

## HOWELL COUNTY HEALTH DEPARTMENT

### JUNE CALENDAR

WIC: 1, 2, 4, 5, 8, 9, 10, 11, 12, 15, 16, 17, 18, 22, 24, 25, 26, 29, 30

Willow Springs WIC: 3

Mountain View WIC: 23

Family Planning: 4, 25

Immunizations: 2, 9, 16, 30

Food Handlers: 1

Holiday's (closed): 19-  
Juneteenth

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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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## Employee Wellness Month from Dawn Hicks, Health Educator

June is National Employee Wellness Month, a dedicated time to focus on fostering a healthier workplace culture by promoting physical activity, mental health, and healthy habits among staff. It offers employers an opportunity to boost morale, improve retention, and increase productivity by prioritizing the overall well-being of their workforce. When employees feel supported and valued, they are often more engaged, motivated, and better equipped to perform their jobs effectively.

Employee wellness goes beyond physical health. A strong wellness program also supports emotional, social, and financial well-being. Encouraging healthy habits in the workplace can help reduce stress, prevent burnout, improve teamwork, and create a more positive work environment for everyone. Even small changes can make a meaningful impact on employee health and morale.

### Key Aspects of Employee Wellness Month include:

- **Focus Areas:** Physical health, mental health, stress management, nutrition, financial wellness, and work-life balance.



- **Employer Actions:** Companies can provide wellness resources such as health screenings, employee assistance programs, healthy snacks, fitness opportunities, mental health support, and educational workshops.

**Benefits:** Improved employee engagement, higher productivity, reduced absenteeism, increased morale, and stronger workplace relationships.

### Ideas and Activities to Celebrate Employee Wellness Month:

- **Encourage Movement:** Implement walking meetings, stretch breaks, or lunchtime walks to help employees stay active throughout the day.
- **Promote Healthy Eating:** Stock break rooms with healthier snack options, provide hydration stations, or host a healthy recipe exchange.
- **Wellness Challenges:** Organize friendly competitions such as step challenges, water intake tracking, or mindfulness

goals to encourage participation and teamwork.

- **Support Mental Health:** Encourage employees to take breaks, practice stress-reduction techniques, and utilize mental health resources when needed.
- **Offer Flexibility:** Promote work-life balance through flexible scheduling, remote work opportunities when possible, and encouraging employees to use vacation time.
- **Recognize Employee Efforts:** Celebrate accomplishments and show appreciation for employees' hard work and dedication. Positive recognition can greatly improve morale and workplace satisfaction.
- **Provide Educational Opportunities:** Invite local health professionals to speak on topics such as nutrition, stress management, sleep health, or financial wellness.

National Employee Wellness Month serves as an important reminder that healthy employees contribute to healthier workplaces and stronger communities. By investing in employee wellness, organizations can create a supportive environment where individuals feel empowered to care for their health both at work and at home.



Everyone needs preventative routine medical care.

WIC participants can get \$30 each to use at a Farmer's Market.



## Men's Health Month from Christina Parrish, LPN

June is recognized as *National Men's Health Awareness Month*, a time to highlight the importance of preventive care, early detection, and healthy lifestyle choices for men and boys in our community. Across the U.S., men are statistically less likely to seek routine medical care, which can lead to delayed diagnoses and poorer health outcomes. Encouraging regular check-ups, screenings, and open conversations about physical and mental health can make a meaningful difference in overall well-being and lon-

gevity.

Common health concerns affecting men include heart disease, high blood pressure, diabetes, and certain cancers, many of which can be managed or even prevented with early intervention. Simple steps—such as maintaining a balanced diet, staying physically active, limiting tobacco and alcohol use, and prioritizing mental health—can significantly improve quality of life. Establishing care with a primary care provider (PCP) is a key component in staying proactive, as they can guide routine screenings, monitor chronic condi-

tions, and provide personalized health recommendations. While Howell County Health Department does not provide full men's health check-ups, we do offer confidential STI testing and education services. If you're looking to establish care with a PCP, here are a few local clinic options to consider around Howell County: Ozarks Healthcare, Burton Creek Rural Clinic, Mercy, Southern MO Community Health Center and Dr. Spurling. Taking that first step, whether it's scheduling a screening or establishing care, can have a lasting impact on your health.

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

The Missouri WIC Farmers Market Nutrition Program (WIC FMNP) has started again for the year 2026.

WIC participants from age 4 months and older can receive an annual amount of \$30 each. Farmer's market benefits are in addition to the WIC benefits on the

card. Issued with a QR code on the participant's phone, this benefit can be exchanged at an authorized vendor at participating local farmer's markets.

**Participating markets include:** Go Farm Farmers Market at 805 Worley Drive on Wednesdays and Saturdays;

West Plains Farmers and Artisans Market at 218 West Main Street on Fridays and Saturdays; The Atlas Homestead at 12408 State Route E in West Plains every day except Wednesday; Mountain View Farmers Market at West Side Park on Wednesdays and Saturdays.

## Recall Information from Curtis Beaulieu, EPHS

Recalls of a wide variety of products are often in the news. The amount of information available from media outlets may result in confusion or questions. How serious is the recall? What should you do with the product? What should you do if the product is already consumed?

Most recalls are voluntary actions taken by a company because of public health laws and regulations on food safety. When food recalls are announced the appropriate governmental agency reviews that announcement and assigns a classification based on the reason for the recall. Some recalls

may have illness outbreaks or injury reports related to them. Others have tested positive for undeclared allergens or pathogens. The recall announcement is reviewed by either the U.S. Food and Drug Administration (FDA) or the U. S. Department of Agriculture (USDA). Consumers can find the recall announcements posted on these agency's web pages. These websites can be found at [FDA](https://www.fda.gov) or [USDA](https://www.usda.gov). In an effort to better serve Missouri citizens, the Department of Health and Senior Services receives these announcements and reviews them to

determine how Missouri citizens are affected by the recall. Companies that issue recall notifications that list products that may have been distributed to Missouri or neighboring states are contacted by the Department to determine distribution. Recalls specific to Missouri are posted to the Department's [recall webpage](https://health.mo.gov/safety/foodsafety/recalls/) so that Missourians can know and take any recommended actions. When recalled product is available at retail food establishments in Missouri, the information on distribution is shared with Local Public Health Agencies. <https://health.mo.gov/safety/foodsafety/recalls/>



## 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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