

HOWELL COUNTY HEALTH DEPARTMENT

JUNE CALENDAR

WIC: 3, 4, 6, 7, 10, 11, 12, 13, 14, 17, 18, 20, 21, 24, 26, 27, 28

Willow Springs WIC: 5

Mountain View WIC: 25

Family Planning: 6, 13

Immunizations: 4, 11, 18

Food Handlers: 3

Holiday's (closed): 19th-June
Nineteenth

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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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JUNE 2024

Men's Health Week June 10-16

from www.awarenessdays.com

Men's Health Week is an annual observance that aims to raise awareness about the health challenges faced by men and promote strategies for better physical and mental well-being. This significant event encourages men of all ages to prioritize their health, seek preventive care, and engage in conversations about important health issues. In this article, we delve into the essence of Men's Health Week 2024, its history, and how individuals can actively participate in this empowering week.

What is Men's Health Week 2024?

Men's Health Week is a dedicated week that shines a spotlight on the unique health concerns impacting men. It serves as a reminder of the importance of addressing and managing health issues proactively. Men's Health Week encourages men to take charge of their well-being, make informed decisions about their lifestyle choices, and seek appropriate medical support when needed. **When is Men's Health Week 2024?** Men's Health Week is observed annually during the week leading up to Father's Day, placing it between June 10th and June 16th in 2024. This timing provides an excellent opportunity to engage fathers, brothers, sons, and male friends in discussions about their health while emphasizing the significance of men's well-being within the context of family and community. **How can I get involved in Men's Health Week 2024?** Participating in Men's Health Week allows

individuals to promote a holistic approach to men's health and support the well-being of the men in their lives. Here are some impactful ways to get involved:

- 1. Schedule a Health Check-up:** Encourage the men in your life to schedule regular check-ups with their healthcare providers. Routine screenings, such as blood pressure, cholesterol, and prostate exams, can help detect potential health concerns early on, enabling timely intervention and treatment.
- 2. Organize Health Education Sessions:** Arrange informative sessions or workshops that address men's health topics. These can cover areas such as nutrition, exercise, mental health, stress management, and healthy lifestyle habits. Involve local healthcare professionals, fitness experts, and mental health specialists to provide valuable insights and practical tips.
- 3. Engage in Physical Activities:** Promote physical fitness by organizing group activities or sports events during Men's Health Week. Encourage participation in activities such as group walks, sports tournaments, or fitness challenges. Physical exercise not only enhances physical health but also supports mental well-being.
- 4. Share Health Information:** Utilize social media platforms, local newsletters, or community notice boards to share educational content related to men's health. Raise awareness about specific health concerns, prevention strategies, and available resources. Engage in discussions about the importance of mental health and destigmatize seeking help when needed. Support Men's Health Organizations: Donate to or volunteer with organizations dedicated to promot-

ing men's health. These organizations often provide valuable resources, support groups, and educational campaigns to raise awareness and facilitate access to healthcare services for men.

The History of Men's Health Week

2024: Men's Health Week originated in the United States in 1994 and has since spread to countries around the world. The week was established as an opportunity to address the disparities in men's health outcomes and advocate for improved health education and awareness among men. By focusing on preventive measures, early detection, and proactive health management, Men's Health Week plays a crucial role in encouraging men to take responsibility for their well-being. It aims to reduce the stigma surrounding men's health issues, promote open dialogue, and empower men to make informed decisions about their health.

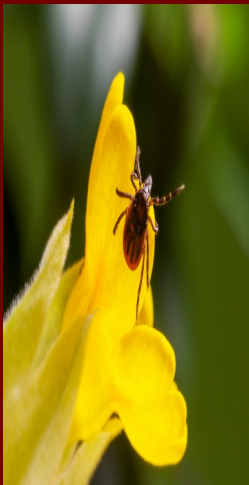
Men's Health Week 2024 presents a valuable opportunity to prioritize men's well-being, address health challenges, and promote healthy lifestyles. By actively participating in this empowering week, we can make a positive impact on the lives of men in our communities. Whether it's encouraging regular check-ups, organizing educational sessions, engaging in physical activities, sharing health information, or supporting men's health organizations, every effort counts towards creating a culture of proactive and holistic health among men. Let us embrace Men's Health Week 2024 as a time to raise awareness, foster open conversations, and empower men to take control of their physical and mental well-being. Together, we can make a difference and inspire a healthier future for all.



Are you CPR and AED trained?

Thank you to all the sponsors of the Mommy & Me Event!

Take steps to avoid insect bites this summer.



CPR and AED Awareness from Cheri Carda, RN

According to the American Heart Association, every year over 350,000 out of hospital cardiac arrests occur each year. This condition is still the leading cause of death in the United States. June is a good time to learn more about CPR and the ways you can save a life. There are many opportunities to learn more and be aware.

Some steps you can take:

- Make yourself aware of the signs of a heart attack and cardiac arrest.
- Keep up on regular health screenings with your provider.
- Eat heart healthy foods and get plenty of exercise.
- Take a CPR class from a trusted source such as the American Red Cross or the American Heart Association.
- Keep the mobile app on hand. The American Red

Cross has a first aid app available in your phone's app store.

- Become knowledgeable on AED use and learn to recognize their signs in businesses and at the workplace.

By doing your part, you can help save a life, when seconds matter. Learn more from the American Heart Association at cpr.heart.org or the American Red Cross at redcross.org

Mommy & Me Event a Success from April Bridges, WIC Nutritionist

Our third annual "Mommy and Me" event on May 3 was a hit! We had 27 families who were able to attend. We would like to thank all of our vendors who came out. Because of support from our Man-aged Care companies: Home State, Healthy Blue and United Healthcare, all of our participants enjoyed

snacks, received a bag full of goodies, and all walked away with at least one door prize. Thank you to Head Start staff for sharing ways to "play and learn" with kiddos. And, thanks to our speaker: Elizabeth Mahan, for giving us some information about Mental Health services available in our area. Many area business also donated money,

gift certificates, and food for the event. We will be posting pictures of the event on our Facebook page: <https://www.facebook.com/WICandSupport>, along with a list of businesses and vendors who supported and participated in the event. Follow our page for updates and promotions about future events.

Prevent Tick & Mosquito Illnesses from Justin Frazier, EPHS

As warmer weather approaches and more time is being spent outdoors, we want to remind Missourians to also take simple steps to prevent illnesses that are spread by ticks and mosquitoes when they spend time outdoors. Illnesses that may result from tick and mosquito bites can range from mild to severe and, in some cases, can even be fatal. The two main tick-borne diseases reported in Missouri residents are ehrlichiosis and Rocky Mountain spotted fever, followed by tularemia and Lyme disease.

West Nile virus is the most common illness spread by mosquitoes in Missouri and other parts of the United States. According to the Centers for Disease Control and Prevention (CDC), up to 80% of people infected with West Nile virus will not develop any symptoms.

Despite the presence of ticks and mosquitoes, everyone can safely enjoy the outdoors with a few simple safety precautions. The best way to protect yourself and

your family from the diseases carried by ticks and mosquitoes is to avoid their bites. Use insect repellent products with ingredients registered by the Environmental Protection Agency (EPA) such as DEET, picaridin, IR3535, and oil of lemon eucalyptus. For children under 3 years of age, do not use products containing oil of lemon eucalyptus. Apply and re-apply insect repellent to exposed skin according to the package instructions.



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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.

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