



# rural spotlight

## Staying Active Indoors

During winter in Missouri, the idea of staying active outdoors is not so appealing. You do not have to forgo being active just because you are spending more time inside. There are lots of ways to stay active. There are plenty of games you can play that will get the heart pumping. Pull out the old Twister mat or play a round of charades.

In addition to staying

physically active, it is a great time to bond as a family. Another fun indoor activity that you can do in any room is dancing. Turn on some tunes and get that body moving. If you need a little inspiration for your dance moves, rent a dance video or a workout video. Play a video game that keeps you active like the Nintendo Wii or Dance Revolution. If you want to see some serious physical results from your indoor activity, set up a home gym. All you really need are some hand weights, a mat, exercise bands, and a core ball. Even if you decide you would rather sit down and watch TV, stay active by getting up and moving when a commercial comes on. Just a few minutes of exercise every day can make a big difference in the way you feel and look all year long.

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A publication of the  
Missouri Department  
of Health  
and Senior Services

# Preparing for Emergencies



Emergencies can strike anytime. A tornado, a flood, or even a terrorist attack can change lives. Missouri families, communities, businesses and schools need to take steps today to prepare for an emergency. The state's "Ready in 3" program can help. Endorsed by the American Red Cross and the State Emergency Management Agency, "Ready in 3" focuses on three steps you can take to prepare for many kinds of emergencies.

## Step 1 – Create a Plan

Create a plan for you and your family, at home and at work. Your family might not be together when an emergency happens, so it's important to have a plan in place. Sit down and talk about how you will reach each other in different situations. Make sure everyone in the family can get to a safe place and find each other in the event of an emergency. For instance, it is a great idea to designate two family meeting places, one in the neighborhood and one farther away. Consider contacting the same friend or family member by telephone or e-mail. Think about making an out-of-town family member or friend the contact. It might be easier to make a long-distance telephone call instead of a local call during an emergency. It could be easier for an out-of-town person to connect separated family members.

You should also make one plan that involves staying at home, and one that involves leaving. Know where to go if you have to leave. Plan where your family can meet. Know where you will go and how you will get there if you have to leave your home.

## Step 2 — Prepare a Kit

Prepare a kit for your home, car and work. During an emergency, you may not be able to get food or water for days or weeks, and your electricity may not be working. In your kit, include water, canned or dried food, a battery-powered radio, a flashlight, extra batteries, a list of prescription medications, and a first-aid kit.

For your car, keep a small, portable emergency supply kit at all times. You should include a gallon of water, several cans of food, a manual can opener, blankets, sleeping bags, money and first-aid supplies.

At work, keep your own supply of fresh water and canned food, a flashlight and a battery-powered radio at your desk or in your locker. Everyone should consider keeping a change of clothes and a pair of strong, practical shoes or boots at work.

## Step 3 — Listen for Information

Listen for information about what to do and where to go during an actual emergency. Stay calm, and get as much information about the situation as possible. If there is no electricity, use the battery-powered radio to listen for updates and instructions. City, county, and state officials have developed emergency plans. In the event of an actual emergency, it's important to follow their instructions and advice. They will provide you with the latest information.



Learn more about Missouri's Ready in 3 program online at [www.dhss.mo.gov/Ready\\_in\\_3](http://www.dhss.mo.gov/Ready_in_3)

## ONE MINUTE OF EXERCISE: SIDE STRETCHES

Stretching is an important part of strengthening your core muscles. Doing a few stretches at work will also help energize you for the rest of your day. Follow these guidelines for side stretches you can do in your seat:

- Sit on a chair and rest your hands on your thighs.
- Lift your right arm straight up, above your head. Bend to the left until you feel the stretch in your right side.
- Hold the stretch for 30 seconds.
- Switch sides and repeat.



## Winterizing Your Car

Missouri weather can turn on a dime. It can go from a 70-degree Monday to a snowy, 35-degree Tuesday. That's why, this time of year, it's so important to prepare for wintry conditions on short notice. Here are some guidelines you should follow to prepare your vehicle for a cold spell.

- \* Start by checking your tire pressure. If it's off, that will impact your vehicle's traction.
- \* Next, get your oil changed; making sure it's an oil that won't thicken up too much if the temperature drops.
- \* Make sure your windshield wiper blades are going to be able to stand up to wintry precipitation. Keep your windshield wiper fluid filled, and fill the radiator with enough antifreeze. It should be a 50-50 mix of antifreeze and water.
- \* Also, keep your gas tank filled to prevent frozen gas lines.
- \* Make sure your battery, belts and hoses get a checkup. If your vehicle has four-wheel drive, make sure it's working correctly. It has likely been a long time since you have used the four-wheel drive.
- \* Finally, keep the following items in your trunk in case you get stuck: a blanket, boots and gloves, water and food, a small shovel, a flashlight, flares, jumper cables, a spare tire, chains, and a bag of sand or non-clumping kitty litter to place under a tire that needs traction.

If you do have trouble in your car during wintry weather, make sure you know exactly where you are before you wander away from it. It is easy to get disoriented in hazardous road conditions. Help may be just a cell phone call away. If you have enough gas, run the engine and heater for about 10 minutes for every hour you're waiting for help. Make sure the vehicle's exhaust pipe is clear first. To keep your car functioning at its best, you need to give it a little extra attention this time of year.





## KIDS HEALTH TIP

### Flossing Teeth

Plaque can cause major problems for your teeth, including tooth decay. Flossing your teeth is the best way to prevent plaque from building up between your teeth.

#### Here's how:

- \* Take about 18 inches of dental floss and wrap one end around each of your middle fingers.
- \* Gently slide the floss between two teeth, using a saw-like motion.
- \* Once at the gum line, pull both ends of the floss in the same direction to form a C shape against one tooth.
- \* Move the floss up and down against one tooth, then the other.
- \* Repeat this for all your teeth.
- \* Make sure you floss your back teeth, where you most often chew.



# When To Worry About Anxiety

Everyone suffers from anxiety at some point. You may get nervous about a job interview. You may feel stressed out over a looming deadline at work. Maybe you have butterflies in your stomach about a new relationship. It's normal to occasionally feel anxious. But for some people, anxiety can be constant and overwhelming, interfering with life on a daily basis. If you identify with several of the following signs and symptoms, and they just won't go away, you may be suffering from an anxiety disorder. Your doctor can help you find ways to cope with your stress.

- Are you constantly tense, worried, or on edge?
- Does your anxiety interfere with your work, school, or family responsibilities?
- Are you plagued by fears that you know are irrational, but can't shake?
- Do you believe that something bad will happen if certain things aren't done a certain way?
- Do you avoid everyday situations or activities because they make you anxious?
- Do you experience sudden, unexpected attacks of heart-pounding panic?
- Do you feel like danger and catastrophe are around every corner?



### Correcting Health Myths

Reading in dim light will not make you go blind. Experts say the practice may cause temporary eye strain, but that will go away once you return to bright light.

# Taking Care of the Family with a Sick Person at Home

One of the biggest challenges to taking care of a sick person at home is keeping the rest of the family healthy. Contagious illnesses spread fast without being noticed. There are precautions you can take to help avoid a contaminated household. Start by keeping the sick person away from the main traffic areas of the home. They should have their own bathroom, if possible. And they should be kept inside until the illness is no longer contagious. If a sick person does have to leave the home, they should keep their nose and mouth covered. Though it's nice to have well wishers, those well wishes should be made over the phone. Visitors should not be allowed at all during the contagious stage of an illness.

The best way for others who live in the home to avoid getting sick is to wash their hands often and thoroughly. Drying hands with paper towels is a good idea, especially for the sick. If you do use towels, each person in the home should have their own.

If you're caring for a sick person, be careful not to make face-to-face contact. Try to avoid getting coughed on. Wash your hands each time you come in contact with a sick person, or anything they've touched. Use a household disinfectant to keep surfaces clean. And after you've washed the sick person's laundry or linens, dry them on a hot setting. Pay careful attention to your body so you will know as early as possible if you've picked up the illness. Start treating symptoms as quickly as possible.

**Start treating symptoms early to help avoid a contaminated household.**



# Missouri Hospital Association (MHA) Emergency Preparedness Program

The Missouri Department of Health and Senior Services (DHSS) receives federal funding to increase the disaster response capacity of Missouri hospitals through The Hospital Preparedness Program grant. This grant was authorized by the U.S. Department of Health and Human Services Assistant Secretary for Preparedness and Response. Through a state cooperative agreement, MHA has partnered with the DHSS and other organizations to help hospitals increase their organizational, community and regional disaster planning. Preparedness efforts are based on an all-hazards approach, which includes a wide spectrum of natural and man-made disasters. With this partnership, MHA disaster staff serves as liaisons to DHSS during public health emergencies, natural disasters and other real world events. For all Hospital Preparedness Program activities, MHA coordinates with the Mid America Regional Council (MARC) for the Highway Patrol Region A and with the St. Louis Area Regional Response System (STARRS) for Highway Patrol Region C.

The following highlights some of the resources and technical support hospitals have received. Some resources and support activities were provided statewide; others were provided to all Missouri Regions excluding Regions A and C, because those regions receive separate funding through federal grants for similar activities.

- **Hospital Personnel Education**—NIMS training, basic and advanced disaster life support, exercise evaluation training, weapons of mass destruction threat and risk assessment and hazmat training.
- **General Equipment**—portable decontamination, personal protective equipment caches, burn supplies, evacuation assistive devices, supplemental oxygen, computerized wireless simulation manikins provided to The University of Missouri–Columbia, School of Medicine, which will serve as the site for advanced disaster preparedness skills training available to all Missouri health care providers at no cost through grant funds.
- **Regional Response Systems**—Sixteen mass casualty incident (MCI)/mobile command trailers able to treat up to 100 trauma patients and also equipped with an extensive communications package. Eleven medical-surge caches that contain basic medical, personal and bedding supplies for up to 5,500 patients/victims.
- **Communication**—Capability—HEAR Base Station Radios; HT1250 VHF Handheld Radios; HAM radios and amateur radio systems; Medical coordination centers in Boone and Greene Counties; ongoing maintenance of EMResource® statewide and EMTrack® for Highway Patrol Regions B, D, E, F, G, H and I.
- **Community, Regional and Statewide Disaster Exercises**—Exercises have included pandemic, earthquake, bombing and tornado scenarios and include testing of supplies, communications, and plans.



# Women Making a

# Splash

Fifteen women from Gasconade and Montgomery counties have completed a six-week Arthritis Aquatic program at the Hermann City Pool. This water exercise program was developed by the Arthritis Foundation and the YMCA. It was sponsored by the Hermann Area District Hospital Therapy Department and was led by Susan Lenger, a certified instructor. Water's buoyancy allows exercise without strain on the joints. This evidence-based water exercise program can also increase muscle strength and endurance. Regular exercise is one of the most important steps in controlling arthritis.

Explanations for taking the class vary: "I can lift my arms up over my head;" "My back doesn't hurt as bad;" "I have more energy and feel good!" But the overwhelming response is, "It's fun!" Hermann Area District Hospital sponsors many of the Arthritis Foundation's Programs, such as Arthritis Exercise, Arthritis Aquatics, the Self-Help Program, and Tai Chi for Arthritis. Many of the participants do not have arthritis but still benefit by gaining better balance, strength, and range of motion. Check with your area aquatics centers to find out if classes are offered.



## A Shout-Out to

## Hermann's Heart-to-Heart Support Group

This support group meets the second Tuesday of each month. It is conducted by Sandra Hingst, RN who also is in charge of Cardio Rehab at Hermann Area District Hospital. This support group has given survivors of heart disease the chance to listen to the stories of other heroes living with this disease. It gives members of our community the opportunity to learn how to continue to live a healthy life style with exercise techniques, dealing with stress management, healthy diets, and even dealing with depression. We are proud that Hermann Area District Hospital goes beyond caring for the physical healing of their patients and their community. The arthritis group and the heart support group are feathers in our hat!



For questions or comments about this publication, please contact  
the Missouri Department of Health and Senior Services,

Office of Primary Care and Rural Health at 800-891-7415

A Healthy Recipe for

# Winter

## Low Fat Breakfast Bread

1 cup whole wheat flour	1/2 tsp baking soda	1 tsp vanilla
1 cup all-purpose flour	1/2 tsp salt	2 ripe bananas, mashed
2/3 cup sugar	1 egg	1/4 cup canola oil
1 tbsp baking powder	1 egg white	1/4 cup non-fat vanilla yogurt
		1 6-ounce pack fresh raspberries

### Preparation:

Preheat oven to 350 degrees. In a large bowl, combine flour, sugar, baking powder, baking soda and salt. Lightly beat egg and egg white. Combine eggs, vanilla, mashed banana, oil and yogurt. Add wet ingredients to dry and stir until just moist. Fold in raspberries and spoon batter into a 9"x5" loaf pan coated with cooking spray. Bake for 55 minutes or until a knife inserted in the middle comes out clean.