

# Webster County Health Council Newsletter

## January 2011



### Fines for texting begin Jan. 1st. Safety is first for Kentucky

Attention all KY drivers. Anyone caught texting while driving and drivers under 18 who use a cell phone while driving will be fined. First offense is \$25 and \$50 on each subsequent offense, plus court costs. In KY last year there were more than 57,000 crashes and more than 200 deaths...these were attributed to driver distraction, inattention and cell phone use.

### Show Your Kids You Care....

For the coming New Year, resolve to talk more often with your family about healthy decisions and choices.

1. Teach your children to trust you by seeing you as a role model
2. Be patient, not just tolerant. Apologize when you make a mistake or do something you regret.
3. Ask teens what they need from you—do what you can to meet those needs.
4. Listen to your teens, A Lot...
5. Teach your children about ethics, values and principles that apply in choices and decision making.
6. Keep the promises you make.
7. Answer your teen's questions and be consistent.
8. Be understanding when they have a difficult time...let them know you love them no matter what.
9. Have ongoing conversations with your kids.
10. Praise and respect each member of your family.

**For every problem there is an opportunity.**

## **New Year, New You: Keeping New Years' Resolutions.....**

For most of us, New Year's resolutions die a slow and quiet death. They're tossed aside, along with the party hats and noisemakers. As January winds down, so do motivations, energy and desire for change. STOP! Don't let those resolutions slip away so quickly. Each one represents a longing for the heart, a reach toward better health, happiness, knowledge, or wisdom.

### **Preventing Teen Abuse of Prescription Drugs...What Parents should do.....**

1. Communicate the risks of prescriptions drug abuse to you kids.
2. Educate yourselves-[www.drugfree.org](http://www.drugfree.org) has lots of support, tools, resources and answers.
3. Safeguard your own medicines. Keep prescriptions in a secure place, count and monitor the number of pills you have.



### **Beware of the Dangers from Alternative Sources during Power Outages...**

**Improper use of generators and kerosene heaters can cause carbon monoxide to build up in homes or garages, resulting in sudden death. Install battery-operated carbon monoxide detectors and replace batteries as required. For more info visit <http://www.bt.cdc.gov/disasters/winter/staysafe>.**

### **Drug Abuse Conference January 25 & 26, 2011**

At Lexington Marriott Griffin Gate. Reference is <http://facesofdrugabuse.net>



Next Health Council is January, 25th at 11:30a.m. at the Extension Office in Dixon. Lunch is provided and we welcome volunteers. Call Pam Hunter, Facilitator for more info 270-993-8282.