

## HOWELL COUNTY HEALTH DEPARTMENT

### NOVEMBER CALENDAR

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

Willow Springs WIC: 1

Mountain View WIC: 28

Family Planning: 9, 15, 16

Immunizations: 7, 14, 21,  
30

**Covid-19 Vaccination Clinics:-BY APPOINTMENT ONLY:** West Plains-8, 15, 22, 29. Willow Springs-1 and Mountain View-28 at our satellite WIC clinics.

Food Handlers: 6

Holiday's (closed): Thanksgiving 23

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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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## Benefit Increase for WIC Participants from DHSS

### JEFFERSON CITY, MO –

Missouri WIC announces the extension of the temporary increase of the Cash Value Benefit for Fruit and Vegetable Purchases (CVB) starting October 2023 and lasting through September of next year. The new monthly amounts will be \$26 for child participants, \$47 for pregnant and postpartum participants, \$52 for breastfeeding participants, and \$78 for women exclusively breastfeeding multiples. Previous CVB values range from \$9-11. WIC is the Department of Health and Senior Services Special Supplemental Nutrition Program for Women, Infants and Children.

**Eligible participants must contact their WIC local agency immediately to schedule an appointment to load the additional benefits on their eWIC card before redeeming any October benefits.** Participants who redeem any October benefits before receiving the increase will not receive the increase until November and must return to the local agency prior to November to update their eWIC card.

Missouri WIC provides additional healthy fruits and vegetables for up to 60,000 women and children per month. WIC families have the opportunity to shop for nutritious foods at approximately 600 authorized WIC retailers



throughout Missouri and can receive services at any of the 115 local agencies. WIC serves financially eligible women, infants and children under the age of five. Fathers, stepparents, foster parents, grandparents and guardians are also encouraged to apply for WIC benefits for any children in the household under the age of five. Missouri WIC provides quality nutrition education, [breastfeeding promotion and support](#), nutritious foods and referrals to health services. It is also one of the most successful, cost-effective and important nutrition intervention programs in the country. Missourians interested in learning about the benefits of WIC may visit [wic.mo.gov](http://wic.mo.gov) or call TEL-LINK at 1-800-835-5465 to find the [WIC local agency](#) closest to them. In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication (e.g., Braille, large print, audiotype, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by mail:  
U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov)  
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*There are limitations on service animals and food establishments.*

*Make sleep safe for your baby!*

*Diabetes is one of the leading causes of disability and death in the US.*



## Service Animals from Justin Frazier, EPHS

Live animals are not ordinarily allowed on the premises of a food establishment according to 6-501.115 of the Missouri Food Code. Service animals who are controlled by the disabled employee or person are allowed in non-food preparation areas if a health or safety hazard will not result from the presence or activities of the service animal. It is never appropriate to place your pet in a grocery cart. Service animals are defined by the Americans with Disabilities Act (ADA)

as a dog that has been individually trained to do work or perform tasks for an individual with a disability. Animals who provide comfort without a specific task are considered emotional support animals, not service animals. Service animals are not required to wear a vest, ID tag, or specific harness and handlers are not required to show proof. However, service animals must be under the control of the handler at all times, whether unleashed or leashed. To determine if a dog is a service animal, individuals can ask two

questions: Is this a service animal? If so, what tasks is this animal trained to perform? Placing a dog or other live pet in a cart is considered contamination of surfaces, as these surfaces are not always effectively cleaned or sanitized after animal use and before food or food items are placed in the cart. This could cause a health or safety hazard by contamination of food or food items that is then transferred to the end consumer and would be a violation of Missouri Food Code.

## Say No to Bumper Pads from HCHD Nursing Dept.

Before your baby arrives there are so many exciting things to do to prepare for that special day when you get to bring your little bundle of joy home. Things such as picking out a theme, painting the walls, and packing your bags for the hospital are just a few things on your to-do list. One thing that should be on this list is to remove those cute little bumper

pads that often come with the crib bedding set. Many parents don't realize bumper pads can pose an increased risk of SIDS (Sudden Infant Death Syndrome) for your precious baby. As your baby gets older and can roll around in the crib their face can get too close to the bumper pad and obstruct baby's breathing. Other ways to decrease your baby's risk of SIDS is to put baby to sleep on his/her back,

avoid placing comforters, quilts, pillows and stuffed animals in baby's crib, baby should sleep by themselves and not with others, avoid smoking while pregnant and prevent second hand smoke around your baby and refrain from dressing your baby too warmly. For more information about safe sleep check out [www.dhss.mo.gov/SafeSleep/](http://www.dhss.mo.gov/SafeSleep/) or call 1-800-877-6246.

## National Diabetes Month from health.gov

Diabetes is a leading cause of disability and death in the United States. Diabetes also increases the risk of serious health problems like: Heart disease, stroke, blindness, nerve damage, which can lead to amputation (removal by surgery) of a toe, foot, or leg, and kidney failure. The good news is that you can do a lot to prevent or delay getting type 2 diabetes, including: Reaching and staying at a healthy weight, staying active, eating healthy, quitting smoking

What is diabetes? Having diabetes means the glucose (sugar) levels in your blood are too high. Your body depends on glucose for energy. When you eat, most of the food turns into glucose. Your blood carries the glucose to other parts of your body. When you have diabetes, your body has trouble turning glucose into energy. Instead of being used by your body, glucose builds up in your blood. Over time, high blood glucose can damage

almost every part of your body. Diabetes is a chronic (long-term) condition. **What is type 2 diabetes?** Type 2 diabetes is the most common form of diabetes. You're more likely to get type 2 diabetes if you're overweight or have obesity, don't get enough physical activity, or have prediabetes. For more information about diabetes go to <https://health.gov/myhealthfinder/health-conditions/diabetes>



## Howell County Health Department

180 S. Kentucky Ave  
West Plains, MO 65775

Phone: 417-256-7078

Fax: 417-256-1179

website: [www.howellcountyhealth.com](http://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](mailto:chris.gilliam@lpha.mo.gov)

Admin Assistant, Vital Records Clerk-Sheila Roberts, email: [sheila.roberts@lpha.mo.gov](mailto:sheila.roberts@lpha.mo.gov)

Financial Officer-Shelly Uphaus, email: [shelly.uphaus@lpha.mo.gov](mailto:shelly.uphaus@lpha.mo.gov)

Environmental Specialist-Justin Frazier, email: [justin.frazier@lpha.mo.gov](mailto:justin.frazier@lpha.mo.gov)

Health Educator-Dawn Hicks, email: [dawn.hicks@lpha.mo.gov](mailto:dawn.hicks@lpha.mo.gov)

Administration Receptionist-Kara McGinnis, email: [kara.mcginis@lpha.mo.gov](mailto:kara.mcginis@lpha.mo.gov)

WIC Supervisor-Phyllis Crider, email: [phyllis.crider@lpha.mo.gov](mailto:phyllis.crider@lpha.mo.gov)

WIC Clerk-Sharon Owen, email: [sharon.owen@lpha.mo.gov](mailto:sharon.owen@lpha.mo.gov)

WIC Certifier, HPA & Clerk-Linda Lewis, email: [linda.lewis@lpha.mo.gov](mailto:linda.lewis@lpha.mo.gov)

WIC HPA-Candace Stockton, email: [candace.Stockton@lpha.mo.gov](mailto:candace.Stockton@lpha.mo.gov)

WIC Nutritionist-April Bridges, email: [april.bridges@lpha.mo.gov](mailto:april.bridges@lpha.mo.gov)

WIC Nurse Educator, Bev McDaniel email: [beverly.mcdaniel@lpha.mo.gov](mailto:beverly.mcdaniel@lpha.mo.gov)

WIC Breast Feeding Peer Counselor-Alicia Tetrick: [alicia.tetrick@lpha.mo.gov](mailto:alicia.tetrick@lpha.mo.gov)

Director of Nurses, Katey Seiber, email: [katey.seiber@lpha.mo.gov](mailto:katey.seiber@lpha.mo.gov)

Nurse-Cheri Carda, email: [cheri.carda@lpha.mo.gov](mailto:cheri.carda@lpha.mo.gov)

Nurse-Bev McDaniel, email: [beverly.mcdaniel@lpha.mo.gov](mailto:beverly.mcdaniel@lpha.mo.gov)

Nurse-Alyssa Ehrhart, email: [alyssa.ehrhart@lpha.mo.gov](mailto:alyssa.ehrhart@lpha.mo.gov)

Nurse-Debbie Anderson, email: [debbie.anderson@lpha.mo.gov](mailto:debbie.anderson@lpha.mo.gov)

Front Desk Receptionist-Abby Stankovich, email: [abby.stankovich@lpha.mo.gov](mailto:abby.stankovich@lpha.mo.gov)

Front Desk Receptionist-Luz Cope, email: [luz.cope@lpha.mo.gov](mailto:luz.cope@lpha.mo.gov)

