

HOWELL COUNTY
HEALTH DEPARTMENT

JUNE CALENDAR

WIC: 2, 3, 6, 7, 8, 9, 10, 13,
14, 15, 16, 17, 20, 21, 22,
23, 24, 27, 29, 30

Willow Springs WIC: 1

Mountain View WIC: 28

Family Planning: 7, 15, 21

Immunizations: 2, 9, 23

Covid-19 Vaccination Clin-
ics: West Plains- 1, 8, 15,
22, 29 (from 9am-4 pm).
Willow Springs-1 and
Mountain View-28 at our
satellite WIC clinics.

Food Handlers: 6

Holiday's (closed): Monday
20th-observance of
Juneteenth

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ness Month

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Clinic Hours:

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

Administration Hours

Monday-Friday 8-5

Monthly Monitor

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How to be Active for Health from www.womenshealth.gov

**How can physical activi-
ty help my health?** Get-
ting regular physical activity
is one of the best things
you can do for your health.
Regular physical activity can
help:¹

- Lower your blood pressure and cholesterol
- Lower your risk of dying early
- Help you lose weight (if you combine it with cutting calories) or keep your weight where it is as you get older

Lower your risk of diseases such as breast cancer, colon cancer, type 2 diabetes, heart disease, and stroke

**How can physical activi-
ty help my health as I
age?** Physical activity can
help with your health when
you get older. Regular
physical activity helps:

- Improve depression
- Improve sleep
- Keep bones strong
- Prevent hip fracture (breaking your hip)
- Decrease pain from arthritis

• Prevent dementia
Maintain the independence to
do basic everyday activities,
like getting dressed, going to
the bathroom, bathing, and
eating

**How much physical activi-
ty should I do?** Researchers
know that the more physical
activity you do, the more your
health benefits. The more time
you spend being active each
week, the lower your risk is
for dying early.¹

The Physical Activity Guide-
lines suggest that **each week**,
women get at least:

- 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic physical activity. You know you are doing a moderate-intensity activity when your heart is beating faster but you can still carry on a conversation. Try a brisk, 30-minute walk five times a week. **OR**
- 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity. You know you are doing a vigorous-intensity physical activity when you are breathing hard and it is difficult

to have a conversation. This
could be a 40-minute jog or
step class twice a week. **OR**
A combination of moderate-
and vigorous-intensity aerobic
activity

AND
Muscle-strengthening activities
on two or more days

You should aim for these
amounts, but any physical ac-
tivity is better than no physical
activity. Try to spread your
activity out over the week so
that you are active on at least
three days. You need to be
active for at least 10 minutes
at a time to get health bene-
fits. Physical activity should be
in addition to the normal ac-
tivities of daily living, such as
cleaning, walking from the
parking lot, or taking public
transportation.

**Can I exercise if I never
have before?** Yes. Start
slowly if you haven't been
physically active before or if it
has been a while. Talk to your
doctor or nurse about exer-
cise if you have a health condi-
tion.

Covid Vaccination Clinics

Howell County Health De-
partment is offering walk in
no cost COVID-19 Vaccina-
tion Clinics every Wednes-
day in April from 9 am-4

pm. In Willow Springs on the
first Wednesday every month
from 8:30 am-3 pm and in
Mountain View on the fourth
Wednesday every month from

8:30 am-3 pm at our WIC &
Immunization satellite clinics.
Satellite clinic location can be
found on our website,
www.howellcountyhealth.com



Take daily small steps to improve your health!

Get farm fresh vegetables and fruit through this new program.

Call us today to schedule your water test.



Men's Health Awareness Month by Beverly McDaniel, RN

June is men's health month raising awareness about importance of prevention of disease and male health issues. Heart disease is leading cause of death in men. High blood pressure, diabetes, being overweight, inactivity, excessive alcohol intake and unhealthy diet are lifestyle choices or medical conditions that increase risk.

Encouraging men to eat

healthy, exercise and prevention of disease is key for longer and better quality of life. Prevention is importance for catching health issues early. So regular check-ups with physician where blood pressure, glucose, prostate health and cholesterol levels will be monitored are encouraged. Daily small steps such as picking healthy snacks, increasing exercise and switching from water instead of sugary drinks can make big long

term changes.

The importance of maintaining your mental health also important. Learning positive ways dealing with stress, making health provider aware if feeling depressed or anxious, and building a strong support group of family and friends to rely on are essential. So on June 17th wear your blue to support the men in our lives and raise awareness for men's health.

WIC Farmer's Market Program by April Bridges, WIC Nutritionist

A new program will soon be available for WIC participants. The Missouri WIC Farmers' Market Nutrition Program will run from June 1 to September 30, with vouchers redeemable thru Octo-

ber 31. The program will provide four benefit vouchers (\$5.00 each) totaling \$20, to eligible individuals. Vouchers can be exchanged for eligible foods at farmers' market or roadside stand with an author-

ized farmer. WIC participants can spend vouchers on fresh, unprocessed fruits, vegetables or fresh cut herbs. These vouchers are in addition to the WIC benefits already on the WIC card.

Water Testing Services from Justin Frazier, Environmental Specialist

Are you curious if your well water is safe to drink? The Howell County Health Department provides kits for private well water testing. County residents may call or stop in the health department for a kit and directions on properly collecting a water sample. Only samples collected in a testing kit from the

health department will be analyzed. Water samples may be dropped off to the health department Monday – Friday by 11:30 A.M. Water testing fees are \$10.00 for standard e-coli and coliform bacteria tests, if the samples are "self-drawn," and \$20 for an official test, which will be drawn by the health

department. Water test for metals, nutrients and minerals such as Iron, Lead, Uranium, Sulfate, Nitrates, pH and more can also be performed by a member of the Howell County Health Department for an additional charge. Protect yourself and your family's health and contact us at 417-256-7078 to schedule your water test today.



Howell County Health Department

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West Plains, MO 65775

Phone: 417-256-7078

Fax: 417-256-1179

website: 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

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