformation about the body, as well as the nature and causes of disease. Without this knowledge, they may not understand the relationship between lifestyle factors (like diet and exercise) and various health outcomes. People with low health literacy are also:

- More likely to be hospitalized
- More likely to use emergency rooms
- More likely to have medication or treatment errors
- Less likely to complete their treatment plans
- Less likely to obtain preventative care

The primary responsibility for improving health literacy lies with public health professionals and health

care systems. These entities must ensure that health information and services can be easily understood and used by all. There are many challenges to educate, prepare and assist people in obtaining the resources they need to make good health decisions, but strategies such as clear communication, using plain language, will help improve health literacy.

Patients themselves must also take control and become competent consumers. Ideally, patients and doctors work together to achieve the best possible level of care. An important part of this partnership is clear communication. Asking the right questions — obtaining quality information about prevention, diagnosis, treatment and recovery — helps ensure safety, prevent errors and improve health. Taking along a family member, friend or caregiver to help communicate with your doctor can help. So can writing down questions or concerns in advance of your appointment.

Health Literacy Missouri works to close the gap between patient skills and the demands of the health care system. If you would like more information about how health literacy affects Missourians, please click [HERE](#).