

## HOWELL COUNTY HEALTH DEPARTMENT



# Monthly Monitor

VOLUME 281

JANUARY 2026

### JANUARY CALENDAR

WIC: 2, 5, 6, 8, 9, 12, 13,  
14, 15, 16, 20, 21, 22, 23,  
26, 28, 29, 30

Willow Springs WIC: 7

Mountain View WIC: 27

Family Planning: 15, 29

Immunizations: 6, 13, 20

Food Handlers: 5

Holiday's (closed): 1st-  
New Year's Day, 19th-  
Martin Luther King Day

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### Clinic Hours:

Monday-Friday 8-12 & 1-5,  
closed for lunch 12-1

### Administration Hours

Monday-Friday 8-5

## Healthy Resolutions for 2026

**This year, choose resolutions that energize you—not overwhelm you.** Real, lasting change comes from small steps taken consistently. When you move your body a little more, fill your plate with more plants, protect your sleep, hydrate, un-

plug, and slow down your mind, you create a foundation for a healthier, happier you. Set clear goals, build simple routines, celebrate every win, and focus on just one or two changes at a time. You'll be amazed at how quickly small habits add up.

### Physical Health:

- **Move with Joy:** Take the stairs, add a quick walk, or choose activities that make you smile—dancing, biking, anything that gets you moving.

- **Hydrate for Energy:** Aim for eight glasses of water a day. Sip between bites to slow down and reconnect with your body.

- **Nourish Yourself:** Add colorful fruits and veggies, cook more meals



at home, and eat mindfully—pause, breathe, and eat with intention.

### Drink Less, Live More:

Save alcohol for special moments so you can wake up feeling clearer and stronger.

### Mental & Sleep Health:

- **Protect Your Rest:** Give yourself the gift of 7–9 hours of sleep each night. A consistent bedtime and a calm, cool, dark room can transform your days.

- **Unplug to Recharge:** Reduce screen time—especially before bed—to quiet your mind and reset your energy.

- **Center Yourself:** Take just five minutes each day to meditate, breathe deeply, or sit in stillness. Small moments create big clarity.

### Reduce Stress, Restore

**Peace:** Step outside for morning sunlight, take short breaks to reset, or dive into a hobby that brings you joy.

### Actionable Tips for Success:

- **Start Small, Win Big:** Choose one or two goals you know you can stick with. Small goals build unstoppable momentum.

- **Get Clear and Commit:** Swap vague intentions for specific actions—like “walk 30 minutes, three times a week.”

- **Plan for Success:** Prep meals, set reminders, lay out your workout clothes, or create a simple routine that sets you up to win.

- **Track & Celebrate Every Step:** Use a journal or an app to see your progress—and honor every victory, no matter how small.

- **Stack Your Habits:** Add a new habit to something you already do—like stretching after your morning coffee.

**Give Yourself Grace:** Progress, not perfection, is what leads to transformation. Keep going, even if the path isn't perfect.



**Lodging facilities are inspected in Missouri.**

**WIC provides nutrition & breastfeeding education.**



## Lodging Basics from Curtis Beaulieu, Environmental Specialist

Thousands of people travel throughout Missouri each year. Many of these trips require overnight or extended stays away from the comforts of home. Through cooperative efforts with local public health agencies and the lodging industry, the Department of Health and Senior Services (DHSS) strives to provide a level of excellence in all licensed lodging establishments operating throughout Missouri. Over 1400 commercial lodging establishments are regulated throughout the state. Each establishment is inspected and is required to obtain a state-issued lodging

license annually. All lodging facilities are inspected with a focus on public health and safety. The lodging facilities are regulated under a rule that addresses: drinking water supplies, sewage or wastewater treatment, life safety, fire safety, electrical wiring, fuel-burning appliances, plumbing, food safety, and swimming pools and spas. Anyone operating a facility that meets the following conditions or standards is considered a lodging establishment and will need a state license: a building or group of building where 5 or more guest rooms are provided, an establishment which can be construed to be a motel, hotel, resort or cabin,

or similar place held out to the public for hire. Inspections are unannounced and can take place anytime throughout the year. Inspections are conducted by local public health agency or Department staff. Those establishments meeting the sanitation and safety standards outlined in the **lodging rule, 19 CSR 20-3.050**, receive an approved inspection report. Re-inspections are conducted as needed on non-compliant establishments. A license will not be issued until the violations are corrected. <https://health.mo.gov/safety/lodging/>, <https://health.mo.gov/safety/lodging/inspections.php>

## Benefits of WIC Nutrition Program from April Bridges, WIC Nutritionist

Did you know that preterm births cost the U.S. over \$26 billion per year? And, that more than 75% of U.S. health care costs are due to chronic conditions? Optimum nutrition promotes healthy body weight, enabling positive birth outcomes and reduces risk of

chronic disease in children and adults. The WIC program provides nutrition and breastfeeding education along with a healthy food package to its participants. WIC participants are more likely to have increased key nutrients in their diet, ensuring adequate growth

and development. Likelihood of breastfeeding success is higher when on WIC. Participation in WIC has been shown to reduce infant mortality, and since roughly 53% of the infants born in the United States are served by WIC, it really is a cost saving INVESTMENT for our future.

## January is Birth Defects Awareness from Cheri Carda, RN

January has long been held as the month for new beginnings and rebirth. January is a month for awareness of birth defects. The Centers for Disease Control (CDC) estimates that a baby is born with a birth defect every 4.5 minutes.

The first step is with a healthy pregnancy. Avoid smoking, recreational drugs, and alcohol. Work with a provider to maintain chronic health conditions, such as, diabetes and high blood pressure. Get recommended vaccines, work to pre-

vent infections. Most importantly, take Folic Acid daily, the recommended dosage is 400 mcg a day. The second step is to coordinate care for someone with a birth defect or special health condition. The third step is helping these individuals build independence. This can be helping with the transition from pediatric to adult services.

And finally, a very important step is creating community. By helping families find other

families in similar circumstances, inclusion of those with disabilities into the mainstream, and helping those individuals and families connect to organizations that can help and support them, we can help them navigate the challenges of their unique lives. Let us be the force of change for not only ourselves, but for the world. For more information: [www.cdc.gov](http://www.cdc.gov), [www.marchofdimes.org](http://www.marchofdimes.org), [https://nbdpn.org](http://https://nbdpn.org)



## Howell County Health Department

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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.

## Howell County Health Department Staff & Email

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