

HOWELL COUNTY  
HEALTH DEPARTMENT

MARCH CALENDAR

WIC: 1, 2, 4, 5, 8, 9, 10, 11,  
12, 15, 16, 17, 18, 19, 22, 23,  
25, 26, 29, 30, 31

Willow Springs WIC: 3

Mountain View WIC: 24

Family Planning: 9, 17, 23

Immunizations: 11, 16, 18

Food Handlers: 8, 22

Holiday's (closed): None

INSIDE THIS  
ISSUE:

Walking & Healthy  
Blood Pressure 2

COVID-19 Testing  
Sites 2

Snacks and Kids 2

Mission and Contact  
Info 3

HCHD Staff and Email 3

Clinic Hours:

Monday-Friday 8-12 & 1-5,  
closed for lunch 12-1

Administration Hours

Monday-Friday 8-5

# Monthly Monitor

VOLUME 223

MARCH 2021

## COVID-19 Mass Vaccination Clinic

On Friday, January 29<sup>th</sup>, the Howell County Health Department, in cooperation with the Missouri National Guard, Ozarks Healthcare and the City of West Plains, served as the lead in the first large-scale mass vaccination clinic for COVID-19 at the West Plains Civic Center. The event ran from 7 AM to 7 PM and the joint effort allowed 2,800 doses of the Pfizer COVID-19 vaccine to be administered. The Vaccine was administered to eligible individuals in accordance with Missouri's state vaccination plan, Tiers IA through IB Tier 2. Those eligible to receive the vaccine had registered or through the Howell County Health Department or Ozarks Healthcare.



Chris Gilliam, Director of Howell County Health Department, gave his thoughts on the largest mass vaccination clinic that has ever been held in Howell County. "First and foremost, I want to thank all of the agencies that were a part of making this event a success. The Missouri National Guard, Ozarks Healthcare, City of West Plains, West Plains Fire and Police Departments, Missouri State University-West Plains Nursing Department and the West

Plains Civic Center, who all came together to provide an outstanding public event to area residents. An event of this nature would not have been possible without the support, hard work and commitment from these partners," Gilliam stated. The Howell County Health Department reports that the mass-vaccination planning and operations team continue to work together in an effort to plan and further improve upon future vaccination events to be held in West Plains. Those wishing to be placed on a waiting list for upcoming vaccinations opportunities can visit Ozarks Healthcare at <https://www.ozarkhealthcare.com/vaccine-sign-up/> or registering at [covidvaccine.mo.gov](https://covidvaccine.mo.gov)

## COVID-19 Vaccinations

HCHD will schedule appointments in compliance with Missouri's COVID-19 Vaccination Plan, which can be found at [covidvaccine.mo.gov](https://covidvaccine.mo.gov) In preparation for COVID-19 vaccinations

please click here for the [COVID-19 Screening-COVID-I-Immunization](#) (word version) or [Screening-COVID-I-Immunization](#) (PDF version) consent form that

you can fill out, print and bring with you once appointments are scheduled. If you have any trouble with these links you can find the forms on our website [www.howellcountyhealth.com](https://www.howellcountyhealth.com)



Walk for better health!

Find a COVID-19 testing site.

Choose healthy snack for kids to get key nutrients they need.



## Walking & Healthy Blood Pressure for Women from nhbi.nih.gov

Walking at a casual to brisk pace for at least 150 minutes a week may help postmenopausal women reduce the risk of elevated [blood pressure](#), according to an observational study published in [Hypertension](#) [external link](#). The researchers selected 83,435 women, ages 50-79, to follow from the [Women's Health Initiative](#) and checked in every few years. Af-

ter 10.8 years, they collected data to see how walking frequency and speed overlapped with rates of hypertension, a medical term for high blood pressure. Blood pressure tends to increase with age and elevated levels can increase the risk for heart disease and stroke. The researchers found women who walked at least 2.5 hours each week at a casual pace of 2 miles-per-hour (mph) had fewer incidents of hypertension

compared to women who did not walk or who walked at a slower pace. Faster walking speeds of 3-4 mph (a steady pace of 15- to 20-minute miles) or 4+ mph (a power-walking pace of sub-15-minute miles) correlated with even fewer incidents of hypertension. "To put it simply, get your steps in, and try to make them quick," says study author Connor Miller about natural ways to support healthy blood pres-

## COVID-19 Testing Sites in Howell County

Please call ahead to the testing location to see if you meet their criteria to be screened for COVID-19 and to make an appointment. **Burton Creek: [417-256-2111](#)**. **Southern Mis-**

**souri Community Health Center: [417-255-8464](#)**. **Ozarks Medical Center Family Clinics are offering testing in West Plains and Mountain View. You must first call the OMC hot-**

**line at [417-505-7120](#)**. **The hotline is open 24hours a day, 7 days a week. OMC nurses will determine if you meet the criteria to be screened.**

## Snacks and Kids by April Bridges, WIC Nutritionist

Snacking is a good way to sneak in some of those key nutrients that kids need. Children have small stomachs, so they do require small snacks in between meals. Choosing foods from all food groups can help to give them the

energy they need. First off, offer snacks and meals in a place without distractions, such as TVs or other electronic devices. Allowing them to help prepare the snack helps their acceptability as well. Here are a few ideas for healthy

snacks: Parfait with yogurt, fruit and dry cereal; whole grain waffle with yogurt or nut butter; smoothies with frozen fruity and milk; hummus on a tortilla; fresh fruit dipped in yogurt. Find these ideas and many more at [Eatright.org](#).



## Howell County Health Department

180 S. Kentucky Ave  
West Plains, MO 65775

Phone: 417-256-7078

Fax: 417-256-1179

website: [www.howellcountyhealth.com](http://www.howellcountyhealth.com)

Public Health: Prevent. Promote. Protect.

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



**Public Health**  
Prevent. Promote. Protect.

## Howell County Health Department Staff & Email

Administrator-Chris Gilliam, email: [chris.gilliam@lpha.mo.gov](mailto:chris.gilliam@lpha.mo.gov)

Assistant Admin, Vital Records Clerk-Kathy Parker, email: [kathy.parker@lpha.mo.gov](mailto:kathy.parker@lpha.mo.gov)

Financial Officer-Shelly Uphaus, email: [shelly.uphaus@lpha.mo.gov](mailto:shelly.uphaus@lpha.mo.gov)

Environmental Specialist-Justin Frazier, email: [justin.frazier@lpha.mo.gov](mailto:justin.frazier@lpha.mo.gov)

Health Educator-Dawn Hicks, email: [dawn.hicks@lpha.mo.gov](mailto:dawn.hicks@lpha.mo.gov)

Administration Receptionist-Kenzy Hudson, email: [kenzy.hudson@lpha.mo.gov](mailto:kenzy.hudson@lpha.mo.gov)

WIC Supervisor-Phyllis Crider, email: [phyllis.crider@lpha.mo.gov](mailto:phyllis.crider@lpha.mo.gov)

WIC Clerk-Sharon Owen, email: [sharon.owen@lpha.mo.gov](mailto:sharon.owen@lpha.mo.gov)

WIC Certifier, HPA & Clerk-Linda Lewis, email: [linda.lewis@lpha.mo.gov](mailto:linda.lewis@lpha.mo.gov)

WIC HPA-Candace Stockton, email: [candace.Stockton@lpha.mo.gov](mailto:candace.Stockton@lpha.mo.gov)

WIC Nutritionist-April Bridges, email: [april.bridges@lpha.mo.gov](mailto:april.bridges@lpha.mo.gov)

WIC Nurse Educator, email: [mary.moore@lpha.mo.gov](mailto:mary.moore@lpha.mo.gov)

WIC Breast Feeding Peer Counselor-email: [april.bridges@lpha.mo.gov](mailto:april.bridges@lpha.mo.gov)

Director of Nurses, Kathy Doss, email: [kathy.doss@lpha.mo.gov](mailto:kathy.doss@lpha.mo.gov)

Nurse-Vanessa Doss, email: [vanessa.doss@lpha.mo.gov](mailto:vanessa.doss@lpha.mo.gov)

Nurse-Jess McKee, email: [jessica.mckee@lpha.mo.gov](mailto:jessica.mckee@lpha.mo.gov)

Nurse-Katey Seiber, email: [katey.seiber@lpha.mo.gov](mailto:katey.seiber@lpha.mo.gov)

Nurse-Bev McDaniel, email: [beverly.mcdaniel@lpha.mo.gov](mailto:beverly.mcdaniel@lpha.mo.gov)

Front Desk Receptionist-Andi Schartz, email: [andi.schartz@lpha.mo.gov](mailto:andi.schartz@lpha.mo.gov)