April 2019

Parkland Foster Adopt Families Offer New Resource

Parkland Foster Adopt Families is excited to announce they will be opening a free store (Parkland Foster Closet) for foster/adopt/relative families very soon. The store, once stocked, will be open 2 days a week and at least 1 Saturday a month in the beginning. Hours will expand when needed. We will be taking new and gently used clothing, shoes, furniture, diapers, etc. We hope to have the store stocked with items for children newborn to young adult. Everything in the store will be FREE. We have also set up a “wish list” on the Target website where people can shop and donate to the store—shop and pay and they ship it to our store! We will also have an area where there will be resources (doctors, dentist, counselors, activities, support group information, etc.) available for people to have. The building is large enough that we will also have a large room available for meetings.

Kary Leach is the store manager and in charge of the store, donations, and volunteers. Any questions please contact:

Kary Leach, manager of Parkland Foster Closet—573-783-9443
email: karyleach@leach@yahoo.com

Millie Smith, president of Parkland Foster Adopt Families—573-631-0520
email: millieandcarla@sbcglobal.net

April is Child Abuse Prevention Month—Pinwheels for Prevention

Child Abuse Prevention Month is just around the corner! As you know, the Children’s Advocacy Center of East Central Missouri (CAC) always plants a Pinwheel Garden in front of the old courthouse in Franklin County, the courthouse in Jefferson County, and the courthouse in St. Francois County to bring awareness to child abuse and neglect prevention. Your support is instrumental in making the garden a reality.

Once again, the CAC will be planting a Pinwheel Garden in Union, Hillsboro, and Farmington. We would also like to have all businesses, agencies, and schools, etc. join us again this year in building pinwheel gardens across the ten counties we serve. We will be selling pinwheels for $2 per pinwheel with a minimum purchase of 5. By planting your own garden, not only will you get to enjoy the pinwheels blowing in the wind and shining in the sun but you can also help us spread awareness about child abuse and neglect prevention. We believe the more pinwheel gardens that are seen throughout the Parkland, the more questions raised about why you have the garden and what it stands for. Pictures of the gardens will be posted on the CAC Facebook page. Any business, agency, school, or person that purchases 20 or more will have a

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Pinwheels Continued

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pinwheel tagged in front of one of the courthouses closest to you.

Pinwheels for Prevention™ is a national and local public awareness campaign that puts a new spin on prevention. The campaign uses community activities and public policies to prioritize prevention right from the start, making sure child abuse and neglect never occur. The pinwheel represents hope, health and happiness. This uplifting symbol of childhood represents efforts to ensure the healthy development of children, while recognizing that child development is a building block for community and economic development. When children don't have equal opportunities for growth and development, we put the future of our society at risk. A focus on innovative programming that lays the foundation for children's safety, growth and development reduces the possibility of more serious problems occurring later.

When we invest in healthy child development, we are investing in community and economic development. The campaign provides a unique opportunity for all of us, individuals and organizations alike, to take action by learning more about prevention, supporting child and family friendly policies and services, and volunteering at the local, state, and national levels.

Please direct any questions about the event or the CAC to Autumn Rearden, Prevention Specialist, at arearden@comtrea.org or 608-518-1391.

Kathy Carr, Executive Director
14 South Washington Ave., Union, MO 63084
636-584-0222, kcarr@comtrea.org

It’s Health Expo Time!!!

SFCCP is excited to invite you to our 22nd Annual Health Expo!
The event will be on Saturday, April 27, from 8 a.m. to noon at the Field House at Mineral Area College.

This year’s theme is “Knock it Out of the Park for Health” and promises to be full of great vendors, refreshments, kids activities, live demonstrations, and much more! See the insert for more details.

Any interested vendors should contact us quickly as the spaces fill up fast!
Go to www.sfccp.org for an exhibitors packet or call Tiffany at 573-760-0212.

SFC Health Coalition Launches Farmers Market Voucher Program

Park Hills, MO (Date) The St. Francois County Health Coalition is launching a new program that will provide St. Francois County residents with free fruits and vegetables. Starting April 1, vouchers will be available at the Health Center in Park Hills for individuals age 50 and older. The vouchers can be redeemed at the Farmington Farmers Market during the 2019 season.

A similar farmer’s market program has been in place in Washington County for several years.

Breanna Griffin, Registered Dietitian at the St. Francois County Health Center, says that the Coalition hopes that bringing this program to St. Francois County will help decrease the high rate of obesity and diabetes in our area.

“There are many health benefits to eating fruits and vegetables,” Griffin said. “But even if people want to eat healthy, it sometimes can be difficult because of cost or access.”

“Over half our county is living in what is considered a food desert, meaning that those types of foods are not readily available,” Griffin added. “We hope the voucher program can help make fresh produce accessible and affordable to more people while also supporting our local farmers.”

The Coalition’s voucher program is funded through donations from local sponsors. Different levels of sponsorship are available ranging from $25-$500. In its first year the Coalition so far has received over $2,500 in donations and will be able to provide packets of vouchers worth $20 to individuals.

The program’s sponsors will be recognized in a calendar the group has put together to also help raise funds for additional vouchers. The calendar will be for sale at the St. Francois County Health Center and additional community locations for $2. They contain recipes and tips about what fruits and vegetables are in season during different months, as well as coupons for the Farmington Farmers Market.

Farmington Farmers Market season runs from April to the end of October. People can contact the St. Francois County Health Center starting in April of 2019 to receive vouchers, which will be given out while supplies last.

For more information on the voucher program contact Breanna Griffin at the St. Francois County Health Center by phone (573) 431-1947 ext. 151. A full list of the program’s sponsors and locations where the Coalition’s calendars are available for purchase can be found on the Health Center’s website at www.sfchc.org.
22nd Annual Health Expo
“Knock it Out of the Park for Health”

Saturday, April 27, 2019
8 a.m. – 12 p.m.
Mineral Area College Field House
5270 Flat River Rd., Park Hills

ALL ACTIVITIES ARE FREE!!

FREE MAMMOGRAMS
by Missouri Baptist Breast HealthCare Center for women ages 40-64 who are uninsured or under-insured! Walk-ins are welcome as the schedule allows. Call 314-956-9829 to schedule your appointment.

• Health Screenings
• Games & Activities for Kids
• Snacks & Drinks
• LOTS of Prizes
• Demonstrations
• Emergency Vehicle Tours

ONE LUCKY WINNER WILL RECEIVE A FAMILY 4-PACK OF TICKETS TO SEE THE ST. LOUIS CARDINALS!

This Year’s Amazing Sponsors are:

Brought to you by:
St. Francois County Community Partnership
1101 Weber Road, Suite 202 Farmington, MO 63640
Phone: 573.431.3173 / Web Address: www.sfccp.org
WE ARE EXCITED TO OFFER YOU A VERY SPECIAL EXHIBIT AT THIS YEAR’S EXPO!
THIS EXHIBIT IS FOR ADULTS ONLY.

Explore an interactive display of a teenager's bedroom containing over 70 items that could signal that a young person is involved in risky activities. Learn how to spot warning signs and get tips for talking with kids about the dangers of alcohol and drug use.

Remember: Talking with your kids early and often about the dangers of drug use is the most effective tool to prevent youth substance use. For tips on starting these conversations go to www.addictionisreal.org.

HERE’S A LIST OF THE VENDORS THAT HAVE ALREADY REGISTERED!
MORE TO COME! *Vendors who are sponsoring this year’s Expo

- Aging Matters
- *Americicare Senior Living & Home Health
- Anthem Blue Cross Blue Shield
- Baker’s Karate
- Chapel Hill Mortuary
- Children’s Advocacy Center
- Children’s Division
- Farmington Civic Center (w/ FFD)
- Farmington Fire Department
- Great Mines Health Center
- *Home State Health
- Jehovah’s Witnesses - David Hull
- Jordan Essentials
- Juice Plus + Prevention Parkland
- LIFE Center, Inc
- Mid St. Francois Co. Head Start
- Mid-St. Francois Co. Head Start
- *Mineral Area College
- Missouri Baptist Breast Center
- Missouri Stream Team - Big River Baggers #4169
- *Parkland Health Center
- Perfectly Posh
- Pampering Products
- Pharmax Pharmacy
- Preferred Family Health Care
- Reeves & Goff, P.C.
- Shared Blessings/New Beginnings/SFC Mental Health
- Southeast Missouri Behavioral Health
- St. Francois County Ambulance District
- *St. Francois County Health Center
- United Healthcare
- Wildtree - Meals with Melissa
- Zumba - Julie Powers
COMMUNITY CALENDAR EVENTS

- Living a Healthy Life Class: MPower—Empowerment for a healthier, happier life is presenting a free program designed to assist you in developing a self-management program to help you stay active and enjoy the things you love. For caregivers or people living with arthritis, asthma, lupus, fibromyalgia, heart disease, diabetes, COPD, emphysema and other chronic conditions. Tuesday, April 2 at 2 p.m. at Bonne Terre Memorial Library. To register call 573-431-1947, ext. 102 (Julie) or 151 (Breanna).

- FREE Orthopedic Screening for Children: Shriners Hospitals for Children is offering free screenings for bone, muscle and joint problems in children ages 18 and under. Saturday, April 6, 10 a.m.-2 p.m. at ECMO Shrine Club located at 105 Industrial Dr., Bonne Terre. To make an appointment call 315-6848. Walk-ins are welcome!

- LIFE Center’s 4th Annual Easter Egg Hunt for Kids with Disabilities: See article below. Saturday, April 6th from 11 a.m.-2 p.m. for ages up to 14. Please RSVP by calling 800-596-7273 or email staceyw@lifeclimo.org.

- Light it Up 4 Autism Cruise In: The official kick off for Autos 4 Autism happens at the Farmington Courthouse Annex parking lot on Saturday, April 6th from 10 a.m. to 3 p.m. Trophy for Best in Show. Proceeds benefit Visions of Hope Training Program. Contact Luann at 573-664-1711 or lhon@live.com.

- Hiring Event: Community Welcome! Thursday, April 11th from 10 a.m. to 1 p.m., at Mineral Area College, Bob Sechrist Field House in Park Hills. Meet your next employee at MAC! Reserve your free booth today by calling the Park Hills Job Center at 573-431-2431 by April 4th.

- 4th Annual Autos 4 Autism: Car, Truck, Motorcycle Show / Drag Racing / Monster Truck Car Crush and MORE! All the fun happens at the Bonne Terre Drag Strip on Saturday, April 20th, 10 a.m. to 6 p.m. Proceeds benefit Visions of Hope Training Program. Contact Luann at 573-664-1711 or lhon@live.com.

- Annual Family Health Expo: “Knock it Out of the Park for Health” on Saturday, April 27th at Mineral Area College Bob Sechrist Field House. The fun starts at 8 am and goes until noon. FREE and open to the public! Take advantage of the many free health screenings and tons of fun for the whole family. Lots of door prizes, demonstrations and more goodies than you can imagine!

- 2nd Annual Par-Tee Fore Kids Golf Tournament: Brush up on your golf game and raise money for children in foster care during the Christmas season. Saturday, May 11 at the Terre Du Lac Country Club in Bonne Terre. 4-person scramble, 18 holes, flighted, 50/50 raffle, prizes and giveaways! Registration at 11 a.m., shotgun start at noon. $60 pp, $240 per team includes swag bag, greens, car & dinner. To register or for hole sponsorship, call Kim Pate at 573-783-1445 or Pam Herzog at 573-518-2590 or email partee4kids@gmail.com.

YOUNG FAITH IN CHRIST HAS LOTS OF EVENTS COMING UP! CHECK IT OUT!

- April 5th — BOGO sandwich shop will be donating 25% of all sales to YFC. Meet us there; we will be helping out all day. We are looking forward to serving our supporters!

- April 6th — 8a.m.-11:00a.m. Pancake Breakfast at the Bridge Community Church. Donations will be accepted and used for ministry.

- April 6th — 9:00 a.m. Bacon Eating Contest at the Bridge Community Church. Registration is $20 and the winner will receive $100. Contact rob@yfcparkland for registration and questions.

- April 6th — 1:00 p.m. Dodge Ball Tournament at West County Community Fellowship 10 man teams $100 per team or $10 per person. Contact rob@yfcparkland for registration and questions.

- April 6th — 5:30 p.m. Doors will open for our Trivia Night at the Bridge Community Church. We will have food and games. The event is donation based. Contact rob@yfcparkland for registration and questions.

- April 7th — Your local Church. We are asking that the Churches in the community take up a love offering to help us reach out to more kids in our community.

- May 10th — Golf Tournament. We are looking for hole sponsors $100 and teams $300. Can register at www.yfcevents.com.
St. Francois County Community Partnership
1101 Weber Rd., Suite 202
Farmington, MO 63640

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Alan Wells - 9-1-1 Joint Commission
Becky Yount - West County School District

RECURRING CLASSES & SUPPORT GROUPS

- Childbirth & Breastfeeding Classes: Offered by Parkland Health Center. FREE to all participants.
  - Childbirth Classes are on the 2nd Saturday of each month, 8 to noon
  - Breastfeeding Classes are on the 1st Monday of each month
    from 5-7 p.m. Open to any expectant parents.

For more information on either of these classes, call 573-760-8500 or visit www.parklandhealthcenter.org/baby.

- Diabetes Self-Management Class: Free classes provided by Parkland Health Center on the 1st and 3rd Wednesdays of each month from 1-3 p.m. at the Farmington Public Library. For more information, call 760-8396.

- Diabetic Class: Parkland Health Mart Pharmacy is offering a free class on the 3rd Thursday of each month in Farmington at Midwest Health Group at 1 p.m. For more info, visit parklandrx.com.

- Life After Loss Support Group: Sponsored by Heart & Soul Hospice, the group is a safe place to process grief, learn healthy coping skills & connect with others. Open to public. 3rd Thursday each month, 4:30-6:00 p.m. at 412 Cayce St., Farmington. Please call 756-7066 or email farmingtonhospice@pmna.org.

- NAMI Connection Recovery Support Group & Family Support Group: Both meetings are on the 2nd Thursday of each month at 7 p.m. at the LIFE Center for Independent Living, 725 E. Karsch Blvd., Farmington. Call 573-701-4185 for more information. www.nami.org.

If you would like to be removed from our mailing list, please call 573-760-0212 or email tiffany@sfccp.org.