

Delta Center for Independent Living

live independently.....

5933 S. Highway 94, Suite 107 St. Charles, MO 63304-5608 / (636) 926-8761 or Toll Free 1-(866) 727- 3245

Energy Assistance

Spring is nearly here! Instead of turning on the AC, consider lowering your energy costs by opening your windows and using fans. Should you get in a bind, this season, here are some resources to assist you:

Northeast Community Action Agency (NECAC)

Lincoln County: (636) 528 - 7604
St. Charles County: (636) 272 - 3477
Warren County: (636) 456 - 8191

Community Action Agency, St. Louis County:

(314) 863 - 0015

Catholic Charities:

(314) 367 - 5500

(will route callers to closest Catholic Church that provides assistance)

Human Development Corporation, St. Louis City:

(314) 613 - 2200

Salvation Army: City of St. Charles: (636) 946 - 7966

St. Charles County: (636) 240 - 4969
St. Louis City & County : (314) 646 -3000

Saints Joachim & Anne Care Services: (636) 441 - 1302

St. Charles, Lincoln & Warren Counties

Ameren UE Energy Plus Programs: (314) 554 - 2478

(Covers all counties, will direct caller to local agencies)



"What lies behind us and what lies before us are small matters compared to what lies within us".

Ralph Waldo Emerson

Peer Support

A recent study, in the journal of **General Hospital Psychiatry**, found peer support appears to be a low cost and effective way to reduce depression symptoms.

Individuals who received support had significantly reduced depression symptoms compared to those who received traditional care alone. The researchers noted that individuals who participated in regular peer support had reduced stress, were less isolated and were more likely to share health information, acting as a good role model.

Here is a sampling of peer support groups that occur regularly in our community:

New Amputee Support Group :

St. Anthonys Medical Center provides an opportunity for education and socialization for amputees and their families, friends and caregivers. Members need not be current or former patients at St. Anthony's. Meetings are in the Dining Room of the Hyland Education and Training Center, 10020 Kennerly Road, **on the campus of St. Anthonys**. Parking will be reserved at the front of the building for those attending. For more information call 314-525-1730.

Diabetes Support Group 1

St. Anthonys Diabetes support group meets on the third Thursday of each month, alternating days and evenings. All meetings are free and many feature guest speakers covering a wide range of topics. The meetings are at 1:00 or 7 p.m. in the dining room of the Hyland Education & Training Center, 10020 Kennerly Road, **on the campus of St. Anthonys**. For more information, call 314-525-4506. To register to attend, call 1-800-554-9550.

Diabetes Support Group 2

Learn from experts on how to better manage diabetes.

FREE. *Fourth* Tuesday of each month, 6:30-7:30 pm.

Location: H.W. Koenig Medical Building at **St. Joseph Hospital West**. Community Education Room. 400 Medical Plaza, Lake Saint Louis. For more information, call Doreen at 636-625-5447. www.ssmstjosephwest.com

Interested in a Support group? Call Nita Slover at the number above. If not available through other means, Delta Center can arrange transportation to peer support meetings. Requests must be made at least two days in advance!

Watch this section for more support group opportunities!

Vote * Vote * Vote

Mark your calendars now to let your voice be heard.

Election Date

June 7th

Last Day to Register

May 11th

* Do you know how you can vote at the curb?

* Do you know how to get on a "permanently disabled" list so you can always vote from home?

Delta Center can assist you in getting registered to vote.

Call Nita Slover for more information.

Need a ride to your polling place? Delta Center offers rides at no cost! Call Vito Lucido (at least 2 days in advance) for more information or to schedule a ride to vote.

Meet Us For a Cup of Joe!

Wednesday, March 30, 2011 at 10:30 AM

Wentzville - Walmart

Talking over the phone is fine but it's never the same as meeting face to face. We want to get to know you, we want you to have a chance to get to know us and, best of all, we want you to meet each other. We will be hosting "coffees" around the region. Every staff member will participate so you have a chance to get to know every one and their areas of expertise. If you can get there on your own, great! If you need transportation, call Vito Lucido, at least two days in advance. If you plan on joining us, please RSVP to Nita Slover so we can keep the businesses apprised of our arrival.

Emergency Preparedness**Tornado Safety**

Each year about 1000 tornadoes touch down in the United States. The chances that a tornado will strike a building you are in are pretty slim; however, should one strike, you can greatly reduce the chance of injury by doing a few simple things.

Perhaps the most important thing is to remain ALERT! Should weather begin to change, turn on a radio or your television to see what might be forecasted. You may also want to invest in a weather radio to alert you to potentially dangerous changes in weather.

-If a **tornado watch** is issued, it means tornado activity is possible.

-If a **tornado warning** is issued, it means that a tornado has been spotted or it is strongly indicated on radar. You should immediately seek shelter in a tornado warning.

It is critical to have a plan in place prior to a significant storm. Often you only have a few minutes to move to safety. For those with mobility concerns, consider implementing your plan while the area is still in a "watch" category.

In homes or other small buildings go to:

- * A storm shelter specifically designed for that use.
- * The basement, away from the west or south walls and under the stairs or other heavy furniture.
- * A small, windowless, first floor, interior room like a closet or bathroom. If in the bathroom try to get into the tub and put a cushion over you for extra protection.

In apartments or "high rise" buildings go to:

- * Basement facilities available to you.
- * Interior rooms and halls are the best locations.
- * Central stairwells are good, elevators are not!
- * Stay away from glass walls and windows no matter how small they are.
- * Check with your landlord or complex management to see if they have a shelter or recommendations for tenants.

In mobile homes:

- * First and foremost check with the park manager to see if there is a designated tornado shelter or steel reinforced meeting room of some kind.
- * If not, find a nearby substantial structure that you can reach very quickly.

As most deaths occur in cars and mobile homes you should never remain in a mobile home in the event of a warning.

Much like people with mobility problems, you should consider moving to your designated "safe" location at the onset of a tornado watch.

If outside or in a car, go to:

- * The nearest ditch or significant depression in the landscape. Lay down and cover yourself.
- * Never stay in your car or try to outrun a tornado. Their paths can change very quickly and leave you with nowhere to go.

By the Way....

- * The **new ADA rules**, signed into law July 23, 2010, will go into effect on March 15th! Go to www.ada.gov if you'd like to know more.

