



ST. FRANCOIS COUNTY COMMUNITY PARTNERSHIP'S

# Partnership Report



May, 2009

*Adding Value, Bringing Hope*

## Foster Care Needs

"The difficult economy is really hurting parents trying to make it day to day in raising their children. Also, the number of foster parents is decreasing because people that would don't know if they can afford to take in another child or children. The number of children needing foster homes is rising as the number of foster parents is decreasing and it's becoming a big problem." stated Millie Smith, local foster parent. "The amount of money the State gives to foster parents alone to help support these children just isn't enough to make it through each month."

To help with these costs, Parkland Foster/Adopt Families is holding a Corvette Show on May 30 at Turner Chevrolet, 1005 E. Main in Park Hills from 10:00 a.m. to 3:00 p.m. Admission to the event is

free, but there is a fee to enter a car into the show. Concessions of pizza, hot dogs, and soda will also be available to raise funds. For more information or to enter a car, call Millie at 358-3512.



Each year foster parents are also faced with back to school expenses and rely on donations and fund raisers. Parkland Foster/Adopt Families accepts gift cards and back pack items. Also needed are items for preschool age and babies. (see page 3 for list of needed items)

*(Continued on page 3)*

### 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

## Health Expo A Grand Success



On Saturday, April 18th, St. Francois County Community Partnership held their 12th annual Health Expo at Mineral Area College Field House. This community event was a grand success

and despite the rain, over six hundred people turned out. The focus of the annual Health Expo is for people to take advantage of the free health screenings, including mammograms, blood pressure, massage therapy, computerized nervous system spinal scan, low cost cholesterol checks, and education through a large variety of health related displays. Many participants enjoyed the activities throughout the morning, such as Farmington Martial Arts demonstrations and

children's fun games and activities provided by the exhibitors, inflatable jumpers, and lots of door prizes!



Information was offered regarding lifestyle changes, such as change in diet, exercise and stress management that can help the average person make simple changes in their lifestyle to

improve their self-health as well as safety information. This event is always a great opportunity for local health related businesses and other



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**SFCCP Board Meetings  
(Open To The Public)  
Wednesday at Noon  
May 13, 2009 and June 10, 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.**

## Livin' Out Loud Tour

An inspiring message about making good choices, encouragement and avoiding drugs and alcohol were the topics of school assemblies presented to several area schools May 5-7. The guest speaker was Zane Black (pictured right), Director of Careless Activities for Timberline Lodge, a Torchbearer Bible School in Winter Park, Colorado and speaker for Dare2Share Ministries.



Black shared entertaining, funny stories from his life and also spoke about the mistakes he had made in his life with girls, alcohol and drugs after a difficult childhood of being raised in a broken home. He spoke about his personal experiences, those people close to him hurt by his actions, and how poor decisions permanently affected his life. He also talked about people who care in our lives who we don't think about before we make mistakes, people we can turn to.

Schools that participated were Fredericktown Middle School, North County High School and Middle School, Central High School and Middle School, and West County High School.

During the closing event at Christian Life Church on May 7, musician and nationally known artist, Aaron Shust (pictured below), joined Black performing at Christian Life Church.

In total, this message was received by an estimated 3,871 people.

The *Livin' Out Loud Tour* was organized by Young Faith in Christ and sponsored by Belgrade State Bank, Parkland Health Center, and St. Francois County Community Partnership.



## Health Expo A Grand Success!

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community agencies/organizations to promote their services.

About 65 vendors displayed their services and information. Also available for tour were Farmington Fire Department fire truck, ambulance from St. Francois County Ambulance District, and emergency trailer from 9-1-1 Joint Commission.

Even the Tooth Fairy and her helper tooth came to play games with



the kids and provide important information about oral care and St. Francois County Dental Clinic to the kids and their parents!

Thank you to all the vendors who took part in the day, the Mineral Area College student volunteers, and Mineral Area College for allowing us to hold this

great event at their campus.

The next Health Expo will be held on April 17, 2010 at the Mineral Area College Field House from 8:00 a.m. to 12:00 p.m., so mark your calendars now!



## Summer Breakfast/Lunch Program

Children that have been receiving breakfast and lunch through their school or Head Start will soon be out for the summer. This presents a problem for many children from late May until early August when educational activities resume.

**GOOD NEWS!**

The five public school districts of St. Francois County, plus Head Start centers will be serving breakfast and lunch. A child does not need to

be enrolled in summer school to qualify for these meals. If you know of a family that needs this service, refer them to their school district or Head Start center. If the child can get to the site, they can be served. In addition to schools and Head Start, the summer children's program offered at Mineral Area College is also open to these school age children. The dates vary by school or center. These services will be available approximately May 26 through June 25, 2009.

## Prevent H1N1 Flu

Currently the U.S. has more than 2,500 H1N1 confirmed cases in 44 states and three deaths, the U.S. Centers for Disease Control and Prevention reported. Globally there have been 53 deaths. Experts fear that the H1N1 (swine flu) virus could mix with circulating seasonal flu viruses this fall and create new strains and are deciding on making a vaccine.

With this fear, we all need safer practices to protect ourselves. The majority of disease enters our bodies through touching the T-zone

(mucous membranes of your eyes, nose or mouth). For respiratory and gastrointestinal diseases it is 100% of the portal entry! If you NEVER touched these mucous membranes with a dirty (contaminated) finger, you will NOT be sick again from respiratory or gastrointestinal illness and there would not be a pandemic!

For a fun web site for kids and to print a poster to spread the word, not germs, go to [www.henrythehand.com](http://www.henrythehand.com). This site is recommended by St. Francois County Health Center.

The Partnership Report is published ten times a year by:  
**St. Francois County Community Partnership**  
 200 W First Street, Suite 182 Farmington, MO 63640  
 Phone: (573)431-3173 / 760-0212 FAX: (573)760-0451  
[www.sfccp.org](http://www.sfccp.org)

**Al Sullivan** Executive Director  
**Mary Taylor** Office Manager  
**Tammy Durbin** Fiscal Director  
**Margaret Bilderback** Educare Coordinator  
**Tiffany Creamer** Resource Center Assistant

**5<sup>TH</sup> ANNUAL WOMEN'S HEALTH DAY**

For Women 20 years of age or older

St. Francois County Health Center

1025 W. Main Street, Park Hills

Friday, May 15, 2009, 8:00 a.m. to 12:00 p.m.

**FREE** screenings include blood pressure, height/weight, body mass index (BMI), oral cancer screening

Special pricing for this event: lipid panel and blood sugar (total cholesterol, HDL, LDL, triglycerides) \$12.00 cash only.

\*\*Fasting recommended, but not required.

For more information, call (573)431-1947, ex. 107, 113, or 131

**Annual Senior Health and Fitness Fair**

Wednesday, May 27 from 8:00 a.m. to Noon

**First Baptist Church Family Ministry, 411 N. Harding in Desloge**

Sponsored by the OASIS Institute, Parkland Health Center,  
and BJC Behavioral Health

**American Red Cross Blood Drive**

St. Francois County Health Center

1025 W. Main Street, Park Hills

Friday, May 15, 2009, 9:00 a.m. to 1:00 p.m.

(Call 431-1947 to schedule appointment)

**Foster Care Needs**

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May is Foster Care Month, so take this opportunity to do what you can to help these parents provide essential needs to these children. Many of these kids arrive to their foster homes with nothing but the clothes on their backs.

All children deserve a safe, happy life—including the estimated half million American children and youth in foster care.

Foster Care Month is also a great time to show our appreciation to foster parents. Young people in foster care are especially in need of nurturing

adults on their side because their own families are in crisis and unable to care for them. Thanks to these unsung heroes, many formerly abused or neglected children and teens will either safely reunite with their parents, be cared for by relatives, or be adopted by loving families.



If you have considered becoming a foster parent and would like more information, you may call Melissa Rouse or Stacy Holcomb at 431-6592.

To donate items, you may call the Partnership at 431-3173 or Millie Smith at 358-3512.

**MUCH NEEDED DONATIONS:** (Gift cards for any of these ages are also very helpful)

**BABIES:** Diaper bag, diapers, baby wipes, sleeper, blanket, pacifier, socks, bottle, lotion, comb, stuffed toy, baby bath.

**Age 2-5:** Back pack, underwear, socks, pajamas, toothbrush, hair brush/comb, book, crayons, stuffed toy, sippy cup, pull-ups, baby wipes.

**Age 6-12:** Back pack, underwear, socks, oversized t-shirt, toothbrush, hair brush/comb, book notebook, pens, pencils, stuffed toy for girls or car or Frisbee for boys, journal.

**Age 13-18:** Back pack, underwear, socks, oversized t-shirt, toothbrush, hair brush/comb, deodorant, notebook, pens/pencils, stuffed toy for girls or ball cap/deck of cards for boys, journal.

**May Is Mental Health Awareness Month**

May is Mental Health Awareness Month, a month dedicated to informing the public about maintaining their mental health and dealing with mental illness both to oneself and in others.

According to www.healthline.com, seven in ten Americans with a mental illness do not receive treatment. Biases against mental illness and lack of public awareness are among the obstacles that limit access to treatment and affect willingness to seek care.

It is increasingly important to be aware of our own mental health as well as those around us with the current economic stressors. According to Treatment Solutions Network, suicide cases are expected to rise two to three times in the next year. Other problems, such as depression,

anxiety, substance abuse, domestic abuse, and child neglect are also rising. The more upset people get about their financial situation, the less control they have and the more the problems seem to surface.

Having some form of expression may be a good way to keep track of your mental health. Keeping a journal, writing stories/poems, drawing or painting a work of art are all healthy ways to vent whatever may be stressing you out. Talking out problems is another way to deal with something that may be bothering you.

For those who need more help, BJC Behavioral Health offers a Crisis Hotline at 1-800-811-4760 as well as MoCAR (Missouri Crisis Access Response) at 1-800-356-5395.

St. Francois County Community Partnership  
200 West First Street—Suite 182  
Farmington, MO 63640



## SFCCP Board of Directors

Rhonda Bailey – East Missouri Action Agency  
Cynthia Barton – Board of Probation & Parole  
Gary Berblinger - The Daily Journal  
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Marco van Raalten – Young Faith In Christ  
Julie Ward - Bismarck School District  
Sharon Wallace – St. Francois County Health Center  
Alan Wells—9-1-1 Joint Commission  
Becky Yount - West County School District

## Dates To Remember

- 5-13-09 SFCCP Board Meeting, 12 Noon, The Factory. (open to the public)
- 5-15-09 Women's Health Day, St. Francois County Health Dept.
- 5-15-09 American Red Cross Blood Drive, St. Francois County Health Dept.
- 5-25-09 SFCCP Office Closed in honor of Memorial Day
- 5-26-09 - 6-25-09 Summer Breakfast Lunch Program (see page 2)
- 5-27-09 Annual Senior Health and Fitness Fair 8 a.m. to Noon  
First Baptist Church Family Ministry, Desloge (see page 3)
- 5-30-09 Corvette Show, 10 a.m. to 3 p.m., Turner Chevrolet, Park Hills  
To benefit Foster Care Parents (see page 1)
- 6-10-09 SFCCP Board Meeting, 12 Noon, The Factory (open to the public)
- 6-22-09 - 6-26-09 "You Are The Light" Family Mission Project - First Baptist  
Church of Farmington completing home projects for those unable  
to complete them for themselves. Call 756-4656 for more  
information.

*Next Annual Health Expo—April 17, 2010*

*Mineral Area College Field House , 8:00 a.m. to 12:00 p.m.*