

Partnership Report



March, 2009



Adding Value, Bringing Hope

Call for Exhibitors!

Its almost spring! Its time again for exhibitors to sign up for the SFCCP Health Expo. This year will be our 12th annual event and will be held on April 18, 2009 at the MAC Field House from 8:00 a.m. to 12:00 p.m. The theme this year is "Spring Into Health!"



The Health Expo is designed to educate, motivate and improve the

overall wellness for the entire family. Last year 64 exhibitors participated and over 800 people attended.



In past years there have been a variety of free or nearly free screenings such as mammograms, I.D. kits for kids, vision, hearing, dental and spinal

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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

Project Sunlight Public Forum/Task Force Meeting

On Tuesday, March 10, at 4:00 pm. in the North College Center at Mineral Area College there will be a Public Forum followed by a Task Force meeting related to child abuse and neglect.

The speaker for the forum is Connilee Boehne of the Children's Advocacy Center. She will have important news regarding the opening of a Child Advocacy Center in St. Francois County. This is an

important step forward. Following the talk by Ms. Boehne, the Task Force groups will meet briefly. The public is invited to participate in both activities and become active in the fight against child abuse and neglect at the local level.



Giving Our Kids A Head Start

Head Start programs have been available in St. Francois County for some time, but the relocation of their



Park Hills school in January to Tenth Street offers the county an even higher quality preschool. The new building offers parents a great place they would want to send their preschool children with

more learning room and more play room.

St. Francois County offers Head Start programs in Farmington and Bonne Terre in addition to the Park Hills facility.



In addition, the program emphasizes family

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**SFCCP Board Meetings
(Open To The Public)
Wednesday at Noon
March 11, 2009 and April 8, 2009
The Conference Center 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.
Kids First Radio Show 4th Wed., 9:30 a.m.**

Do You Know Someone?

Do you know someone, a child, an adult, an elderly person or a disabled person, that is uninsured or in need of health coverage? Have them contact Mo HealthNet at www.dss.mo.gov/mhd/index.htm or the local office of the Missouri Department of Social Services.

Mo HealthNet is the current insurance program for low income persons. In June of 2008, 14 percent or 831,939 individuals were enrolled in Mo HealthNet in St. Francois County, between 40% and 50% of the children, 10% to 12% of the total population. Many others are eligible, but must sign up.

How does increasing the number of people enrolled in Mo HealthNet

help the State's healthcare infrastructure?

- Number reduces uncompensated care
- Promotes earlier treatment in appropriate settings and reduce preventable hospitalizations
- Decreases unnecessary emergency room use
- Supports education and training in academic medical centers.

Without the Mo HealthNet program, these infrastructures costs would be passed on to employers and their employees through higher insurance premiums.

Call For Exhibitors

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screenings; blood pressure, blood sugar, cholesterol levels; bike and helmet fittings, nutrition demonstrations, massage therapy, and information on numerous community resources for health and well-being. Demonstrations have



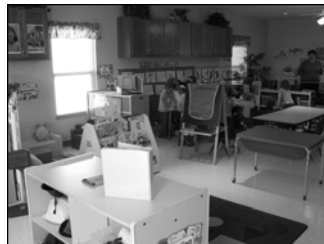
also been made by martial arts and dance performers, emergency vehicles available for tour, and fun kids activities.

If you provide a service to improve health, mental health or well-being of children and families, we encourage you to join us by filling out and returning a registration form. You may visit sfccp.org, call 431-3173, or E-mail mary@sfccp.org to obtain a form.

Giving Our Kids A Head Start

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partnerships at each site and parental involvement throughout. Not only do they provide early education, but they work with families to meet the needs of each individual family with available community resources.



Head Start:

- Gives children a sound early childhood education with emphasis on literacy.
- Serves a nutritious breakfast, lunch and snack.
- Provides health screenings and follow-up referrals.
- Empowers parents to connect with agencies to see that their family's needs are met.
- Supports parents who want to be involved in their children's lives.

Parents are responsible for transporting the children to and from Head Start, but carpooling information may be available at local sites. Regular hours are 8:30 a.m. to 2:30 p.m. and extended hours are

available at each location to accommodate working parents.

Readiness for kindergarten is assessed and progress tracked for each child three times a year. The program is designed to assess the social/emotional, intellectual, language and physical needs of children.



All the sites have one thing in common - they are providing a high-quality program that costs low-income families nothing.

They accept applications year-round and are designed to prepare 3 to 5 year olds of low-income families for school. Enrollment is always open, but slots and funding are limited. Applications are now being accepted for next school year and it is recommended they be filled out as soon as possible. You may apply at the East Missouri Action Agency at 903 E. Chestnut in Desloge, Missouri for all St. Francois County Head Start schools. Phone 431-0103 for more information or visit eastmoaa.org. You may also call a Head Start site and request that someone come by your home to fill out an application. Phone numbers are: Bonne Terre Head Start 358-5422, Park Hills Head Start 431-2658, and Farmington Head Start 747-0373. Call now to apply!

The Partnership Report is published ten times a year by:
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Join Youth Fest 2009!

Youth from all over St. Francois County will gather for this two day event hosted by Young Faith In Christ and area youth ministries. Beginning Friday, April 3rd, at 6:00 p.m. at Solid Rock Church in Farmington, Missouri, a training session will be held where youth leaders and students will be challenged and encouraged to strengthen their relationship with God, with others, and then prepare to go into the community and serve others. Three speakers will be Ben Durbin, Randy Sawyer, and Randy Raines followed by a break-out session for youth leaders and workers and fun game time with students. Music will be by Hidden Alibi. For more information, call Marco at 747-1705.



On Saturday morning, April 4th, groups will again meet for a community work day in four locations: Bonne Terre, Fredericktown, Doe Run, and Iron Mountain Lake. This day is not limited to just teens and the youth

leaders, but to anyone who wants to get their hands dirty and give to our communities. Jobs may include mowing grass, painting, clearing brush, picking up trash, small repairs of various types, and a huge amount of things that can't be listed.

Individuals in charge of locations are as follows:

Bonne Terre: Devin Lee at 431-2944

Doe Run: Katie Hahn at 756-1165

Fredericktown: Danny Bowman at 561-4495, Darin Alvis at 783-2723, or Barb Bales at 783-6322

Iron Mountain Lake: Duane Massey at 701-7561

Please come join us for Youth Fest 2009! If interested, feel free to contact any of these people for more information about the location and time to meet.

Eliminate Your Colorectal Cancer Risk!

March is designated as National Colorectal Cancer Awareness Month. According for the Center for Disease Control, colorectal cancer is the second leading cause of death from cancer in the United States. It is the type of cancer that affects men and women equally with those particularly at risk ages 50 and older or those who have a family history of colorectal cancer and benign polyps.



Because those affected may look healthy and feel

fine, its is recommended those over 50 receive regular screenings, which when done is known to eliminate as much as 60% of colorectal cancer deaths each year. Screening can detect cancer early when the chance for a full recovery is very high and can also find polyps that can be removed before they turn into cancer.

Missouri Screen For Life offers **FREE** screenings for Missourians, men and women, who meet age and income guidelines. Call **(314)879-6392** for more information.

Cover The Uninsured Week - March 22-28

Did you know more than 12% of uninsured Americans, or 9.4 million, are children? Eight out of ten uninsured Americans are in working families that are not covered. The St. Francois County Community Partnership will be conducting a public awareness campaign during March to call attention to the growing problem of the uninsured and the impact upon society.

The Missouri picture indicates that there has been a 5.1% decrease in employers that offer health insurance to their employees. Of those employers that offer insurance to employees, there has been 2.3% increase in employees enrolled. The percentage of working adults that spend 20% or more of their income on out-of-pocket medical expenses has increased dramatically by 87.8%.

Eating Well and Eating Out

Its appropriate and fitting that March is National Nutrition Month, between winter and spring. The holidays have passed, leaving us with cherished memories and frequently unwanted weight gain! Healthy eating needs to be practiced year round, but we need a friendly reminder to get ourselves back on track.

By now we all know the importance of eating well. But how are you supposed to do so when your schedules are so demanding or its just easier, you eat out often? Because the food we eat affects all aspects of how the body functions, eating the right (or wrong) foods can influence not only weight gain, but also mental functioning, emotional well-being, energy, strength, and future health.

It's actually easier than you think to make good choices at a fast-food restaurant or school cafeteria. Most offer healthy choices that are also tasty, like grilled chicken or salads. Be mindful of portion sizes and high

fat add-ons, like dressings, sauces or cheese. The portion sizes of American foods have increased over the past few decades so that we are now eating way more than we need. The average size of a hamburger in the 1950's was just 1.5 ounces, compared to today's hamburgers, which weigh in at 8 ounces or more (over 500 percent increase). Drink water or low-fat milk instead of those containing "empty" calories that you don't need: regular sodas, juices, and energy drinks.

You can visit www.foodfacts.info to choose your favorite fast food restaurant and receive its nutritional analysis, including calories, fat, cholesterol, sodium, protein, carbohydrates, and sugar. You can choose from 22 different restaurants including Arby's, Burger King, KFC, Long John Silvers, McDonald's, Sonic, Steak N' Shake, Subway, Taco Bell, Dairy Queen, Hardee's, and Jack In the Box.

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Dates To Remember

- 2-16-09 to 3-9-09 **Scholastic Book Fair** at The Factory, 7 days a week
- 3-10-09 **Project Sunlight Task Force Meeting** 4:00 p.m. at North College Center, MAC (see page 1)
- 3-11-09 **SFCCP Board Meeting**, Noon in The Conference Center, The Factory
- 3-19-09 **Educare Workshop** 6:30 to 8:30 p.m. Call 431-3173 for more details. Earn 2 clock hours for day care workers!
- 3-22-09 to 3-28-09 **Cover the Uninsured Week**
- 04-03-09 to 04-04-09 **Youth Fest** (see page 3)
- 4-08-09 **SFCCP Board Meeting**, Noon in The Conference Center, The Factory
- 4-18-09 **12th Annual SFCCP Health Expo!** (see page 1)
- 4-25-09 **Global Youth Service Day** Contact Marco at Young Faith In Christ for details on how your youth group/organization can participate at 747-1705

March is **National Nutrition Month**. See page 3 for information.

March is **National Colorectal Cancer Awareness Month**. See page 3 to find out information and how to get screened.

E-Mail mary@sfccp.org or call 431-3173 for Health Expo Registration Forms or to be added/make changes to your Newsletter mailing info.

Check off Child Abuse

Donate through your tax form to help children and families all over Missouri.

Prevent child abuse and neglect by donating a portion of your tax refund to the Children's Trust Fund. Your donation will help create **strong families and safe kids**.

www.ctf4kids.org

 **Children's Trust Fund**

Missouri's Foundation For Child Abuse Prevention

Children's Trust Fund of Missouri strives to prevent child abuse and neglect through grant distribution, education and awareness.

