



ST. FRANCOIS COUNTY COMMUNITY PARTNERSHIP'S

# Partnership Report

July, 2016

*Adding Value, Bringing Hope*



## Our Mission

To build, nurture, and strengthen families, insuring that every person has the opportunity to become a healthy, productive, and contributing member of the community.

## Our Goals:

- Parents Working
- Healthy Children & Families
- Children & Families Safe in Homes & Communities
- Children Prepared to Enter School
- Children & Youth Succeeding in School
- Youth Ready to Enter Adulthood

## Teenage driver? It's time for parents to hover. by www.workandfamilylife.com

We often advise parents to back off. Give your kids opportunities to stretch and grow. In other words, park your parental helicopter, relax and stop hovering.

But new studies suggest one area where we need to do the opposite. If you have a teenage driver in the family, you need to worry more and get much more involved. According to researchers at the University of Minnesota's HumanFIRST Laboratory:

- The two most dangerous years are between 16 and 17, and the reason is driving. For this age group death in a motor vehicle accident outstrips suicide, cancer and other types of accidents. "Cars have gotten safer, roads have gotten safer, but teen drivers have not," says researcher Nichole Morris.
- An average of six teenagers a day die from motor vehicle injuries, according to the CDC. In 2013, 2,927 U.S. teens died in crashes. "We believe one in four teens is going to die in a crash in their first six months of driving," says Virginia Tech Transportation Institute researcher Charlie Klauer.

After seeing the teen-driving research, author and parenting expert Bruce Feiler suggested the following three important road rules.

- Don't let friends tag along. Adding one

non-family passenger to a teenager's car increases the rate of crashes by 44 percent. The risk doubles with a second passenger, quadruples with three or more. Distraction is highest when boys ride with other boys. Boys are safer when girls are in the car.

- Insist phones be silenced. Beeps and ringtones are hard to ignore, and most teens use their phones for texting, talking or checking social media, even on short trips. If your teenager argues for using the phone for navigation or music, the safest place for the device is at eye level, in a dock on the dashboard. The least safe? The cup holder, driver's lap, or passenger's seat. The website teendriving.aaa.com offers a sample contract that parents and young drivers can sign, along with agreed-upon consequences.
- Go ahead and be a back-seat parent. Unless you pay close attention, your teens may not be driving as safely as you think they are. The more parents get involved, especially when teens are learning to drive, the lower their chances are for a crash. Ask questions, supervise them under different conditions. "The mistake parents often make," says Dr. Morris, "is thinking, 'Finally I don't have to car-pool your everywhere'."

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**POCKET-SIZED COMMUNITY RESOURCE GUIDES ARE AVAILABLE AT THE PARTNERSHIP OFFICE.**

**SFCCP Board Meetings  
(Open To The Public)  
Wednesday at Noon,  
August 10, 2016  
3rd Floor Conference Room  
at The Factory**

**Tune In To These Monthly Radio Programs on KREI with Mark Toti:  
Community Partnership Radio Show  
3rd Thurs., 9:30 a.m. and  
on KFMO 4th Mon., 7:35 a.m.**

## Children's Advocacy Center Annual Golf Tournament Coming Soon

Since opening our doors in 2000, the CAC has provided advocacy and care for over 5,000 child abuse victims and their families. Our Center's mission is to stop child abuse and protect children through a community based, coordinated response. In order to provide a less traumatic experience to children we adhere to the child first doctrine, meaning the child's needs are our first priority.

Services such as fact finding interviews, advocacy, referrals to mental health professionals, and medical examinations are provided free of charge to children like Sara\*.

*Sara was your typical 8 year old, but with one difference: she had a terrible secret. "He" had told her he would kill her if she said anything, and she believed him because he had held a gun to her mother's head. After three years and at the age of 8, Sara found the courage to tell her 11 year old brother her secret: their father had been "touching" her.*

*The CAC saw Sara the same day as her referral. She was still extremely afraid, but the CAC's Family Advocate was able to explain how she and her family would be kept safe. Without these reassurances Sara may not have been able to disclose what happened. As a result of her interview and the subsequent investigation, her father decided to plead guilty. Now Sara would not be re-traumatized by having to tell her story over and over again. Sara and her family are now safe and going on with their lives. Without the CAC and the resources the staff assisted them in accessing, Sara and her family might still be living with Sara's terrible secret.*

As with all non-for-profit organizations, the Center relies strongly on the community for financial support of the programs offered to the children and families within the community. The Center serves over 400 children per year and with your support of the CAC Golf Tournament you will allow us to continue to serve hundreds of children who need our help. Join us on August 19th, 2016 at Union Hills Golf Course in Pevely, MO.

Will you help the CACECM support the most vulnerable members of our community, our children? Please consider a sponsorship level, donate raffle/auction items (gift certificates, tickets to sporting events, spa packages, hotel/vacation stays, household items, etc.) and/or register a team to play in our golf tournament. All donations are eligible for tax credit.

For more information, please contact Kelly Tesson at 573-756-4148 or via email at [ktesson@comtre.org](mailto:ktesson@comtre.org).

On behalf of the CACECM and the children we serve, thank you for your support and generosity.

Respectfully, Kathy Carr

Union CAC Family Advocate

A Division of Comtre

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[www.comtre.org/cac](http://www.comtre.org/cac) or you can find us on Facebook:

<https://www.facebook.com/cacecm>

## East Missouri Action Agency Offering SEMO ASSETS Program

The SEMO Assets Program helps low-income families to save money to be used in one of three ways: for the down payment on their first house, for post-secondary education, or to start a small business. The money the family saves will be deposited into local financial institutions and matched at a 2-to-1 ratio. For every dollar the family saves, it will be matched by \$2: one dollar in grant funds and by an additional dollar that has been generated from local donations. For example, if a family is able to save \$2,000 over the program period, it would have a total of \$6,000 available for their investment choice.

**Participants must have annual incomes that are at or below 200% of the Federal Poverty Guidelines and must remain in the program for at least six months. At least one of the adults in the household must be working, and the family must demonstrate a commitment to participating in the project.** Each family must attend financial literacy

workshops covering topics such as budgeting, basic economic education, home ownership, microenterprise development or career guidance. The workshops will help them learn how to manage and maximize available resources to achieve their savings goals and financial independence.

If you are interested in participating in the SEMO ASSETS Program and at least one adult in the household is currently working, please contact East Missouri Action Agency, Community Services Department at P.O. Box 308, Park Hills, MO 63601

*East Missouri Action Agency, Inc. (EMAA) was organized in 1965 as a Community Action Program under the authority of the Economic Opportunity Act. EMAA is a not-for-profit Missouri corporation serving low-income residents of Bollinger, Cape Girardeau, Iron, Madison, Perry, St. Francois, Ste. Genevieve and Washington Counties.*

## Pediatric Scalds: A Burning Issue

by: American Burn Association

### DO:

- Set water heater temperature to no higher than 120°F/48°C, or just below the medium setting
- Create a “no kid zone” in the kitchen around stoves, ovens and hot items
- Keep hot drinks/food away from the edge of tables and counters
- Use travel mugs with tight-fitting lids for all hot drinks
- Place pots and pans on the back burner with handles turned away from the edge of the stove

### DO NOT:

- Leave a child unattended in the bathtub; if you must leave, take the child(ren) with you
- Allow young children to adjust the water temperature, and when bathing young children, seat the child away from the faucets
- Set anything hot on tablecloths or placemats, as young children can pull them down
- Allow appliance cords (slow-cookers, deep-fryers) to dangle over the counter edge

### THE FACTS:

- ◇ The average annual cost of scald injuries is \$44 million
- ◇ Over 136,000 children were seen in emergency rooms for burns in 2011
- ◇ 1,100 children die each year from fire and burns

### THE FIX:

*If a burn injury does happen...*

- ◇ Cool the burn with COOL (not cold) water to stop the burning process
- ◇ Remove any clothing, diapers and jewelry around the injured area
- ◇ Cover the area with clean, loose bandages
- ◇ Seek medical attention

For more info, visit [www.ameriburn.org](http://www.ameriburn.org) or call 312-642-9260.

*This material is for informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment, which you should seek from your physician. The ABA does not endorse any specific product, service or treatment.*

## Parkland Health Center Offers Free Diabetes Classes and Support Group

Parkland Health Center is offering free weekly diabetes management classes every Tuesday from 1 to 3 p.m. In addition, Parkland Health Center offers a diabetes support group that meets from 6 to 7 p.m. on the first Thursday of each month. The classes and support group are free of charge, open to the public and to all ages, and held at the Farmington Public Library.

Parkland's diabetes management classes are taught by Kathryn Lewis, RN, Certified Diabetes Educator at Parkland Health Center. Each week in the class, Lewis quickly assesses the needs of the individuals in the group and tailors her topics to those needs. The curriculum includes the following topics: disease process, healthy eating, being active, medications, monitoring blood sugar levels, problem solving, healthy coping and reducing risk.

Those patients who learn to manage the disease are far more likely to live a healthy and normal life.

Because the class is tailored to the participants' needs, the teaching is helpful to a range of people with diabetes, including the newly diagnosed patient all the way to someone facing more long-term challenges, or an individual who is in a “rut” and needs a little motivation. It is very appropriate for a

spouse or other support person to attend the classes or support group with their loved one. Participants are welcome to attend as often as needed.

The monthly support group begins with group discussion of a specific topic, and then moves into addressing questions, concerns and issues that the individuals are facing. Lewis facilitates the group discussion, and as with any group situation, the participants can learn from each other's experience as well as from the expert leading the group.

According to the American Diabetes Association, diabetes is on the rise in our population. The latest statistics show that 29.1 million Americans, or 9.3% of the population, have diabetes and 1.4 million Americans are diagnosed annually. Diabetes is the 7th leading cause of death in our country. The total costs of diagnosed diabetes in the US in 2012 was \$245 billion; direct medical costs were \$176 billion, and reduced productivity was \$69 billion.

Reservations for the classes and support group are not required, but those interested may call 573-760-8392 for more information. The Farmington Public Library is located at 101 North A Street, Farmington, MO 63640.

## Parkland Health Center Offers Free Childbirth, Breastfeeding and Sibling Classes

Every month, Parkland Health Center's OB Department offers free classes on three different topics of interest to local families. The classes are free of charge and open to the community. Registration is recommended, and can be made on-line at [www.parklandhealthcenter.org](http://www.parklandhealthcenter.org) or by calling 573-760-8500.

The upcoming schedule of classes includes the following dates:

- Childbirth (open to any expectant parents):  
Noon to 4 p.m., July 16, Aug. 13, Sept. 10, Oct. 15
- Breastfeeding (open to any expectant or new mother):  
6 to 8 p.m., July 12, Aug. 9, Sept. 6, Oct. 11
- Sibling (open to any parents):  
5 to 6 p.m., July 12, Aug. 9, Sept. 6, Oct. 11



*If you would like to be removed from our mailing list, please call 573-760-0212 or email [tiffany@sfccp.org](mailto:tiffany@sfccp.org).*

## SFCCP Board of Directors

**Rob Baker** - East Missouri Action Agency  
**Cynthia Barton** - Board of Probation & Parole  
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**Becky Yount** - West County School District

## Community Events

**Diabetes Management Class & Support Groups:** Parkland Health Center offers free weekly diabetes management classes **every Tuesday from 1-3 p.m.** and a diabetes support group from **6-7 p.m. on the first Thursday of each month.** All meetings held at the Farmington Public Library. See article on page 3 for more information.

**Diabetic Class Schedule (St. Francois County):** Midwest Health Group in Farmington hosts a FREE class through Parkland Health Mart Pharmacy on the 1st Thursday of each month at 1 p.m. Upcoming classes: **July 7, Aug. 4, Sep. 1, Oct. 6, Nov. 3, Dec. 1.** E-mail Valerie Long at [wellnessnurseval@gmail.com](mailto:wellnessnurseval@gmail.com) for info.

**Childbirth, Breastfeeding & Sibling Classes:** Parkland Health Center OB Dept. is offering several classes free of charge. See article on page 3 for schedule and info.

**St. Francois County Health Coalition: Friday, July 8,** 12 to 1 p.m. at the Mineral Area College cafeteria private dining room. For more information, contact Jessica McKnight at 431-1947 ext. 125. Visit [www.healthysfc.wordpress.com](http://www.healthysfc.wordpress.com).

**Back 2 School Fair:** Coordinated by Young Faith in Christ. **Saturday, July 23,** at Mineral Area College Field House. Donations & volunteers needed! Call 747-1705 for details.

**Birdies Fore! Babies Golf Tournament: Saturday, July 30, 2016,** 12 P.M., hosted by SFCHC WIC with proceeds to benefit the St. Francois County Ambulance District car seat program. 4-person scramble, \$50 per person. Register at [birdiesforebabies.myevent.com](http://birdiesforebabies.myevent.com) or by contacting Cate at 573-431-1947 ext. 104 by July 15, 2016.

**Share What You Wear:** 1st Free Will Baptist Church of Park Hills invites you to attend this FREE, no-strings-attached, clothing give-away event on **Saturday, July 30th,** 8 a.m. - 12 p.m. Event information can be found at [www.sharewhatyouwear.org](http://www.sharewhatyouwear.org) and at [www.facebook.com/sharewhatyouwearparkhills](http://www.facebook.com/sharewhatyouwearparkhills).