

## HOWELL COUNTY HEALTH DEPARTMENT

### SEPTEMBER CALENDAR

**WIC:** 3, 5, 6, 9, 10, 11, 12, 13, 16, 17, 18, 19, 20, 23, 25, 26, 27, 30

**Willow Springs WIC:** 4

**Mountain View WIC:** 24

**Family Planning:** 5, 18, 19

**Immunizations:** 10, 17, 25

**Food Handlers:** 9

**Holiday's (closed):** 2-Labor 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 265

SEPTEMBER 2024

## Reduce Your Risk of Dementia from [www.alzheimers.org.uk](http://www.alzheimers.org.uk)

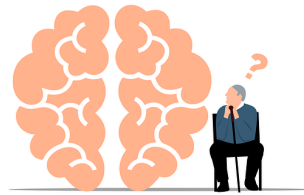
There are things you can do to reduce your own risk of developing dementia. These include keeping active, eating healthily and exercising your mind. There is a lot of evidence that lifestyle choices can affect our risk of developing dementia. Dementia risk is lowest in people who have healthy behaviors in mid-life (aged 40–65). No single behavior is guaranteed to prevent dementia, and some are easier to change than others.

**Take physical exercise:** Doing regular physical activity is one of the best ways to reduce your risk of dementia. It's good for your heart, circulation, weight and mental well-being. There are two main types of physical activity – aerobic activity and strength-building activity. Each type will keep you fit in different ways. Doing a combination of these activities will help you to reduce your risk of dementia.

**Drink less alcohol:** Drinking too much alcohol increases your risk of developing dementia. If you regularly drink alcohol, try to do so in moderation and within recommended limits. Drinking too much alcohol at one time exposes your brain to high levels of harmful chemicals. Try to drink no more than 14 units of alcohol each week. This is equal to about one pint of beer or a small glass of wine each day.

**Don't smoke:** If you smoke, you're putting yourself at a

much higher risk of developing dementia later in life. Smoking does a lot of harm to the circulation of blood around the body, particularly the blood vessels in



the brain, as well as the heart and lungs. It's never too late to quit smoking. The earlier you stop, the more brain damage you will avoid.

**Stay mentally well and socially active:** Depression is a mental health condition that affects at least one in five people in the UK. People who have had periods of depression in their life also have a higher risk of developing dementia. Social isolation can greatly increase a person's risk of dementia. Engaging in social activities may help to build up your brain's ability to relieve stress and improve your mood.

**Manage long-term health conditions:** Certain health conditions, such as high blood pressure, high cholesterol or diabetes can increase the risk of getting dementia. An important way to manage this is by going for a health check. Eating an unhealthy diet may also cause health problems, including obesity, which can be linked to an increased risk of dementia.

**Protect your eyesight and hearing:** Uncorrected vision loss increases a person's risk of devel-

oping dementia. People who have corrected vision loss do not have an increased risk of developing dementia. Hearing loss is related to an increased risk of developing dementia and may be an early symptom. Managing hearing loss works best when you start doing it early on. The use of hearing aids has been shown to reduce the risk of dementia to the level of a person with normal hearing.

**Protect your head:** Traumatic brain injuries are caused by a blow or jolt to the head – especially when the person is knocked out unconscious. These can start a process in the brain where the substances that cause Alzheimer's disease build up around the injured area. Wear protective headgear in situations where there is a higher-than-normal risk of head injury. More research is needed to fully understand the amount of long-term dementia risk involved in contact sports like rugby or football.

**Environmental risk factors:** Certain forms of air pollution increase a person's risk of dementia. It is difficult for an individual to reduce their exposure to polluted air and better environmental policies are needed to reduce air pollution.

**How we support you:** Get advice and information, whether you are worried about your memory, waiting for a referral or already diagnosed. Call our support line to speak to a trained adviser. Visit our online forum to hear from people in the same situation

<https://www.alzheimers.org.uk/about-dementia/managing-the-risk-of-dementia/reduce-your-risk-of-dementia>



*Cholesterol is a waxy, fatlike substance in your blood.*

*Outbreaks may be associated with large water systems.*



## WIC Milestones Program from April Bridges, WIC Nutritionist

The Missouri WIC Developmental Milestones Program is now being implemented in the WIC program at Howell County Health Department. This program assists with monitoring children's developmental milestones and knowing when and how to refer families for follow-up if there are concerns. Using materials

developed by experts at the CDC, the WIC Developmental Milestones Program was co-designed by WIC staff for WIC staff. This ensures a program that focuses on children, is meaningful to families, and is easy for staff to work into the WIC schedule. The WIC Developmental Milestones Program uses a set of checklists and family-

friendly wall and floor graphics to increase parents' awareness of developmental milestones and to promote the early identification of potential developmental delay. Parents can even follow a link from the WIC Shopper App and set up a CDC Milestone account with the child's date of birth, to help track those milestones.

## Know Your Numbers from Debbie Anderson, LPN

September is Cholesterol Awareness month. We can do Low-Cost Cholesterol (lipid panel) screenings by appointment, Monday- Friday. The screening requires that

you be fasting (nothing to eat or drink except water or plain black coffee), and we usually have results back in just a few days. These results can be forwarded to your Primary Care Provider to be dis-

cussed at your next appointment.

For more information on cholesterol go to:

<https://www.heart.org/en/health-topics/cholesterol/about-cholesterol>

## Legionnaires Disease from Justin Frazier, EPHS, & DHSS & CDC

The Missouri Department of Health and Senior Services has determined that three unassociated individuals who stayed at the Cassville resort in July of this year were diagnosed with Legionnaires' disease within 14 days after their stay. People can get Legionnaires' disease, a serious type of pneumonia, by breathing in small water droplets containing Legionella bacteria. In general, people do not spread Legionnaires' disease to other people. Most healthy people exposed to Legionella do

not get sick. However, an individual's risk may increase if they are 50 years or older, smoke cigarettes, or have certain medical conditions, such as a weakened immune system. Symptoms usually begin 2 to 10 days after being exposed to the bacteria, but it can take longer so people should watch for symptoms for about 2 weeks after exposure. Pneumonia symptoms typically include cough, shortness of breath, fever, muscle aches and headaches.

Additional symptoms may be present, such as confusion, nausea or diarrhea. Outbreaks of Legionnaires' disease are often associated with large or complex water systems, like those found in hospitals, hotels, and cruise ships. The most likely sources of infection include: Water used for showering (potable water), Cooling towers (parts of large air conditioning systems), Decorative fountains and Hot tubs.



## 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, Cailynne Henry, email: [cailynne.henry@lpha.mo.gov](mailto:cailynne.henry@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-Debbie Anderson, email: [debbie.anderson@lpha.mo.gov](mailto:debbie.anderson@lpha.mo.gov)

Nurse-Monica Childers, email: [monica.childers@lpha.mo.gov](mailto:monica.childers@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)

