



NEWS 4 A HEALTHY SHELBY COUNTY

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Parents As Teachers

Our community is blessed with many great resources available to young parents. In this article we will explore one of those great resources: Parents As Teachers.

What is it?

Parents As Teachers is an educational program designed to support and encourage young families with children.

Who is it for?

This program is geared toward parents and/or caregivers of children ages prenatal through kindergarten.

How does it work?

The program offers personal visits, group connections, parent cafés, resources, information, screenings, and a lending library.

When does it take place?

At North Shelby family visits are scheduled each month to coordinate with the family schedule. Group connections are offered 6 times throughout the school year. Parent Cafés are offered each month during the school year. A lending library is available when school is in session. Information, resources, and screenings are

distributed and scheduled upon request.

South Shelby currently has a waiting list for family visits. They offer 6 group connections throughout the year for ANYONE in the district with children 0 to PreK.

Where do activities take place?

NS visits and screenings are generally held in the home, at school, or the Shelby County Teen Center. Group Connections and Parent Cafés are held at North Shelby unless specified.

SS Group Connections are held at either Shelbina or Clarence Elementary or other locations as announced.

How to learn more?

North Shelby

Call Michele Trenhaile at the North Shelby Elementary office at 573-633-2401 or Like on Facebook at North Shelby Parents As Teachers.

South Shelby

For information contact Mendy Schaefer at mschaefer@cardinals.k12.mo.us or check out South Shelby Parents As Teachers Facebook page.



Parent Education Night On Youth Social Media Safety

**Are Your Kids Online?
Join us to learn about
Social Media Land Mines**



Come Learn What You Need to Know!

- Pros & cons of most popular apps
- Technology addiction & what you can do
- How to spot & react to cyber bullying
- 6 Potential safety concerns
- How to talk to your kids about social media
- Monitoring apps
- 3 Rules & 3 Tips that will help use technology responsibly
- Additional tips & resources

As Seen/Heard On:



When?

Wednesday, February 28 @ 6pm

Where?

South Shelby High School

Spread Love Not Flu



This year we have seen unusually high numbers of influenza across the country. There are ways to protect yourself and others from this sometimes deadly illness.

1) Get a flu shot.

- The CDC recommends a yearly flu shot. This is the first and most important step in preventing the flu.
- Vaccination can reduce flu illnesses, doctor visits, and missed work or school, as well as hospitalizations from the virus.
- Everyone 6 months of age or older should get the flu vaccine.

2) Take Preventative Action.

- Try to avoid close contact with sick people.
- While sick, limit contact with others to help prevent the spread of influenza.
- If you have flu symptoms, the CDC recommends that you stay home at least 24 hours AFTER your fever is gone (without the use of fever-reducers.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water. If soap is not available, use alcohol-based hand sanitizer.
 - Avoid touching your eyes, nose and mouth. This is how germs spread.
 - Clean and disinfect anything that may be contaminated with germs.
- ### 3) See your doctor.
- Your doctor may prescribe antivirals to treat the flu.
 - Antiviral drugs can be used to treat the flu.
 - Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious complications.
 - For best treatment, however, antivirals should be started within 2 days of getting sick. This means that you need to be seen by a doctor as soon as you think you are getting the flu for best results.
 - Flu symptoms to watch for include fever, cough, sore throat, runny nose, body aches, headache, chills and fatigue. Some people also have vomiting and diarrhea.



Getting a flu shot is the first step in preventing influenza.

Antiviral drugs such as Tamiflu work best if they are started within 2 days of getting sick.



Symptoms of influenza can include fever, cough, sore throat, runny nose, body aches, headache, chills, fatigue and sometimes vomiting and diarrhea.

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We have your best interest at heart.

<http://shelbycountyhealth.com/>

February Blood Pressure Clinic

21 Shelbina Nutrition Site 11am-12pm

Due to low numbers, we have been forced to decrease the number of Blood Pressures 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!

For more info go to:

www.shelbycountyhealth.com

www.cdc.gov

<http://dynamicinfluence.com/>

Recipe of the Month

Chicken Portobello

Ingredients:

- 4 skinless, boneless chicken breasts
- 2 Tbsp olive oil
- 1/4 cup all-purpose flour
- Salt and pepper to taste
- 1 small onion, thinly sliced
- 2 Portobello mushrooms
- 1 cup beef broth
- 2 tsp dried tarragon
- 5 canned quartered artichoke hearts
- 1/4 cup lemon juice



Directions:

Lightly pound chicken breasts to even thickness. Dust chicken with flour and add salt and pepper to taste. In a heavy skillet, heat 1 Tbsp olive oil over medium heat. Brown chicken on both sides and cook through. Remove from pan and set aside. Add remaining Tbsp of olive oil to skillet and sauté onions and mushrooms over medium heat 3 to 5 minutes. Add beef broth, lemon juice, tarragon and artichoke hearts to the pan; heat for 5 to 6 minutes, stirring gently. Return chicken to pan and heat through.