

Care Trak Gives Families Peace of Mind

One of the worst nightmares for families who have a loved one with a medical diagnosis that may result in wandering, such as Alzheimer's disease or a developmental disability, is the fear that he or she will do just that – an act which can result in devastating consequences. The St. Charles County Sheriff's Department, in cooperation with the Department of Community Health and the Environment, recently launched a program to help alleviate this fear and give families a little peace of mind.

The Care Trak telemetry tracking system will help find lost individuals with special needs who participate in the program. The system allows deputies to track an individual wearing a wrist transmitter from one mile away on the ground and five miles from the air. Individual transmitters are waterproof and programmed with a unique frequency that is programmed into the tracking system to help pinpoint an individual's location.

Families and caregivers interested in the program should contact Shelly Reynolds at the health department, (636) 949-7400, x6232, for an application. A one-time fee of \$250 submitted with the application covers the cost of the program, wrist transmitter, and transmitter battery check device. To qualify for the program, an participant must be a resident of St. Charles County; have a medical diagnosis that has or may cause wandering; a 24-hour caregiver; and no access to a vehicle, if able to drive.

Once the application is submitted and approved, the individual and caregivers will attend a scheduled meeting at the department, located at 1650 Boone's Lick in St. Charles. At that time, the individual will be outfitted for a wrist transmitter and have their photo and other relevant information recorded for the Sheriff's Department. Caregivers must commit to daily wrist transmitter battery checks, record the checks in a battery log and return the



log every two months when updating the battery. New batteries cost \$5.50 every two months, or \$33 annually.

Should an individual wander away and become lost, their caregiver would call 9-1-1. They would notify the dispatcher that they are a participant in the Care Trak program and provide necessary information. The dispatcher will then alert Sheriff's deputies to begin the search.

"We are proud to bring this system to St. Charles County," said Sheriff Tom Neer. "My wish for families and caregivers is that our deputies never have to use it, but we are ready if it is necessary. It is another tool the Sheriff's Department has to help keep residents safe."

For more information on the Care Trak system, visit <http://www.caretrak.com/>.

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:

- **Sept. 16 - *What are you made of?*** - Learn your BMI and discover nutrition tips at this free screening sponsored by BJC Health Care. - Kathryn Linnemann library - 4 to 6 p.m. - Call (636) 928-WELL to register.
- **Sept. 17 - *SSM Cancer Care Prostate Screenings*** - Free prostate cancer screenings for men ages 50-69 (using blood draws only!) - Dave Sinclair Lincoln-St. Peters - 4 to 7 p.m. - Call (866) SSM-DOCS to register.
- **Sept. 21 - *FREE Mattress Recycling Event*** - Recycle used mattresses - [both Recycle Works locations](#) - 9 a.m. to 2 p.m. - Call (636) 949-1800 for info.
- **Oct. 8 - *Community Services Summit*** - Learn more about organizations helping our region - Harvester Christian Church - 7:30 a.m. - Click link to register.

View our [Activities Calendar](#) for a complete list of upcoming Department of Community Health and the Environment programs over the next few weeks.



Introducing Our Department Director - Julie Eckstein

Earlier this year, County Executive Steve Ehlmann named Julie Eckstein as the director for the Department of Community Health and the Environment — a move that brings this St. Charles County native back to her roots. Possessing more than 25 years of experience in various areas of community and public health, health care delivery and health policy, Eckstein will work with department staff on efforts to enhance services for county residents.



Before returning to her home county, Eckstein was previously managing director of the health care practice for a consulting firm based in Mesa, Ariz. Prior to that, she served as vice president and state policy director for the Center for Health Transformation (CHT), founded by Newt Gingrich. In that role, she led CHT's state government work with Executive and Legislative branches, including issues of health insurance exchanges, health information exchanges, public health, Medicaid, state employee benefits and global issues.

Prior to CHT, Eckstein served as director for the Missouri Department of Health and Senior Services, with 2,000 employees and a budget of \$833 million. In this Cabinet position, she chaired the Governor's Health Information Technology (HIT) Task Force, served on the Medicaid Reform Commission and was a key member of a group that developed a complete redesign of Missouri's Medicaid program.

She was the head of the award-winning Healthy Communities St. Charles County coalition for more than 10 years, where she developed and led Community Health Assessments and 14 task forces that addressed data driven health topics with best practice and outcome-driven interventions and activities.

Eckstein began her clinical experience as a nurses' aid in St. Charles area nursing homes. After graduation from the University of Missouri-Columbia, she worked at DePaul Hospital, St. John's Mercy and, for many years, SSM St. Joseph Health Center, as well as other SSM facilities, in areas including Behavioral Medicine, brain injury rehab, burn trauma, pediatrics, geriatrics and more. She also held

leadership positions within corporate wellness, community education and marketing.

While out of health care for a short period, she was St. Charles County Government's first Economic Development Director and started her own company, which provides STLCalendar.com and other websites for the region. In addition, she has been a board member and consultant for many area chambers of commerce, nonprofit boards and organizations, and health care corporations.

In addition to a Bachelor of Science from Mizzou, Eckstein earned a Master of Business Administration from the Olin School of Business at Washington University in St. Louis and completed the Public Health Leadership program at the Kennedy School of Government at Harvard University. Born and raised in St. Charles, she attended St. Peter School and Duchesne High School. She currently lives with her husband and three children in St. Peters, where they are active in Sts. Joachim and Ann Parish and School (including coaching volleyball and serving on several committees).

HEALTHY RECIPES

Each month, we take a traditional recipe and offer a healthier alternative. This time, we're preparing for a cool, fall evening.

Tortilla Soup

Recipe makes four, 1 cup servings. One serving contains 190 calories, seven grams of fat, 529 mg of sodium, 27 grams of carbohydrates, four grams of fiber and eight grams of protein.

Ingredients

- 6 6-inch tortillas
- 1 Tbsp canola oil
- 1 medium onion, peeled and finely chopped
- 1 garlic clove, minced
- 1 15-ounce can diced tomatoes, with juice
- 2 Tbsp chopped cilantro
- 4 cups, low-fat, low-sodium chicken broth
- 1/4 tsp hot chile flakes (or crushed red pepper)
- 1/4 cup, shredded, reduced-fat jack cheese
- Non-stick cooking spray

Steps:

1. Preheat oven to 400° F. Cut tortillas into thin strips. Place on a baking sheet that has been coated with non-stick cooking spray. Bake until crisp (about eight minutes).
2. Heat oil in a small skillet and saute onion and garlic for four minutes (do not brown).
3. In a blender or food processor, puree tomatoes, onion, garlic and cilantro.
4. In a large stock pot, bring tomato mixture and chicken broth to a boil. Cover and reduce heat - simmer for 25 minutes and stir occasionally.
5. Stir in chile or pepper flakes and then top with tortilla strips. Garnish with 1 Tbsp cheese and serve immediately.

(Recipe courtesy of *Diabetic Cooking for Latinos* by Olga Fuste)

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

Emergency Preparedness, Planning Enhance Safety

With our region facing the threat of natural disasters, disease outbreaks, and deliberate or man-made attacks at any time, the department's Emergency Preparedness program coordinates with local, state, and federal agencies to prepare our community's response efforts. If a widespread emergency were to occur within our county (or surrounding areas), a plan has been developed to provide medical assistance and protection that would mitigate damage and reduce the disruption of operations.

With any number of potentially dangerous public health emergencies possible, the department's role is to monitor conditions and provide necessary medical resources to protect our community. This effort is conducted through a dedicated team of emergency response planners, epidemiological specialists, communications officers and more. This core team works with other medical



responders, community leaders and volunteers to routinely address public health concerns.

Health and emergency management officials have developed a plan involving many area organizations to provide life-saving resources at sites throughout the county. This plan ensures that there will be enough medication available for all individuals in our area at the time of the incident, and that these materials will be provided at no cost.

Even with this comprehensive regional effort, part of the responsibility falls upon you. By doing whatever you can to prepare in advance, to practice your routine and to respond to information provided, you will help to ensure the well-being of yourself and others. The best way to prepare yourself, your family, your business and your pets is to follow a [**3-STEP EMERGENCY PLAN**](#):

- 1. Create a Plan:** establish a policy for how you and others will react and communicate during various emergency situations.
- 2. Prepare a Kit:** set aside an easily accessible supply of resources that can protect and sustain your loved ones until additional help is available.
- 3. Listen for Information:** locate resources that can provide you life-saving information in times of emergency and follow the instructions provided.

Protect Your Person, Pet From Pests

There are more than 300 species of spiders in Missouri, with sizes ranging from as little as a pinhead to more than four inches. Many people are afraid of all spiders, but, in reality, only two of these species are toxic to humans and pets: the brown recluse and black widow.



Appearing to be more abundant this year, [**brown recluse spiders**](#) are commonly found throughout the state, with a favorite hiding place among dry, sheltered areas like piles of leaves, wood piles, storage containers and dark closets or little-used basements. Their light tan or brown color and distinct "fiddle" shape marking on their back leads to the animal's nickname of the "violin spider."

Both male and female brown recluse spiders are venomous, and the impact of these bites depends upon the amount of venom injected. Although sometimes not displaying for several hours after the bite, you'll usually find a painful, itchy rash as the bite location that can develop into a white blister. After a period, the area swells and becomes hard. The tissue in this area dies and eventually sloughs off, leaving an ulcerated sore about the size of a

dime (but in some cases is much larger). Prompt medical attention can help to lessen the severity of these effects.

We, as humans, can usually tell when we're bitten because of the pain and itching, but our pets cannot let us know until complications develop. If your dog or cat is bitten, you'll usually see a reaction within a few hours — with typical signs including a red, swollen and painful area at the site, a fever and sometimes nausea. A blister may develop within 12 hours, and cell damage causing a painful ulcer may be viewed within a week. If you suspect your pet was bitten by a brown recluse spider, ice the location to reduce swelling and call your veterinarian.

Even with their abundance this year, the chances of being bitten by a harmful spider are minimal. To help minimize these opportunities even further, the Missouri Department of Conservation suggests:

- Keeping cellars and storage areas clutter-free
- Shaking clothing, blankets and other materials before using, if stored in spider-friendly areas
- Sealing windows and entryways to limit abilities for pests to enter
- Scanning an area before touching or walking
- Avoiding common spider habitats whenever possible.
- Contacting pest-control agents if spiders are plentiful in your home

Give Landfills a Rest By Recycling Used Mattresses

Every day, individuals recycle empty cans, glass bottles, newspapers and other used items in curbside receptacles or at neighborhood facilities. But, what can be done with old mattresses?



Unfortunately, several million mattresses end up in landfills each year, where they can take 10 years or longer to decompose. However, 95 percent of the material in those mattresses is recyclable and can be put to further use. A typical mattress contains about 25 pounds of steel, and this can be melted and reused in other products. The polyurethane foam that makes a bed comfortable can be shredded into carpet pads, insulation or pet bedding. The wood foundations are also removed and processed into fuel or mulch.

To make mattress recycling easier for St. Charles County residents, the Division of Environmental Health and Protection will host a FREE Mattress Recycling Event at its [Recycle Works locations](#) on Saturday, Sept. 21. Open from 9 a.m. to 2 p.m., residents can bring used mattresses to either facility for proper disposal. For more information on this special event or recycling in St. Charles County, please call (636) 949-1800.

Halloween Safety Program

Click [HERE](#) for the Halloween Safety Guide.

A FREE program proudly presented by St. Charles County Ambulance District & State Farm Insurance

Nutritious Choices, Activity Combat Childhood Obesity

A report by the Centers for Disease Control and Prevention noted [a decrease in obesity rates among low-income preschoolers](#) in many states (including Missouri) but also stated that about 1-in-8 kids that age are obese. Although encouraging, this report is troublesome in that children who are overweight or obese as preschoolers are about 5 times as likely as normal-weight children to become overweight or obese adults.

Obesity at any age can lead to physical, mental and economic issues throughout life. Doctors widely recognize that obesity is a contributing factor in the development of heart disease, Type 2 diabetes, some cancers, high blood pressure, stroke and some breathing or sleeping conditions. Obese children are at higher risk for experiencing social or psychological effects like bullying, discrimination and low self-esteem. In addition, a CDC study reported that medical care costs involving obesity-related treatments were about \$147 billion.

As proper nutrition and sufficient physical activity play a vital role in maintaining proper weight, the Department of Community Health and the Environment offers several programs that guide individuals and families in ways to control obesity. The Health Education program presents instructional classes and hands-on trainings for children and adults. To arrange a nutrition promotion class for your school, organization or business, please call the [Health](#)

[Education program](#) at (636) 949-7400, x6255.

To further aid families in this battle against the health risks and social implications of obesity, St. Charles County's Women, Infants and Children Program (WIC) provides nutritional counseling, health screening and specific supplemental foods at no cost to qualifying families.

The program tailors education and foods for the individual (as women and children of different ages have varied nutritional needs) and selects food items that are low in sugar, saturated fat and cholesterol, and are good sources of vitamins A, C, and D; calcium; iron; protein; and fiber. In addition, it provides support to new mothers and infants to enhance the practice of breastfeeding, which studies show provides the ideal nutritional composition for a baby's development, prevents many infections and lowers risks for childhood obesity. For information or to register for [St. Charles County's WIC program](#), please call (636) 949-7402.

