

HOWELL COUNTY
HEALTH DEPARTMENT

JULY CALENDAR

WIC: 3, 6, 7, 10, 11, 12, 13,
14, 17, 18, 19, 20, 21, 24,
26, 27, 28, 31

Willow Springs WIC: 5

Mountain View WIC: 25

Family Planning: 6, 13, 19

Immunizations: 11, 18, 26,
28

Covid-19 Vaccination Clin-
ics: West Plains-5, 12, 19,
26 (from 9am-4 pm). Wil-
low Springs-5 and Moun-
tain View-25 at our satel-
lite WIC clinics.

Food Handlers: 3

Holiday's (closed): 4TH-
Independence 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

VOLUME 251

JULY 2023

5 Surprising Signs Your Not Moving Enough from eatingwell.com

It's not just in your head: working a 9-to-5 job from your makeshift home office is very hard on your body. Without the movement of your morning commute, the walk across the office to the bathroom or the run to the coffee shop around the corner, having a less active lifestyle has an impact on how our bodies feel every day.

Even if you're making an effort to be more active, your body may be sending you signs that it needs more movement. We spoke with [Dr. Lisa N. Folden](#), a licensed physical therapist and lifestyle coach whose book, *Healthy Made Easy: The Ultimate Wellness Guide for Busy Moms*, is focused on giving women with busy lifestyles the tools to build wellness into their daily routines. She highlighted five unexpected signs to look for that indicate you simply need more exercise. "The moral of the story is keep exercising," Dr. Folden says. "Your body will always thank you."

You're Constipated: "When your bowels are backed up, that's a reasonable sign that you're either not getting enough fiber and water... or that you aren't moving enough," said Dr. Folden. She says to get

things moving along, you should be moving regularly. "Lying down or sitting around most of the day is a great way to stop up your bowels," she adds. Take a walk on your lunch break, or make it a point to get up and stretch a few times throughout the day. Your body (and bowels) will thank you.

You're Experiencing Muscle Tightness: "Your muscles are like rubber bands," Dr. Folden explains. "The more you stretch and move them, the more flexible they are. When you stop moving them, they freeze or tighten up. Essentially, they become shorter. When this happens, you may find regular, everyday movements more uncomfortable and challenging." If you find yourself uncomfortable when doing everyday movements like picking an object up off the floor, Dr. Folden recommends showing your body some love by spending a few minutes three times a week stretching your body. Not all exercise has to involve high intensity lifting or cardio—stretching can be just as beneficial.

Your Joints Are Stiff: Dr. Folden says that your knees, shoulders and ankles all have a lubricant called synovial fluid in them. "That fluid helps your joints move smoothly and without pain. When you find

yourself immobile and not exercising often, that fluid production begins to slow down and your joints notice," she explains. The result is that creaky feeling you may feel in the morning. Adding a bit of walking back into your routine will help get the synovial fluid flowing once again.

You Get Winded Easily: If you start noticing that climbing stairs or walking around the grocery store leaves you winded, that's an indication that you'd benefit from getting a bit more cardio in your day-to-day life. "This is happening because your lungs and heart are no longer used to pumping and working at a rate above a sedentary level," says Dr. Folden. "So they go into overdrive when you do 'higher level activities' like running to your car or walking on a hill. Keeping your body active and conditioned is the best remedy for a tired heart and lungs."

You're Sad or in a Bad Mood: There are lots of reasons you might be experiencing a worsening mood, and a lack of exercise may be one of them. Dr. Folden says, "Regular physical activity causes your body to produce more 'happy hormones' also known as endorphins." In addition to many other actions, endorphins trigger a very positive feeling in the body that generally makes you feel happier and more at ease.



*Stay Safe while
Swimming this
Summer!*

*Keep your foods safe
as the weather
warms up.*

*All food
service
establish-
ments are
routinely
inspected.*



Recreational Water Illnesses from Kathy Doss, DON

As warmer weather is upon us, the thought of cooling off in the pool, lake or river becomes appealing. Did you know having fun in the water can lead to Recreational Water Illnesses (RWI's)? RWI's are caused by germs that can contaminate pools, lakes, rivers and oceans. The most common of these illnesses are called cryptosporidium and E.coli O157:H7.

Some ways you can avoid these illnesses are to prevent water from splashing into your mouth and abstain from drinking the water. Do not swim if you or your child is experiencing diarrhea. Minute amounts of these germs easily contaminate water and can lead to others becoming ill. Practice good hygiene such as showering and handwashing before and after swimming. Take your child to the bath-

room before they ask. Change your child's diaper in the bathroom or at a changing station not near the water. Follow up with your healthcare provider if you or your child experiences diarrhea after swimming or playing in the water. By following these simple tips, you can keep your family safe and healthy this summer while staying cool.

Summer Safe Food from April Bridges, WIC Nutritionist

Summer is here! There are picnics, parties, camping, and all sorts of outdoor activities. Be sure to keep foods safe, so that your summer fun doesn't turn into an unplanned trip to the doctor. First, keep it clean! Wash hands and surfaces before and after handling food, after using restroom, handling pets, and sneezing, coughing etc. Remember to separate foods. Raw meat and poultry should be stored separately from fruits, vegetables and other foods. Always use dif-

ferent utensils and cutting boards for meats and vegetables. Also, make sure that meats are cooked to adequate internal temperature. Beef, lamb, pork and veal should be at 145 degrees. Ground beef, veal, pork and lamb should be at 160, and all poultry should be cooked to 165. Refrigerate any leftovers within 2 hours (sooner in hot weather). Refrigerators should be kept at 40* or lower, and freezers should stay zero or below. One bacteria, Listeria, CAN grow in refrigerated tem-

peratures. Pregnant women and young children are more susceptible to food poisoning bacteria, due to lowered immune systems. To avoid Listeriosis, always heat lunch meats and hot dogs to steaming temperatures. Avoid refrigerated meat spreads or salads made with ham, chicken, eggs or seafood. And finally, make sure that labels on all cheeses say "MADE WITH PASTEURIZED MILK". For more information about food safety, visit "AskKaren.gov"

Food Inspections from Justin Frazier, EPHS

Are you curious about your favorite fast food restaurant, café, or even grocery store's cleanliness? The Howell County Health Department, Environmental Services Section, performs routine and complaint inspections on all food service establishments

to ensure food safety and sanitation practices are being followed. These inspections are updated daily on the health department website at: https://howellcountyhealth.com/health_inspections/. From there, you can search from

any food establishment in Howell County to find both current and previous inspections. Questions regarding inspections, food service complaints, and food safety questions can be directed to the Environmental Services Section at 417-256-7078.



Howell County Health Department

180 S. Kentucky Ave
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

Administrator-Chris Gilliam, email: chris.gilliam@lpha.mo.gov

Admin Assistant, Vital Records Clerk-Sheila Roberts, email: sheila.roberts@lpha.mo.gov

Financial Officer-Shelly Uphaus, email: shelly.uphaus@lpha.mo.gov

Environmental Specialist-Justin Frazier, email: justin.frazier@lpha.mo.gov

Health Educator-Dawn Hicks, email: dawn.hicks@lpha.mo.gov

Administration Receptionist-Christina Hodgson, email: christina.hodgson@lpha.mo.gov

WIC Supervisor-Phyllis Crider, email: phyllis.crider@lpha.mo.gov

WIC Clerk-Sharon Owen, email: sharon.owen@lpha.mo.gov

WIC Certifier, HPA & Clerk-Linda Lewis, email: linda.lewis@lpha.mo.gov

WIC HPA-Candace Stockton, email: candace.Stockton@lpha.mo.gov

WIC Nutritionist-April Bridges, email: april.bridges@lpha.mo.gov

WIC Nurse Educator, email: mary.moore@lpha.mo.gov

WIC Breast Feeding Peer Counselor-Candra Weckworth: candra.weckwerth@lpha.mo.gov

Director of Nurses, Kathy Doss, email: kathy.doss@lpha.mo.gov

Nurse-Cheri Carda, email: cheri.carda@lpha.mo.gov

Nurse-Katey Seiber, email: katey.seiber@lpha.mo.gov

Nurse-Bev McDaniel, email: beverly.mcdaniel@lpha.mo.gov

Nurse-Lisa Bryan, email: lisa.bryan@lpha.mo.gov

Nurse-Alyssa Ehrhart, email: alyssa.ehrhart@lpha.mo.gov

Front Desk Receptionist-Abby Stankovich, email: abby.stankovich@lpha.mo.gov

Front Desk Receptionist-Luz Cope, email: luz.cope@lpha.mo.gov

