BJC Awarded Grant to Shared Blessings

In recognition of its 25th anniversary, BJC HealthCare awarded a total of $25,000 in grants to organizations that had been nominated by employees of BJC. Our local Shared Blessings, Inc. in Bonne Terre was selected to receive one of the grants. Attending the presentation luncheon are, left to right: Tom Karl, president, Parkland Health Center (PHC); Natalie Sparkman, project manager, PHC; Shelly Bess, executive director, Shared Blessings, Inc.; Amber Black, radiologic technologist, PHC, and Rich Lohweg, president, and CEO, BJC HealthCare. Shared Blessings was nominated by Sparkman and Black.

In 2018, BJC employees were invited to join in the BJC HealthCare 25th anniversary celebration by nominating a 501(c)3 charitable organization that had personal meaning to them to receive part of $25,000 set aside to support grassroots, local organizations with a shared mission of improving health, education, child/youth development, senior/disabled support or community-building. BJC employees responded with more than 100 nominations which were then evaluated by the St. Louis Community Foundation. A total of 13 organizations were selected to receive grants ranging from $1,500 to $4,000 each.

Shared Blessings, Inc. in Bonne Terre was selected to receive a grant of $1,500. The local charity was nominated by Natalie Sparkman and Amber Black, both employees of Parkland Health Center.

Both Natalie and Amber were present when the grants were awarded.

“Shared Blessings does a whole lot for our community,” said Amber Black, a radiologic technologist who has worked at Parkland for 8 years. “They help the homeless and those down on their luck, and they rely totally on volunteers and donations.” Amber also mentioned the large-scale Thanksgiving dinner that Shared Blessings serves and delivers to the community, all done with donations and volunteers.

Natalie Sparkman added, “I nominated Shared Blessings because they are a local faith-based ministry with a wonderful mission. They are a local organization that is continuously helping our community by transitioning people from homeless to self-sufficiency in a compassionate, caring and respectful manner. They do so much and help so many people. I think it is truly amazing that they do all that they do and with a volunteer staff.” Natalie is finance project manager at Parkland and has been with Parkland for nearly 4 years.

“Shared Blessings is beyond grateful, but humbled by this award,” said Shelly Bess, executive director of Shared Blessings. “We strive every day to help more people, and awareness about Shared Blessings is key. This award helped financially, but educating our area about our existence is a tremendous blessing.” Last year, 765 applications for assistance were received by Shared Blessings. Of those, 168 were approved, with 116 optimizing the program. In addition, Shared Blessings served or delivered 3,700 Thanksgiving dinners during a three-day period.
Visions of Hope Offers New Training Program to Interns—The Cleaning Crew

It is our desire to enable as many individuals as possible the opportunity to fulfill their dreams of having a place to belong, to learn new skills, to make new friends and to be able to give back to their community through volunteering and/or employment.

Visions of Hope is excited to share with you about our newest endeavor, The Cleaning Crew. The Cleaning Crew is a commercial cleaning business that employs some of our graduated interns who could benefit from additional experiences. Supervision and transportation will be provided by our qualified staff and all crew members will be paid at least minimum wage.

Visions of Hope is a nonprofit vocational training program providing work and social experiences to individuals with autism. We provide these services through our resale store, Dress 2 Impress in downtown Farmington. We began our program in 2016 and have successfully graduated 37 individuals from the program. While some have gone on to competitive employment, a few of our graduated interns are more deeply impacted by their challenges. Although they are not yet ready for competitive employment, we want to continue to engage them with alternative employment solutions.

This is where you come in! We are looking for a few local businesses to start our cleaning program. If interested, our staff will visit your place of business to do an intake of the specific cleaning criteria you have. After the interview, a bid will be drawn up and presented to you in a timely manner. We believe you will find our prices quite reasonable. Once the contract has been accepted, we will begin the process of training our crew to meet your cleaning specifications. A thorough review of the workplace will be conducted after each cleaning to ensure that your quality standards have been met. We are so confident you will be impressed with our cleaning crew that we are offering a money back guarantee if you are not 100% satisfied with our work! We are Insured & Licensed.

If you are interested in obtaining a bid for your place of business or would like additional information, please contact Luann @ (573) 664-1711 or Dee @ (573) 366-7937 to set up an appointment.

Please allow The Cleaning Crew to give you a bid on keeping your business clean!

Sincerely,

Luann Honerkamp, Executive Director
Visions of Hope Training Program
Call (573) 664-1711 / E-mail: Luann@vhd2i.org

You are the Light Family Mission Project 2019

First Baptist Church of Farmington is once again having their local mission project known as “You are the Light” Family Mission Project. During the week of June 24-28 from 7:30 am until 3:30 pm, and depending on requests from 4:00 until dusk, we will be helping families in the Farmington area complete tasks that the homeowner would have difficulty completing because of age, disability, or possibly finances.

This will be our 13th year for the mission project. Since 2007 we have helped approximately 700 families with projects around their homes. In the past we have power washed the outside of homes, washed windows, built ramps, outside painting, cleaned gutters, installed smoke detectors, cleaned brush, and many other outside projects.

The congregation of Farmington First Baptist would like to let the people know that we do care and will help if we can. Each year around 100 people participate in the project. Our goal is to let the love of Jesus Christ shine through each one of us. Matthew 5:16 says, “Let your light so shine before men that they may see your good works, and glorify your Father which is in heaven. This scripture is the foundation of our mission statement at First Baptist.

If you or someone you know has a project, please contact the church office at 210 North “A” Street, in Farmington, Mo. 573-756-4654, or Chuck Henson 760-3937.
Community Events and Activities

- **Darkness to Light’s Stewards of Children**: You’re invited to a training with Amber McCutcheon on Thursday, June 13th at the Farmington Chamber of Commerce. For information or to register visit www.yfcparkland.org.

- **You are the Light: Family Mission Project**: (See article on page 2.) Farmington First Baptist Church is hosting their 13th annual local mission project to assist local families with minor projects around their homes from June 24-28. For more information, call the church at 573-756-4654.

- **Living a Healthy Life**: A free program designed to assist you in developing a self-management program to help you stay active and enjoy doing the things you love. It is for caregivers or people living with arthritis, asthma, lupus, fibromyalgia, heart disease, diabetes, COPD, emphysema and other chronic conditions. The next class is **Tuesday, July 9** at the Park Hills Senior Center at 10:30 a.m. Call to register: 573-431-1947, ext. 102 or 151.

- **Dinner Concert with Samuel Fragoza**: Young Faith in Christ is hosting this event of live music & dinner on **Friday, July 19th** at 6 p.m. at Memorial United Methodist Church in Farmington. Samuel is a first class musician and vocalist and is sure to entertain! Visit yfcalive.info for more information.

- **14th Annual Golf Tournament and Dinner**: Children’s Advocacy Center of East Central Missouri is holding its annual Golf Tournament on **Friday, August 16**. The event will take place at Oak Valley Golf Course in Pevely, MO. Early registration is $400 / 4 members (between now and July 12) and late registration is $500 / 4 members. Includes dinner, awards & raffles following tournament. Online registration is available at www.comtreac.org/events. This year will include new golf games and a special guest appearance by Forrest Wegge, Honorary Chairperson.

- **Diabetes Self-Management Class**: Recognized by the American Diabetes Association, this free six-week program helps those affected by diabetes, including family members and caregivers, learn skills to more effectively manage symptoms. It can be combined with other programs and treatments. The next six-week session begins on **September 5th** at the Farmington Public Library at 9:30 a.m. To register, call 573-431-1947, ext. 102 or 151.

- **Non-Profit Ministry Fair and Concert**: Do you have a non-profit ministry that reaches out to the community and you’d like to share that information? Here’s your chance on **September 14th**! Just $35 per booth and that includes two free tickets to the Adelaide concert. 1st 20 registrants receive VIP tickets! More info at www.yfcalive.info.

A Word From WIC – What Can I Feed My Infant?

![Missouri WIC Logo](image)

Just like any adult, an infant needs a specific balance of nutrients for optimal health. More specifically, an infant requires just the right amount of fat, protein, vitamins and minerals to grow and be healthy. If your baby is breastfeeding, you can rest assured that your breastmilk contains the perfect amounts of nutrients that your baby needs to grow. Formula can provide excellent nutrition as well, but it is important to choose products that meet certain standards by the U.S. Food and Drug Administration (FDA) and are prepared according to the formula’s label, or as instructed by the pediatrician.

When preparing baby formula, it is important that you do not use ingredients such as powdered cow milk or raw milk and sugar. Other tips include: do not feed your infant under the age of 12 months cow milk or other milk substitutes like soy milk or almond milk, do not use imported formulas that are not inspected by the FDA, and do not add extra water to the formula. Practicing any of these actions may not provide baby with enough iron or vitamins, or may have too much salt or other nutrients that your baby cannot handle in large amounts. For more information, visit www.healthychildren.org

To contact your local WIC office, call 573-431-1947 or for more information, email: advice@sfhco.org. The physical address is 1025 W. Main St., Park Hills, MO 63601.
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. Open to any expectant parents.
  - **Breastfeeding Classes** are on the 1st Monday of each month from 5-7 p.m. Open to any new or expectant mom.

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@pmma.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.