



St. Charles County Department of Community Health and the Environment

Health E-News

SEPTEMBER 2005

1650 BOONE'S LICK ROAD, ST. CHARLES, MO 63301
COMHEALTH@SAINTCHARLESCOUNTY.ORG

PHONE 636-949-7400
WWW.SCCHEALTH.ORG

Helpful Phone Numbers

Division of Public Health
636-949-7400

Health Education
636-949-7401

Vital Records
636-949-7558

STD
Prevention/Treatment
636-949-7401

Environmental Health
636-949-7404

WIC
(Women Infants Children)
636-949-7402

Division of Emergency
Management
636-949-3023

Division of Environmental
Services
Recycling Services
636-949-7415

Division of Humane
Services
636-949-7387 (PETS)

Animal Control
636-949-7347

Hurricane Katrina

St. Charles County Department of Community Health and the Environment is continually communicating with state and local agencies to assist in the Hurricane Katrina relief efforts.

[Click this link to visit the Missouri Department of Health and Senior Services website for additional information.](#)

Season Ends for Hazardous Waste Collection

It's the time of year when many of us go through our fall cleaning rituals, but much of what you may want to pitch could actually be hazardous. From oil cans to old paint, chances are your home is loaded with half-used and mostly forgotten household chemicals.

Check the label for the words "Warning" or "Danger." These items should be handled carefully, according to the label, and brought to a collection event. Your best option when trying to get rid of these extra household products is to use them up or check with neighbors to see if they need it.

If these options don't work, St. Charles County will be collecting hazardous household waste by appointment only through October at Recycle Works-Central. Make an appointment by calling (636) 949-7900 ext. 4271 to dispose of these hazards properly.

Some of the items accepted include paint and varnish components, pesticides and other poisons, gasoline or automotive fluids, and pool chemicals. If you cannot make an appointment this fall, collections will resume next spring on April 1. For more info on what you can and cannot bring, visit the Division of Environmental Services website at www.scchealth.org/es



New Feature!!

Each month, check out a message from Gil Copley, Director of the Department of Community Health and the Environment.

A Message from the Director...

Three Steps to Health

By Gil Copley, Director of the Department of Community Health and the Environment

Today we constantly read and hear about the epidemic of obesity in the United States. A lot of time is spent arguing the accuracy of the current federal definition of obesity and overweight. Many solutions are proposed. Diets are debated. Dire predictions of early illness and premature death are preached.

But, some truths don't change and for most of us the solution is as simple as it has always been. What are those time-tested approaches to healthy weight and fitness?

Click here to finish reading **Three Steps to Health** online at www.scchealth.org

Surfing the web?



We're on the Web!
www.scchealth.org

Check out these websites for more info on public health!

Juvenile Products Manufacturers Association
www.jpma.org

5 a Day the Color Way
www.5aday.com

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Receiving duplicate newsletters? [Let us know.](#)

FREE Tire Roundup!



Did you know that a single tire left outdoors provides a prime location for a single mosquito to produce 10,000 to 1,000,000 mosquitoes during breeding season?

St. Charles County Government offers a FREE Tire Round-up for residents only **September 22-24** at Recycle Works-West (formerly named the St. Charles County Recycling Center). Bring your old tires **between 8:30 a.m. and 4:30 p.m.** to the center, located at 2110 E. Pitman Ave. in Wentzville. Limit 20 tires per visit. ID required--St. Charles County residents only; no businesses.

This special one-time collection encourages all residents to recycle and improve the health and aesthetics of our community. Remember—burning tires is illegal and makes air dangerous to breath. Proper tire disposal can help prevent the breeding of disease-carrying mosquitoes, the potential for fire hazards, as well as the expense of cleaning up after tire fires and improve the appearance of the community.

Visit the Division of Environmental Services online at www.scchealth.org/es or call 636-949-7415 for a list of items accepted at your county recycling centers.

Did you know? September is...



Baby Safety Month
National 5 A Day Month
Ovarian Cancer Awareness Month

Check out the web links on the left for more info!

Encourage Healthy Snacking!



Looking for an inexpensive, fun family outing? Visit a farm that allows you to "pick your own produce." Vegetables and fruit don't get any cheaper, fresher or more delicious than this!

It's a healthy day out in the fresh air and a great picture taking opportunity...but most of all it's the thrill of getting close to the land and bringing home fruit and vegetables that you actually picked.

[Pick your own.com](http://Pickyourown.com) specializes in agritourism - listing farms all around the world that welcome tourists to harvest their own fruits and vegetables and bring home a crop of fresh picked produce. According to this site, September and October are the big months for apples, but you'll also find plenty of fall raspberries and winter squash.



Missouri's Health Insurance for Families

Changes to MC+ May Affect YOU!

If your child already has MC+, check your mailbox.

The Missouri legislature made changes to MC+, part of Missouri's Medicaid program. Here's what you need to know:

The families of an additional 46,000 children with MC+ will begin paying monthly premiums in September 2005. If this change affects your child, you will get a letter from your child's caseworker at the Family Support Division (FSD).

After your first payment, it is very important to make every payment on time. If you don't, your child may lose their MC+ coverage, and may not be eligible for MC+ again for six months!

There is a great way to be sure your payment gets in on time. You can have the payment taken out of your checking account automatically each month.

Protect your child and their MC+ benefits. You might need your MC+ health coverage tomorrow!

1-877-KIDS-NOW or www.mcplus.org