

HOWELL COUNTY
HEALTH DEPARTMENT

MAY CALENDAR

WIC: 1, 2, 4, 5, 9, 10, 11, 12, 15, 16, 17, 18, 19, 22, 24, 25, 26, 30, 31

Willow Springs WIC: 3

Mountain View WIC: 23

Family Planning: 4, 11, 17

Immunizations: 9, 16, 31

Covid-19 Vaccination Clinics: West Plains– 3, 10, 17, 24, 31 (from 9am-4 pm).

Willow Springs-3 and Mountain View-23 at our satellite WIC clinics.

Food Handlers: 1

Holiday's (closed): 8th Truman Day & 29th Memorial Day

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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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National Women's Health Week, May 14-20 from womenshealth.gov

During National Women's Health Week (NWHW), the U.S. Department of Health and Human Services' Office on Women's Health (OWH) is encouraging women and girls to reflect on their individual health needs and take steps to improve their overall health. Whether you continue your current activities or find news ones, now is a great time for all women and girls to focus on better health, especially those with underlying health conditions, such as hypertension, diabetes, obesity, cardiovascular and respiratory conditions, and women 65 years and older.

Schedule your Annual Physical and other Health Appointments:

Talk to your doctor, nurse, nurse practitioner and/or physician assistant about the following. The COVID-19 vaccine and any vaccines that you may have missed during the pandemic. Preventive care such as PAP smears, mammograms, bone density scans, stress tests, cholesterol screenings, blood pressure screenings, physical exams, and other preventive health screenings that you may have missed during the pandemic.

Maintain a Healthy Weight: Maintaining a healthy weight can lower

the risk of heart disease, stroke, diabetes, and high blood pressure. It can also lower the risk of many different cancers.

Get Moving and Stay Active:

Being physically active is one of the most important actions you can take at any age to improve your health. Did you know? The HHS Physical Activity Guidelines for Americans defines physical activity generally as any movement that enhances health. That means you activities such as gardening and cleaning can count as physical activity.

Nourish from the Inside Out, Eat well-balanced meals and snacks: Heart-healthy eating involves choosing certain foods, such as fruits and vegetables, while limiting others, such as saturated and *trans* fats and added sugars.

Practice Self-Care for your Mental Health:

Make a list of small acts of self-care that you can do daily. Stay connected with family and friends. Make time to unwind and focus on activities you enjoy. If you or anyone you know is experiencing changes in thinking, mood, behavior, and/or thoughts of self-harm, reach out for help: **SAMHSA's National Helpline – 1-800-662-HELP (4357)**

Find healthy ways to manage stress: Build a toolbox full of healthy ways to cope with stress. Simple, everyday actions such as scheduling quiet time

for meditation, yoga, and reading can reduce stress.

Create good sleep habits:

Sleep deficiency can lead to physical and mental health problems, including heart disease and depression, as well as injuries, loss of productivity, and even a greater likelihood of death. Follow a routine for going to sleep and going to bed and waking up at the same time each day – even on weekends – to improve your sleep habits.

Seek Help if You or Someone You Know is Experiencing Domestic Violence:

Violence has long-term effects on health outcomes for women and their families, including emotional trauma, lasting physical impairment, and chronic health problems. In addition, violence is a significant, and often overlooked, contributor to maternal mortality. **National Domestic Violence Hotline** is a 24/7 confidential service that supports victims and survivors of domestic violence. The hotline can be reached: **By phone: 1-800-799-7233(SAFE), By text: Text LOVEIS to 22522, Online chat: <https://www.thehotline.org>** and select "Chat Now"

Call our office at 417-256-7078 to find out about our Women's Health Services and to schedule an appointment.



Call to schedule a well water test.

Be kind to one another and take time for yourself.

Make family mealtime a part of your daily routine.



Well Water Testing from Justin Frazier, EPHS

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 12 PM. Water testing fees are \$10.00 for standard -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.

Mental Health Awareness Month from Cheri Carda, RN

During this month we want to take time to be aware of our mental health. Everyone has difficulties, hardships, and struggles. Not everyone’s is noticeable. Not everyone’s is seen. But they are there even so. Our mental health helps us be resilient during difficult times, helps support our immune system, and keeps us afloat during the challenges of life. Nami.org reports that 1 in 5 of adults in the U.S. will experience mental health illness EACH year. This as we know, increases our risks for serious additional health risks such as cardiovascular, substance abuse, and metabolic illnesses. So, this month more than ever, we need to remember to be kind to one another and take time for ourselves. Exercise, meditate, get plenty of sleep, connect with others, find your creative outlet, and more. Use May to help reduce your risks and improve your mental health.

Family Meals from April Bridges, WIC Nutritionist

Eating family dinners together most or all days of the week is associated with healthier eating for everyone. When families eat together, parents trying new foods and making good choices help kids be more open to new foods and habits as well. Here are a few ways to make family mealtime part of your daily routine. Set a regular time for meals, this creates a better chance to get variety and amount for proper growth and healthy weight. Eat around a table, it is easier to talk and listen when you face each other and have eye contact. Show that mealtime is important, turn off the TV and other devices, or set phones to go to voicemail. Make it simple, spend less time in the kitchen and more time at the table. Any meal can be special if you feel relaxed. Be realistic, try to set together but don’t expect little ones to set too long. If the kids are fussy, meals won’t be fun. Family mealtime creates close bonds and lifelong memories. Let’s try more this week!



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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