

PROVIDING NEWS YOU CAN USE



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UPCOMING EVENTS

January is:

Cervical Health Awareness Month
Glaucoma Awareness Month
Thyroid Awareness Month

February is:

American Heart Month
National Children's Dental Health Month

March is:

National Colorectal Cancer Awareness Month
National Endometriosis Awareness Month
Save Your Vision Month
National Nutrition Month

January – March 2010

Welcome

This newsletter is created to keep you informed about St. John's Van K. Smith Community Health Library. Tips for locating quality health information in a variety of formats will be featured topics. We hope you find this newsletter to be a useful resource.



World Salt Awareness Week

World Salt Awareness Week is February 1 – 7, 2010. Sponsored by World Action on Salt & Health (WASH) group, their goal is to, "improve the health of populations throughout the world by achieving a gradual reduction in salt intake."

It is recommended that adults not ingest more than 6g of salt per day, where the average person eats between 7 and 10g per day. High salt intake can contribute to a number of dangerous health conditions including high blood pressure, osteoporosis, kidney disease and stroke.

Here are a few simple tips to help with salt reduction:

- Don't add salt at the table or during cooking. Sea salt and rock salt should also be avoided as these are just as high in salt
- Other high salt flavor enhancers include stock cubes, gravy browning, or soy sauce. Choose lower salt versions.
- Use fresh, frozen or dried herbs, spices, chili, garlic, pepper, vinegar, lemon or lime juice to add flavor
- Avoid ketchup, soy sauce, mustard, pickles and mayonnaise – these can all be high in salt

For more information on this event, please visit:

www.worldactiononsalt.com



ST. JOHN'S COMMUNITY HEALTH LIBRARY



Are You Prepared for a Winter Storm?

In Missouri, we have experienced a number of serious storms over the past several years, and the American Red Cross and the State Emergency Management Agency would like to promote the "Ready in 3" program.

Ready in 3 focuses on three steps you can take to prepare for many kinds of emergencies, including winter storms. The three steps are:

1. Create a Plan

Your family might not be together when an emergency happens. That's why it is important to have a plan in place. Sit down and talk to your family 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.

2. Prepare a Kit

During an emergency, you may not be able to get food or water for days or weeks, and your electricity may not be working. Items like water, canned or dry food, a battery-powered radio, flashlight, extra batteries, list of prescription medications and a first-aid kit should be part of your emergency kit and kept in a container that can be easily carried if you need to leave home.



3. Listen for Information

It is important to stay calm in an emergency. Get as much information about the situation as possible. If there is no electricity, make sure to have a battery-powered radio with extra batteries so you can 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.

For more information about Emergency preparedness, please visit the Ready in 3 website:

www.dhss.mo.gov/Ready_in_3

For a list of current weather watches, warnings, and advisories for Missouri, visit the National Weather Service's website:

www.nws.noaa.gov/alerts/mo.html



JANUARY 2010

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Shelley White, Community Health Librarian, is available to speak to community organizations and other local groups about locating quality sources of health information.



Possible presentations include:

- ❖ Introduction to library services and resources
- ❖ Locating quality health information on the web
- ❖ Locating information on specific health conditions (diabetes, Alzheimer's, etc.)

Call today to schedule a presentation to meet your group's specific health information needs.

417-820-2539 or
Toll free 800-432-2273



White bean and vegetable soup with spinach pistou

For 2010, each issue will include a recipe in keeping with the season. As we are in the middle of winter, this month's recipe is something that will warm your body and your soul. This recipe comes from the website Countryliving.com.

SERVINGS: 10



Ingredients

- | | |
|---|-------------------------------------|
| 2 c. dried navy beans | 4 oz. (about 4 slices) bacon, diced |
| 1 medium onion, diced (about 1 cup) | 2 stalks celery, diced (2/3 cup) |
| 5 cans (14 ½ oz.) low-sodium chicken broth | ½ tsp anise seed |
| 1 c. canned tomatoes, drained, seeded and diced | 2 tbsp. parsley, minced |
| ¼ c. parsley, chopped | ¼ tsp. ground black pepper |
| ¼ tsp. plus 1/8 tsp. salt | 2 cloves garlic |
| ½ c. frozen chopped spinach, defrosted | ½ tbsp. fresh lemon juice |
| ½ c. extra-virgin olive oil | |

Directions

1. **Quick-soak the beans:** Place beans in large saucepan, cover with water, and bring to a boil over high heat. Remove from heat, cover, and let sit for 1 hour. Drain and set aside.
2. **Make the soup:** In a large pot over medium-high heat, cook bacon until browned but not crisp. Add the onions and celery and sauté until translucent -- about 5 minutes. Add the chicken broth, beans, and anise seed. Bring to a boil, lower heat, and simmer, partially covered, for 30 minutes. Add tomatoes, minced parsley, 1/4 teaspoon salt, and pepper and continue to simmer, partially covered, until beans are tender -- about 1 hour.
3. **Make the pistou:** Place spinach, 1/4 cup chopped parsley, garlic, olive oil, lemon juice, and remaining salt in the bowl of a food processor fitted with a metal blade and process until smooth. Set aside. Ladle the soup into bowls and top with 1 to 2 tablespoons of the pistou.

For more recipes, please visit:

www.countryliving.com/recipefinder/

Nutritional Information Per Serving			
Total Fat	13.8g	Cholesterol	6.6 mg
Sodium	277 mg	Total Carbs	14.2g
Dietary Fiber	4.6g	Protein	7.3g
Calories	197		



ON THE BOOKSHELF AT THE LIBRARY

Everything you need to know about cancer in language you can actually understand by Matthew D. Galsky. (2010)

Breaking the vicious cycle: intestinal health through diet by Elaine Gottschall. (2007)

Do you sing Twinkle?: a story about remarriage and new family by Sandra Levins ; illustrated by Bryan Langdo. (2010)

My anxious mind: a teen's guide to managing anxiety and panic by Michael A. Tompkins and Katherine A. Martinez ; illustrated by Michael Sloan. (2010)

The savvy caregiver: [a memory loss training program] (2007)
AUDIOBOOK ON CD

The essential hospital handbook: how to be an effective partner in a loved one's care by Patrick Conlon. (2009)

Not alone: encouragement for caregivers by Nell E. Noonan. (2009)

100 questions and answers about pancreatic cancer by Eileen O'Reilly and Joanne Frankel Kelvin. (2010)

What do I eat now?: a step-by-step guide to eating right with type 2 diabetes by Patti B. Geil, Tami A. Ross. (2009)

Always looking up: the adventures of an incurable optimist by Michael J. Fox. (2009) AUDIOBOOK ON CD

The essential King James Bible: complete stories from the Old & New Testaments read by Martin Jarvis and Rosalind Ayres. (2009) AUDIOBOOK ON PLAYAWAY

Search COOLcat, the library's online catalog, to locate additional materials, please visit:

<http://www.coolcat.org>

HOW TO CONTACT THE LIBRARY

You are welcome to visit the library in person, online, or contact us by telephone.

Street Address:

Van K. Smith Community Health Library
2055 South Fremont Avenue
St. John's Cancer Resource Center within
the C.H. "Chub" O'Reilly Cancer Center
Springfield, Missouri

Mailing Address:

Van K. Smith Community Health Library
St. John's Health System
1235 East Cherokee Street
Springfield, Missouri 65804-2263

Phone:

417-820-2539 or toll free 800-432-2273

Website:

<http://www.stjohns.com/libraries>

