Is Your Church *PREPARED*?

In a disaster, many look to their faith as a means for support. When a tornado, flood, fire, disease outbreak or other emergency impacts our community, faith organization leaders may wonder — "*What Can We Do to Help?*" or "*What Resources Can Help Us?*".

To help answer those questions and to illustrate plans available to help individuals, families and entire organizations, a variety of agencies in Lincoln, St. Charles and Warren counties are teaming to present a *Faith-Based Emergency Planning Workshop* on Tuesday, May 7 at Quail Ridge Lodge (*inside St. Charles County's Quail Ridge Park*). Beginning at 9 a.m., the workshop will help congregations prepare for, respond to and recover from potentially dangerous or disruptive events. To register, please call (636) 949-7408.

Among the topics to be covered during the *Faith-Based Emergency Planning Workshop* are:

- The Impact of Preparedness Planning on Recovery
- I Didn't Know What I DID NOT KNOW!
- How to Develop a Family and Individual Preparedness Plan
- How and Why Develop an Organizational Plan?
- Getting Involved – the Next Steps

Open to all denominations, the conference will emphasize planning as a means for protecting the congregation and reducing the disruption of normal operations for the organization.

Sponsoring agencies are: the American Red Cross, Barnes-Jewish St. Peters Hospital, Community Council of St. Charles County, Community Organizations Active in Disaster, Crider Health Center, the Lincoln County Emergency Management Agency, the Lincoln County Health Department, Lincoln County Medical Center, Progress West HealthCare Center, St. Charles County Government, the St. Charles County Ambulance District, Sts. Joachim and Ann Care Service, SSM Health Care, the State of Missouri, and Warren County Government.

PUBLIC HEALTH CALENDAR

Our staff and regional partners host educational programs and informational meetings to help members of the community live healthier lives. Here's a sample of events offered this month:

- May 7 - *Faith-Based Emergency Planning Workshop* (church leaders learn ways to help members and their organization plan for disasters) - 9 a.m. - Free - Quail Ridge Lodge - See main article for information.
- May 15 - *Re-Use Mercantile Sale* - features government surplus and other recycled items - 11 a.m. to 3 p.m. - Recycle Works Centers.
- May 24 - *Parenting 101* - Current or expecting parents that qualify learn child safety tips and receive a *FREE* car seat upon completion - Health Department Conference Room - 9:30 a.m. - Free - Please call (636) 949-7400, x6255, to register.

View our *Activities Calendar* for a complete list of upcoming Department of Community Health and the Environment programs.

Save Your Skin Through Sun Safety

Although vital for the survival of every living thing, too much exposure to the sun's rays can have damaging effects. As the most common form of cancer, skin cancer was diagnosed in more than 60,000 Americans in 2009 and caused more than 9,000 deaths.

As we enter May with warmer weather and longer, sunnier days ahead, it's important to protect yourself and your family from the _harmful effects of too much sun_. Many consider a tan to be an attractive feature that is a sign of good health, but melanin (the pigment that colors the skin and shows off as a tan) is actually a signal that skin cells have been damaged by ultraviolet (UV) rays.

Although each person reacts differently, everyone's skin can be harmed by too much sunlight, and one in five Americans will develop skin cancer in their lifetime. In addition to potentially deadly cancers, excessive sun exposure can cause irreversible damage like premature aging, vision defects, and a suppressed immune system.

Avoiding peak periods (10 a.m. to 4 p.m.) when UV rays are strongest is the best way to minimize your risk, but taking other steps adds to your protection. A person can be at risk even when skies are cloudy, so wearing clothing like wide-brimmed hats, long-sleeved shirts and long pants will cover skin to add protection. Using a sunscreen with a sun protection factor (SPF) of 15 or higher on all exposed areas will protect from UVA and UVB

rays, but this sunscreen must be continually re-applied — especially after excessive sweating or time in the pool. Be aware that sunscreen can expire within three years of purchase and should be discarded after this expiration date or if exposed to excessive temperatures. Sunglasses that block UVA and UVB rays are necessary to protect your eyes from the potentially damaging effects of UV rays. You can also reduce the risk of exposure by remaining in the shade of a tree, an umbrella or an overhang, but you should also apply sunscreen with this for maximum protection.

To learn more about the consequences of excessive sun exposure, our Health Education staff offers _free Sun Safety presentations_ to schools and community groups.

LET'S TALK...

Are you interested in learning how community health impacts your life, your business and your community? Invite a member of our staff to speak with your organization about public health topics and education, emergency preparedness and other opportunities. Programs typically last about one hour but can be tailored to your organization's needs. For availability and topics offered, please visit our _website_.

Helpful Phone Numbers

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

HEALTHY RECIPES

Each month, we take a traditional recipe and offer a healthier alternative. This time, we present a spicy surprise to feature at your Cinco de Mayo celebration.

Chicken Breast with Chipotles

Recipe makes four servings. One serving contains 215 calories, 10 grams of fat, 79 mg of cholesterol, 356 mg of sodium, three grams of carbohydrates and 27 grams of protein.

Ingredients
1 Tbsp prepared mustard
1/4 tsp salt
1/4 tsp black pepper
4 4-ounce boneless, skinless chicken breast halves
1 Tbsp olive oil (divided into two 1/2 Tbsp sections)
1 cup sliced mushrooms
1/4 cup half-and-half
3/4 cup low-fat, low-sodium chicken broth
2 to 3 chopped, seeded chipotle chiles (or amount to preferred taste)
2 garlic cloves, minced

Steps:
1. Mix mustard, salt and pepper. Spread mixture evenly over chicken breast halves. Refrigerate for at least one hour.
2. Heat 1/2 Tbsp of olive oil in a large skillet over medium-high heat. Saute mushrooms in oil for 4-5 minutes (stirring constantly). Remove mushrooms from skillet and keep warm. Add remaining oil to skillet and add chicken. Brown breasts for 15-20 minutes, turning once.
3. While cooking chicken, combine half-and-half and broth in a separate saucepan over medium-low heat. Add chiles and garlic, and bring to a low simmer. Cook mixture for 10 minutes until slightly thickened - stirring constantly. Place mixture in a blender and blend until smooth.
4. Place chicken on a service platter. Pour cream mixture over chicken and top with sliced mushrooms before serving.

(Recipe courtesy of _Diabetic Meals for Latinos by Olga Fuste_)

WIC Expands Income Eligibility

Through the Division of Public Health's Women, Infants and Children Program (WIC), St. Charles County provides specific nutritious supplemental foods and nutrition education at no cost to pregnant and breastfeeding women, postpartum women, infants, and children up to age five. The program recently introduced an expansion of the income eligibility guidelines, which will allow a larger number of growing families to participate.

Family Size	Annual	Monthly	Weekly
2	$28,694	2,392	552
3	36,131	3,011	695
4	43,568	3,631	838
5	51,005	4,251	981
Each Additional Family Member			
	+7,437	+620	+144

For the entire income guideline schedule, please visit
http://health.mo.gov/living/families/wic/eligibility_income.php.

Administered at the Federal level through the U.S. Department of Agriculture and at the state level by the Missouri Department of Health, Bureau of Nutrition Services and WIC, the **St. Charles County WIC Program** is based at the Division of Public Health office at 1650 Boone's Lick Road in St. Charles. Persons interested in applying for WIC services in St. Charles County, or in need of more information, should make an appointment by phone at (636) 949-7402 during work hours (8:30 a.m. to noon and 1 to 4:30 p.m., Monday through Friday – except holidays).

Studies confirm that women who participate in WIC have fewer low birth weight babies, experience fewer infant deaths, see the doctor earlier in pregnancy and eat healthier. The primary services provided through this no-cost program are health screening, risk assessment, nutrition education and counseling, breastfeeding promotion and referrals to additional health care. By participating, eligible families will receive checks or packages of nutritional foods that are designed to maintain overall health and aid in development.

WIC supplemental food packages are selected to provide foods high in protein, iron, calcium and vitamins A and C. Eligible families receive fortified milk and cheese, eggs, whole-grain bread products and hot or cold cereals, 100% fruit juices and fresh or frozen fruits, and vegetables. The WIC program recommends breastfeeding and provides breastfeeding support, baby foods and infant cereal. For women who cannot, or choose not to breastfeed, infants may receive supplemental, iron-fortified formula

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Lend Us A Helping Paw

To help us care for animals and improve our facility, the St. Charles County Pet Adoption Center welcomes donations from individuals and organizations. If you would like to help, below are some of the items we seek:

FOR DOGS
- Toys (especially Kongs of any size)
- Dry food
- Treats and chew items (for small and large dogs)
- Blanket or towels (new/used)
- Grooming supplies
- Pooper Scooper
- Leashes/collars

FOR CATS
- Toys (small items that can be hung in kennels)
- Dry food
- Treats
- Bedding (small towels/blankets)
- Collars
- Cat litter
- Nail clippers

FOR THE SHELTER
- Bleach and other household cleaning items
- Plastic storage containers (all sizes, with lids)
- Squeegees and kitchen sponges
- Trash bags and gallon-sized plastic zip baggies

If you would like to contribute an item to the Pet Adoption Center, please call us at (636) 949-PETS.

Make Mom #1 This May

A highlight of May is time dedicated to dear old mom!

In addition to Mother's Day, the week of May 12-18 celebrates *National Women's Health Week*. This nationwide initiative is designed to help women achieve longer, healthier, and safer lives. This year's theme encourages women to take steps to improve their physical and mental health.

With today's economic conditions and the ever rising costs of health care, taking control of your well-being is more important than ever. Simple monitoring and slight changes in your lifestyle can go a long way toward improving your overall health. Eating a balanced diet and visiting a doctor regularly can help prevent health risks for most women.

Preventing diseases before they occur will help to minimize medical care costs. In addition to annual checkups and medical care, women should keep their immunization record up-to-date to prevent future illness. Parents, grandparents and other child caretakers should also talk with their doctors about supplemental vaccinations against common illnesses like whooping cough and influenza.

Osteoporosis, diabetes and heart disease are common threats for women. Regular physical activity can help reduce the risk for these and many other diseases. Getting at least 150 minutes of moderate activity each week can help to lose weight, strengthen bones and muscles, and increase mobility that leads to fewer falls and injury.

Combining this physical activity with family members can benefit your mental health as well. Family time is a great way to have fun and create lasting memories. Visiting with children, moms and dads, grandmas and grandpas, and others provides an opportunity to reconnect and re-establish the support mechanisms we all need when times are difficult.

Is It Safe To Go Back In The Water?

Swimming is a favorite summertime activity and a great way to cool off from the day's heat, but it's important to remind ourselves of the possible illnesses associated with neighborhood or backyard pools.

Recreational water illnesses (RWIs) cover a wide variety of illnesses — including gastrointestinal, skin, ear, eye and respiratory complications. Swimmer's ear is a painful infection within the outer ear canal and results in an estimated 2.4 million medical visits each year. *Cryptosporidium* (Crypto) and *Giardia* are germs found in some waterways that cause prolonged diarrhea. Another common RWI is "Hot Tub Rash," which is caused by extended soaks in a poorly maintained hot tub or spa.

Regular cleaning and preventative actions can help to minimize the pathogens that cause RWIs. Keeping balanced pH levels (typically between 7.2 and 7.8 to be most effective without harming swimmers) will help to kill bacteria and germs. Swimmers should also protect themselves by keeping pool water out of their mouth and avoiding swallowing the water. Additionally, a shower before entering a pool area and washing your hands after using the rest room will help prevent the introduction of dirt and disease to the water.

To protect against the spread of RWIs, most municipal, public and semi-public pools in St. Charles County are monitored regularly by Division of Environmental Health and Protection staff. Along with regular inspections of conditions, the staff ensures that these establishments have secured their facility licenses and have followed the County's operational code. Managers interested in checking County ordinances related to pools and other public aquatic areas like hot tubs or spas, should click *HERE*.