



News 4 A Healthy Shelby County

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Parenting Help

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Special points of interest:

- * ParentLink WarmLine was developed to help parents, caregivers, and providers in order to strengthen families.
- * This resource is available by phone, text, email, and Facebook message.

Have you ever needed answers to parenting questions and not known where to turn or who to ask? There is a new parenting resource available that might be able to help. It is called ParentLink WarmLine and it is sponsored by the University of Missouri.

What is ParentLink WarmLine?

This valuable resource gives you direct access to family strengthening support and information. Available by phone, email, text, or Facebook message, ParentLink WarmLine can allow parents to visit with professionals who can assist with solutions for a wide variety of parenting/family concerns. It is manned by professionals with Masters Degrees in human service fields such as Human Development and Family Studies, Social Work, and Education and Counseling Psychology.

Contact Information

- Missouri residents call 1-800-552-8522
- Email: parentlink@missouri.edu
- Text 585-FAMILY1 (326-4591)
- Message on Facebook: ParentLink WarmLine
- Go to:

parentlink.missouri.edu/warmline.php

Who can use it?

- Parents, grandparents, and caregivers of children of all ages.
- Friends, family members, volunteers, and any professional that would like to assist a parent.
- People looking for help making healthy family decisions.
- People searching for answers to parenting questions. These may include anything from general question such as thumb sucking, toilet training, picky eating, or language development to questions about developmental disabilities or special healthcare needs. Questions can also be related to adolescents or older children.

Available Hours

Monday—Friday 8am to 10pm

Saturday & Sunday 12pm to 5pm

Facebook or email messages can be left after hours.

<http://parentlink.missouri.edu/warmline.php>

Safe Toys for Kids

The Consumer Product Safety Commission urges gift-givers to keep safety in mind when choosing toys for young children. The CPSC estimates that more than 120,000 children are treated in hospital emergency rooms for toy-related injuries each year. CPSC states its goal is to prevent deaths and injuries; unfortunately, each year some children are hurt by toys. By always reading labels and being safety conscious, parents and caregivers can help prevent toy-related injuries.

Check Labels

CPSC requires labels to be on all toys marketed for children from three to six years old if the toys pose a choking hazard to children under age three. These labels tell consumers two critical things: that a toy is not safe for younger children and why it is not safe. Before CPSC issued these labeling requirements; it was more difficult for consumers to know that certain toys they bought for older children could be a danger to younger kids. CPSC has the most stringent toy-safety standards in the world, and toys on store shelves are safer because of the day to day compliance work by CPSC.

Tips for Gift-Givers

Parents and gift-givers can help prevent toy-related injuries and deaths by always reading labels



and being safety conscious. The following tips will help you choose appropriate toys this holiday season—and all year round:

- Select toys to suit the age, abilities, skills, and interest level of the intended child. Toys too advanced may pose safety hazards to younger children.
- For infants, toddlers, and all children who still mouth objects, avoid toys with small parts which could pose a fatal choking hazard.
- For all children under age eight, avoid toys that have sharp edges and points.
- Do not purchase electric toys with heating elements for children under age eight.
- Be a label reader. Look for labels that give age recommendations and use that information as a guide.
- Look for sturdy construction, such as tightly secured eyes, noses, and other potential small parts.
- Check instructions for clarity. They should be clear to you, and when appropriate, to the child.
- Discard plastic wrappings on toys immediately, which can cause suffocation, before they become deadly playthings.



Katie's Korner

Drug Overdose Epidemic

You may not realize that the United States, as well as the state of Missouri, is facing an epidemic. Many of us believe because we live in a quiet, rural community that we are immune to the drug epidemic, but it can even affect us.

The use of opioid drugs in our state has become such a problem that this past July, Governor Eric Greitens signed into law new legislation regarding opioids. According to the Missouri Department of Health and Senior Services website, 1 out of every 66 deaths in 2016 were due to opioid or heroin overdose.

The first provision to this law allows anyone to receive naloxone (Narcan) from a pharmacist without having to get a prescription from a physician.

Naloxone is a safe and effective drug that can be given to someone who is suffering from an overdose of opioids.

What are opioids?

Opioids are a class of drugs that include the illegal drug heroin, pain relievers available by prescription such as Oxycodone (OxyContin), Hydrocodone (Vicodin), codeine, morphine, and fentanyl. Opioid pain relievers are generally safe when taken for a short time as prescribed by a doctor, but are often misused.

These pain meds, even when prescribed by a doctor, can lead to dependence. When misused, they can even lead to overdose and death. An opioid overdose can be reversed by naloxone (Narcan) when given right away.

The second measure in Governor Greitens' legislation is an expansion to the "Good Samaritan" law. Under the new legislation, anyone who, in good faith, acts to assist in a drug or alcohol overdose can call for emer-

gency assistance without fear of arrest. This protects both the victim and the person seeking medical help from possession charges. This encourages people to call for help in the case of an overdose.

Another important part of Missouri's efforts to fight the opioid crisis is to make naloxone more readily available and provide training for the use of this overdose reversal drug.

Counterfeit Pills

In recent years there has been an influx within the illicit drug market of counterfeit pills. These pills are often laced with fentanyl and sold as heroin, without the buyer's knowledge. This influx has greatly increased the number of drug overdoses among illegal drug users.

Availability of Naloxone

The new Missouri law expands dispensing of naloxone by pharmacies. Previously, licensed pharmacists were only authorized to dispense the drug without a prescription under physician protocol. It can now be dispensed under a statewide standing order issued by the Missouri Department of Health and Senior Services.

Under this law, the pharmacist who dispenses naloxone is protected from any criminal or civil liability or professional disciplinary action for any outcome from administration of naloxone. The standing order allows individuals to purchase naloxone without a prescription. Naloxone can be given as an injection or nasal spray. Due to its short-acting time, multiple doses may be required.



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We have your best interest at heart!

For more info go to:

www.cdc.gov

<http://parentlink.missouri.edu/warmline.php>

<http://health.mo.gov/information/news/2017/opioids71717>

www.cpsc.gov

December Blood Pressure Clinic

20 Shelbina Nutrition Site

11am-12pm

Due to low numbers, we have been forced to decrease the number of Blood Pressure Clinics we do each month. If you have a monthly group that meets in Shelby County during a weekday and you would be interested in having someone come take blood pressures for your group, please give us a call!

Recipe of the Month

Panko Penne & Cheese

Ingredients:

5 cups uncooked penne pasta

1/2 cup butter

1 tsp crushed garlic

1/2 cup all-purpose flour

1 tsp salt

4 1/2 cups milk

1 cup shredded provolone cheese

1 cup shredded mozzarella cheese

1/2 cup shredded Parmesan cheese

Topping:

1 Tbsp butter

1 cup panko bread crumbs

Directions:

Heat oven to 350°F. Spray 13x9-inch glass baking dish with cooking spray. Cook and drain pasta as directed on package. In a large saucepan, melt 1/2 cup butter over low heat. Add garlic; cook 30 seconds, stirring frequently. With wire whisk, stir in flour and salt until smooth. Increase heat to medium; cook, stirring constantly, until bubbly. Gradually stir in milk. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in cheeses. Cook until melted, stirring occasionally. Stir in pasta, then pour mixture into baking dish.

In small skillet, melt 1 Tbsp butter over medium heat; stir in bread crumbs. Cook and stir until crumbs are golden brown. Sprinkle over pasta mixture. Bake uncovered 20-25 minutes or until bubbly.

