

Does Your Church Have a Plan?

Tornadoes, flooding, winter storms, fires, active shooters and widespread illnesses are just a few of the many dangerous and disruptive events that could severely impact our community. If these events were to occur, many would look to nearby faith organizations for support.

“Like we saw during the response to the May tornado through St. Charles County and the flooding along the Mississippi River in June, the people and faith organizations within our community are eager to help in times of need,” Sheila Harris-Wheeler, chairperson for St. Charles County’s Community Organizations Active in Disaster coalition said. “With this workshop, we will outline steps that church leaders can take to protect their congregations and to provide assistance to others once they know their members are safe.”

To help congregations develop a plan that can help mitigate damages, recover quickly and provide community support, a collection of agencies in Lincoln, St. Charles and Warren counties will present a **Faith-Based Emergency Planning Workshop** on Thursday, Jan. 23, 2014 (8 a.m. to 1 p.m.). Hosted at the Community Commons inside the [St. Charles City-County Library District’s Spencer Road branch](#) (located at 427 Spencer Road, St. Peters MO 63376), the workshop will provide churches and faith leaders with tools to develop an

FEATURED PRESENTERS JAN. 23, 2014

Reverend Randy Gariss

College Heights Christian Church (Joplin, MO)
*“Reflections on a Fateful Day,
the May 22, 2011 tornado”*

and

Dan Steska

UMCOR (United Methodist Committee on Relief)
*“Taking the First 10 Steps to Creating
a Church Preparedness Plan”*

emergency preparedness plan.

Representatives from each church attending the workshop will receive a binder and materials that will provide the first steps to prepare for, respond to and recover from natural disasters, disease outbreaks and other emergencies. Along with the organizational binder, individual attendees will also receive information on support resources and agencies available to help in times of need.

The event is open to faith leaders and security/health teams

from all denominations. However, as space is limited, the planning committee asks that no more than four individuals per church register. To register for this free workshop online, please visit

<https://www.eventbrite.com/event/8532162929> or contact Doug Bolnick by phone at (636) 949-7408. Registrations must be completed before Jan. 17, 2014.

The ability for the community to become better prepared for events that could occur and to recognize a plan of action to respond once they do will go far towards a strong recovery in the future. A preparedness plan that is consistent with the goals and objectives of the organization can aid in this recovery, as long as the plan offers clearly defined roles and responsibilities for the membership. It is also crucial that management personnel and the membership as a whole are familiar with the guidelines detailed in the plan.

Agencies presenting the Jan. 23, 2014, **Faith-Based Emergency Planning Workshop** include the American Red Cross, Barnes-Jewish St. Peters Hospital, Baue, the Community Council of St. Charles County, Community Organizations Active in Disaster, Crider Health Center, Lincoln County Government, the Lincoln County Medical Center, St. Elizabeth Ann Seton Catholic Church, the St. Charles County Citizens Corps Council, St. Charles County Government, Sts. Joachim and Ann Care Service, St. Peter Catholic Church, the Salvation Army, the United Way and Warren County Government.



Give The Environment A Holiday Gift

After the Yuletide celebration, give the environment a gift by recycling your natural Christmas tree so that it may be turned into mulch or fish habitat. The Division of Environmental Health and Protection partners with area municipalities to offer residents this free service at various sites throughout our community, including the County's Recycle Works locations in St. Charles and Wentzville. Before bringing natural trees to one of the locations below, residents must be sure to remove the tree stand, all decorations and any plastic bags or coverings.

To further assist the community this season, the Recycle Works West and Recycle Works Central locations offer free recycling of non-foil gift boxes, wrapping paper and unwanted Christmas tree lights for St. Charles County residents.



Before recycling your natural tree after the holidays, be sure to remove all decorations, lights and the tree stand.

CHRISTMAS TREE COLLECTION SITES

St. Peters

Laurel Park (upper parking lot), off McClay Road
 St. Peters Golf & Recreation Center, 200A Salt Lick Road
 St. Peters Earth Centre, 115 Ecology Drive
 Open 7:30 a.m. to 4:45 p.m., Mon thru Sat, Dec. 28 to Jan. 18

Wentzville

Progress Park (parking lot), 968 Meyer Road
 Open 7 a.m. to 3:30 p.m., from Dec. 26 to Jan. 18

O'Fallon

Civic Park (upper parking lot), 400 Civic Park Drive
 O'Fallon Sports Park, 3589 Highway K
 Locations open from dawn to dusk, Dec. 26 to Jan. 13

Lake Saint Louis

Founders Park, 7 Freymuth Road
 Open during daylight hours, Dec. 26 to Jan. 13

St. Charles County

Recycle Works Central, 60 Triad South (St. Charles)
 Recycle Works West, 2110 East Pitman Avenue (Wentzville)
 8:30 a.m. to 4:30 p.m., Mon through Sat, Dec. 26 to Jan. 22

Quail Ridge Park, 5501 Quail Ridge Parkway (Wentzville)
 Open 7 a.m. to sunset, Dec. 26 to Jan. 22

HEALTHY RECIPES

Each month, we take a traditional recipe and offer a healthier alternative. This time, we're preparing a hearty favorite that brings an extra serving of vegetables to your plate.

Mushroom Beef Sloppy Joes

Recipe makes four, one cup servings. One serving contains 280 calories, 11 grams of fat, 240 mg of sodium, 37 grams of carbohydrates, six grams of fiber and 13 grams of protein.

Ingredients

8 ounces, white button mushrooms	8 ounces cremini mushrooms
1/4 pound 90% lean ground beef	1 1/2 tbsp canola oil
1/2 cup chopped onion	1 garlic clove (minced)
1 tbsp chili powder	1 tbsp brown sugar
1 tsp cider vinegar	1/8 tsp ground black pepper
8 oz can, no salt added tomato sauce	4 whole-wheat hamburger buns

Steps:

1. Chop mushrooms into 1/4 inch or smaller pieces.
2. Heat a saute pan over medium-high heat. Add ground beef and mushrooms to pan. Cook until meat is browned.
3. Remove mushroom/meat mixture from pan and set aside.
4. Add oil, onions and garlic to pan. Cook until onions are golden.
5. Return mushroom/meat mixture to pan and also add remaining ingredients.
6. Simmer mixture for additional 10 minutes on low.
7. Serve on whole-wheat buns.

(Recipe courtesy of *Healthy Eating Tips* - www.choosemyplate.gov)

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
Division of Environmental Health and Protection (636) 949-1800	(636) 949-7387 Animal Control (636) 949-7347

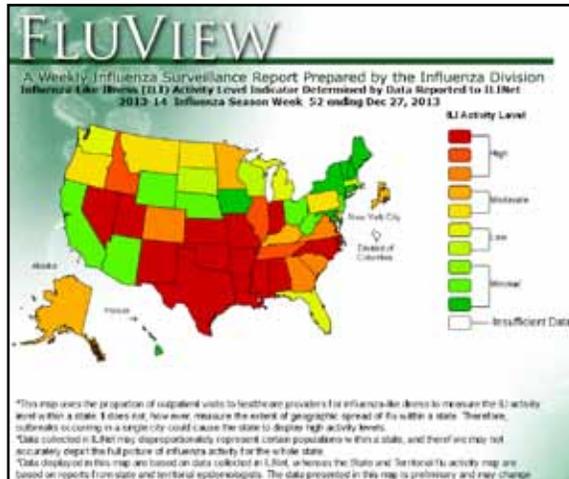
Give Hands a Scrub to Protect Your Health

As we battle through flu season and continue throughout the year, we find numerous studies reporting that regular hand washing with soap and running water is crucial to protecting your health.

Proper hand washing has been found to reduce the number of people who get sick with diarrhea by 31 percent and to reduce respiratory illnesses by 21 percent. Therefore, you should wash your hands whenever working with food or eating, after using the restroom or caring for the sick, and after touching an animal or garbage.

Proper technique is a simple process, with easy-to-follow steps:

1. **Wet hands with clean, running water.**
2. **Apply soap and lather by rubbing hands together.**
3. **Scrub hands for at least 20 seconds** (about the time to hum the "Happy Birthday" song from start to finish. This lathering will create friction on the



surface of your skin, which will in turn help to lift dirt and microbes. Be certain to scrub the entire length of your hand and fingers, including on and below the nails.

4. Rinse hands with clean, running water. The running water will rinse away the collected germs and minimize skin irritation that may develop from interaction with soap.

5. Dry hands thoroughly. Germs can redevelop more easily on wet hands, so drying is important. It is not determined what is the most effective

method for drying, but using a clean towel is more environmentally friendly.

6. Use a towel to turn off water faucet and open doors.

Although washing with soap and water is most effective, if they are not available — use a sanitizing gel that contains at least 60 percent alcohol. For best results, apply a small amount of the gel in the palm of one hand, rub hands together to spread the gel, and continue rubbing until hands are dry. While these gels reduce the number of microbes, they do not eliminate all germs and aren't as effective when hands are very dirty or greasy.

To learn more about the benefits of hand washing, please visit the [CENTERS FOR DISEASE CONTROL AND PREVENTION WEBSITE](#).

Follow us today! @SCCHealth



Clean Water Improves Health and Environment

Making up more than 70 percent of our bodies and a large portion of the planet as a whole, water is vital to our existence. A human can only live for about three days without water, and water is necessary for much of our industrial and agricultural production.



Water helps the body in many ways. Drinking an adequate amount of water each day maintains healthy body weight and reduces many illnesses and ailments. Hydration also improves skin quality and ensures the proper formation of skin cells. Lastly, it helps to maintain a normal temperature, improve circulation and remove waste.

In addition to helping us, water is an important aspect of our business community. Farmers and other agricultural entities require fresh water for growing crops and raising livestock. Whereas, manufacturers use water for production of goods and maintenance of equipment.

The majority of St. Charles County residents and business owners obtain public water from sources related to the Mississippi or Missouri rivers, while some households have their own private wells. The Division of Environmental Health and Protection assists municipal, state and federal agencies to ensure that this water and additional watersheds (lakes, ponds, streams and others) are safe for public use. By regulating water supplies and conserving them for the future, public health agencies and others have greatly reduced incidences of deadly illnesses and helped maintain a healthy environment. For information on water quality within St. Charles County and resources within our community, please visit [THE DIVISION OF ENVIRONMENTAL HEALTH AND PROTECTION WEBSITE](#).

Set **SMART** Goals To Achieve New Year's Results

At the start of another new year, many will strive to improve themselves. Whether your New Year's Resolution calls for losing weight, stopping smoking, volunteering in the community, becoming a better member of your family or something else, you must make certain that your decision is **SMART**.



SMART goal setting is the best way to ensure that you will reach your target and truly make this behavior a part of your regular routine. There are five keys to **SMART** goal-setting:

S - The first step is to focus on a **SPECIFIC** goal. You must know what you're trying to achieve to make it happen. As opposed to just losing weight, your goal should be to drop a specific number of pounds and to set a plan of attack for meeting this.

M - The second step is a goal that is **MEASURABLE**. Knowing how close you are to matching the results and keeping track of the accomplishment you've achieved will keep you on target.

A - The third characteristic of a good goal is to make something that's challenging, yet **ATTAINABLE**. If your goal is large, it might be easier to set smaller chunks that will collectively build to the final target.

R - The fourth step is to make your goal **REALISTIC**. You will not lose 50 pounds in the first week of your effort, but you can make simple changes to reach the target on a reasonable schedule.

T - The final step is to make the goal **TIMELY**. Give yourself a target time to meet the goal, so that you can stay on track and reward yourself for finishing.



PAC Asks For Doghouses, Shelters This Season

Even with their thick and furry coats, dogs require shelter from winter's chill. The Pet Adoption Center asks for your help in providing shelters to pets this winter. Throughout the year, staff distributes donated doghouses to those in need of assistance, but that supply has run out as the weather's changed. The Center requests doghouses of all types (any size, shape and construction — both store-bought and home-made), as well as clean bedding, straw and other materials.

In addition to helping others, take a few moments to make sure your own pet is safe and sound this winter. If you are unable to bring your pet inside during

Requested Donations

- Doghouses/Shelters
- Dry food (dogs and cats)
- Grooming supplies
- Nail clippers
- Cat litter
- Cleaning supplies
- Toys
- Collars and leashes
- Blankets or towels

To contribute items, please call us at (636) 949-PETS.

the cold winter months, please make sure that your shelter provides a solid protection from the wind and is located off the ground to minimize heat loss. The entry door should be positioned away from the prevailing wind, and the shelter should be snug (while allowing the dog an opportunity to move around easily). Make sure to change water and food bowls regularly to prevent freezing, and see that outdoor dogs receive a few more calories than in normal weather. Do not allow pets to walk or lie directly on heated mats, as this could cause burns, and avoid space heaters or heat lamps that could lead to fires.

To learn more about the Division of Humane Services, please click [HERE](#).

