

HOWELL COUNTY  
HEALTH DEPARTMENT

MAY CALENDAR

WIC: 2, 3, 5, 6, 10, 11, 12, 13, 16, 17, 18, 19, 20, 23, 25, 26, 27, 31

Willow Springs WIC: 4

Mountain View WIC: 24

Family Planning: 3, 10, 18

Immunizations: 5, 12, 26

Covid-19 Vaccination Clinics: West Plains- 4, 11, 18, 25 (from 9am-4 pm). Willow Springs-4 and Mountain View-24 at our satellite WIC clinics.

Food Handlers: 2

Holiday's (closed): Monday 9th-Truman's Day; Monday May 30th-Memorial Day

INSIDE THIS  
ISSUE:

May is Mental Health Awareness Month 2

WIC Farmer's Market Program 2

Should I Get My Home Tested for Mold 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

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## National Blood Pressure Education Month from [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

To take care of your heart, it's important to know and track your blood pressure. Millions of Americans have high blood pressure, also called hypertension, but many don't realize it or aren't keeping it at a healthy level. For most adults, healthy blood pressure is 120/80 millimeters of mercury or less. Blood pressure consistently above 130/80 millimeters of mercury increases your risk for heart disease, kidney disease, eye damage, dementia and stroke. Your doctor might recommend lowering your blood pressure if it's between 120/80 and 130/80 and you have other risk factors for heart or blood vessel disease. High blood pressure is often "silent," meaning it doesn't usually cause symptoms but can damage your body, especially your heart over time. Having poor heart health also increases the risk of severe illness from COVID-19. While you can't control everything that increases your risk for high blood pressure – it runs in families, often increases with age and varies by race and ethnicity – there are things you can do. Consider these tips from experts with the National Heart, Lung, and Blood Institute's (NHLBI) The Heart Truth program:

**Know Your Numbers.** Everyone ages 3 and older should get their blood pressure checked by a health care provider at least once a year. Expert advice: 30 minutes before your test, don't exercise, drink caffeine or smoke cigarettes. Right before, go to the bathroom. During the test, rest your arm on a table at the level of your heart and put your feet flat on the floor. Relax and don't talk. **Eat Healthy.** Follow a heart-healthy eating plan, such as NHLBI's Dietary Approaches to Stop Hypertension (DASH). For example, use herbs for flavor instead of salt and add one fruit or vegetable to every meal. **Move More.** Get at least 2 1/2 hours of physical activity each week to help lower and control blood pressure. To ensure you're reducing your sitting throughout the day and getting active, try breaking your activity up. Do 10 minutes of exercise, three times a day or one 30-minute session on five separate days each week. Any amount of physical activity is better than none and all activity counts. **Aim for a Healthy Weight.** If you're overweight, losing just 3-5% of your weight can improve blood pressure. If you weigh 200 pounds, that's a loss of 6-10 pounds. To lose weight, ask a friend or family member for help or to join a weight loss program with you. Social support can help keep you motivated. **Manage Stress.** Stress can increase your

blood pressure and make your body store more fat. Reduce stress with meditation, relaxing activities or support from a counselor or online group. **Have a Healthy Pregnancy.** High blood pressure during pregnancy can harm the mother and baby. It also increases a woman's risk of having high blood pressure later in life. Talk to your health care provider about high blood pressure. Ask if your blood pressure is normal and track it during and after pregnancy. If you're planning to become pregnant, start monitoring it now. **Stop Smoking.** The chemicals in tobacco smoke can harm your heart and blood vessels. Seek out resources, such as smoke free hotlines and text message programs, that offer free support and information. **Work with Your Doctor.** Get help setting your target blood pressure. Write down your numbers every time you get your blood pressure checked. Ask if you should monitor your blood pressure from home. Take all prescribed medications as directed and keep up your healthy lifestyle. If seeing a doctor worries you, ask to have your blood pressure taken more than once during a visit to get an accurate reading.

To find more information about high blood pressure as well as resources for tracking your numbers, visit [nhlbi.nih.gov/hypertension](http://nhlbi.nih.gov/hypertension).



*Mental Illness can increase risks for other health issues.*

*Get farm fresh vegetable and fruit through this new program.*

*If mold is growing in your home you need to fix the moisture problem.*



## May is Mental Health Awareness Month by Cheri Carda, RN

**YOU** are not alone. Mental Health is a disease with far reaching effects. Millions of people suffer every year from mental illness and the stigma that it can bring. 1 in 20 people in the US will suffer from serious mental illness. It can affect people, families, communities, and nations.

Mental illness can contribute to increased risks in cancer, diabetes, substance abuse, and affects the global economy by

the tune of 1 trillion a year in lost productivity.

What can be done? Support, recognize, get help, and give help. Signs of mental illness can be varied. It's important to learn these and let the ones you love know that you are there and support them. Encourage conversation, encourage access to care, encourage treatment, and discourage judgement and stigma. Excellent websites can be [www.cdc.gov](http://www.cdc.gov) and

[www.nami.org](http://www.nami.org) for information and resources.

If you or someone you love might feel like harming themselves, call the National Suicide hotline at 1 (800)273-8255 and seek medical help. But most importantly, know that **YOU** are not alone.

\*information taken from [nami.org](http://nami.org)

## 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 October 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 authorized farmer. WIC participants can spend vouchers on fresh, unprocessed fruits, vegetables or fresh cut herbs.

## Should I Get My Home Tested for Mold from Justin Frazier, Environmental Specialist

CDC does not recommend mold testing. The health effects of mold can be different for different people so you cannot rely on sampling and culturing to know if you or a member of your family might become sick. No matter what type of mold is present, you need to remove it. Also, good sampling for mold can be expensive, and there are no set standards for what is and what is not an acceptable quantity of different kinds of mold in a home. The best thing you can do is to

safely remove the mold and work to prevent future mold growth. Mold can look like spots. It can be many different colors, and it can smell musty. If you see or smell mold, you should remove it. You do not need to know the type of mold. If mold is growing in your home, you need to clean up the mold and fix the moisture problem. Mold can be removed from hard surfaces with household products, soap and water, or a bleach solution of no more than 1

cup of household laundry bleach in 1 gallon of water.

**If You Use Bleach to Clean up Mold:** Never mix bleach with ammonia or other household cleaners. Mixing bleach with ammonia or other cleaning products will produce a poisonous gas. Always follow the manufacturer's instructions when you use bleach or any other cleaning product. Open windows and doors to provide fresh air. Wear rubber boots, rubber gloves, and goggles during cleanup of affected areas.



## Howell County Health Department

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**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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