

HOWELL COUNTY
HEALTH DEPARTMENT

AUGUST CALENDAR

WIC: 3, 4, 7, 8, 9, 10, 11,
14, 15, 16, 17, 18, 21, 23,
24, 25, 28, 29, 30, 31

Willow Springs WIC: 2

Mountain View WIC: 22

Family Planning: 10, 16, 24

Immunizations: 1, 8, 11, 29

Covid-19 Vaccination Clin-
ics: West Plains-2, 9, 16,
23, 30 (from 9am-4 pm).
Willow Springs-2 and
Mountain View-22 at our
satellite WIC clinics.

Food Handlers: 7

Holiday's (closed): None

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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 252

AUGUST 2023

Real-Life Benefits of Exercise & Physical Activity from www.nia.nih.gov

Emotional benefits of exercise: Research has shown that exercise is not only good for your physical health, it also supports emotional and mental health. You can exercise with a friend and get the added benefit of emotional support. So, next time you're feeling down, anxious, or stressed, try to get up and start moving!

Physical activity can help:

Reduce feelings of depression. Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. In fact, studies show that "taking it easy" is risky. Often, inactivity is more to blame than age when older people lose the ability to do things on their own. Lack of physical activity also can lead to more visits to the doctor, more hospitalizations, and more use of medicines for a variety of illnesses.

Including all 4 types of exercise can benefit a wide range of areas of

your life. Staying active can help you:

-Keep and improve your strength so you can stay independent

-Have more energy to do the things you want to do and reduce fatigue

-Improve your balance and lower risk of falls and injuries from falls

-Manage and prevent some diseases like arthritis, heart disease, stroke, type 2 diabetes, osteoporosis, and 8 types of cancer, including breast and colon cancer

-Sleep better at home

-Reduce levels of stress and anxiety

-Reach or maintain a healthy weight and reduce risk of excessive weight gain

-Control your blood pressure

-Possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks or plan an activity

-Perk up your mood and reduce feelings of depression and stress, while improving your mood and overall emotional well-being

-Increase your energy level

-Improve sleep

-Empower you to feel more in control

In addition, exercise and physical activity may possibly improve or maintain some aspects of cognitive function, such as your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

Here are some exercise ideas to help you lift your mood:

Walking, bicycling, or dancing. Endurance activities increase your breathing, get your heart pumping, and boost chemicals in your body that may improve mood.

Yoga. This mind and body practice typically combines physical postures, breathing exercises, and relaxation.

Tai Chi. This "moving meditation" involves shifting the body slowly, gently, and precisely, while breathing deeply. **Activities you enjoy.** Whether it's gardening, playing tennis, kicking around a soccer ball with your grandchildren, or something else, choose an activity you want to do, not one you have to do.



We have a breastfeeding peer counselor on staff.

Dark leafy greens can have an impact on blood pressure.

You still have time to sign up for the Farmer's Market Program



World Breastfeeding Month from Katey Seiber, RN

Hello, mamas! With August being world breastfeeding month, it's the perfect opportunity to discuss resources available within the community. Here at HCHD, a breastfeeding peer counselor is available Monday-Friday to WIC clients. Candra and Alicia are wonderful about assisting with breastfeeding questions and helping to

problem-solve issues. If you are not enrolled in WIC, there is a breastfeeding support group at Ozarks Healthcare every Wednesday from 9:30 to 11:00 am in the Women's Center conference room. Speaking as a first-time mom who attended this group for many weeks, it's a great place to find answers to the many questions you will inevitably have while

breastfeeding. Heather will work with you at your comfort level to help you get the most out of your breastfeeding journey. Take advantage of these great opportunities for support and reach out today. Call the HCHD at 417-256-7078. Heather can be reached at OZH at 417-256-9111 ext. 6440.

Blood Pressure Benefits of Dark Leafy Greens from www.eatingwell.com

According to 2019 research published in *Nutrients*, three specific minerals that can have a positive impact on blood pressure are potassium, calcium and magnesium. Dark leafy greens are a good source of all three of these nutrients. Magnesium helps manage blood pressure by increasing nitric oxide levels, which helps blood

vessels relax. And calcium can influence blood pressure through its actions on the smooth muscle cells that line artery walls. Just 1 cup of cooked spinach has 37% of the Daily Value of magnesium and almost 10% DV of calcium. Potassium plays a large role in blood pressure management, as it helps the body eliminate excess sodium through urine, which can reduce

water retention and blood volume and lead to lower blood pressure. A 2020 review in *Hypertension* noted that populations who consumed a higher-potassium, lower-sodium diet had lower rates of hypertension. However, most adults don't score the Daily Value of 4,700 milligrams of potassium. Including at least one serving of dark green leafy vegetables daily can help you reach that DV for potassium.

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

WIC participants are eligible for farmer's market benefits given by Missouri Department of Agriculture. Each participant can receive \$20, spendable from June 1st to October 31. An eligible recipient is a pregnant or post-partum woman, infant over 4 months of age,

or child who receives benefits under the Missouri WIC Program and resides in one approved WIC agency counties. Farmers' market benefits can be spent on fresh vegetables, fresh fruit, and fresh cut herbs, sold at "Missouri Grown" vendors. Non-

eligible foods are honey, milk, eggs, meat, and processed products. Call the WIC office today to see if you qualify.



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

