

HOWELL COUNTY HEALTH DEPARTMENT

SEPTEMBER CALENDAR

WIC: 1, 3, 4, 8, 9, 10, 11, 14, 15, 16, 17, 18, 21, 22, 23, 24, 25, 28, 30

Willow Springs WIC: 2

Mountain View WIC: 29

Family Planning: 10, 16, 24

Immunizations: 8, 15, 22

Food Handlers: 1

Holiday's (closed): 7th-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

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Healthy Aging: It's Never Too Late from Dawn Hicks, Health Educator

September is **Healthy Aging Month**, a time to celebrate the many opportunities that come with growing older and to focus on living healthier, happier, and more independent lives. Healthy aging isn't about trying to stop the aging process—it's about making choices that help you stay active, maintain your independence, and enjoy a high quality of life at every age. The good news is that it's never too late to make positive changes. Even small lifestyle improvements can have lasting benefits for your physical and mental health.

Eat Well to Fuel Your Body: A nutritious diet provides the energy and nutrients your body needs to stay strong. Fill your plate with a variety of colorful fruits and vegetables, whole grains, lean proteins, healthy fats, and low-fat dairy. Drinking plenty of water is also important, as our sense of thirst often decreases with age.

Keep Moving: Regular physical activity is one of the best things you can do for healthy aging. Adults should aim for at least **150**

minutes of moderate-intensity physical activity each week, along with muscle-strengthening activities at least two days per week. Walking, swimming, gardening, strength training, yoga, and stretching can all help improve heart health, maintain muscle and bone strength, increase flexibility, and reduce the risk of falls.



Exercise Your Brain: Your brain benefits from staying active just like your muscles do. Read books, complete crossword puzzles, learn a new hobby, play games, or take a class to challenge your mind. Getting **7 to 9 hours of quality sleep** each night also supports memory, learning, and overall brain health.

Stay Connected: Maintaining relationships with family, friends, neighbors, and community organizations is an important part of healthy aging. Social connections can reduce

feelings of loneliness, improve emotional well-being, and even help lower the risk of depression and cognitive decline. Consider volunteering, joining a club, attending community events, or simply making time to visit with loved ones.

Don't Skip Preventive Care: Regular health screenings and preventive care can help detect health concerns early, when they are often easier to treat. Be sure to keep up with annual wellness visits, blood pressure and cholesterol checks, cancer screenings, vision and hearing exams, dental care, and recommended vaccinations, including flu, COVID-19, shingles, and pneumococcal vaccines if appropriate for your age and health status.

Healthy Aging Starts Today: Healthy aging is about making choices that support your well-being every day. Whether you begin by taking a daily walk, eating an extra serving of vegetables, scheduling a checkup, or reconnecting with an old friend, every positive step matters. This September, celebrate Healthy Aging Month by choosing one healthy habit to start or restart. Small changes today can help you stay healthier, stronger, and more independent for years to come.



*Let us help you
install your car-
seat!*

*Family mealtime can
build close bonds.*



Child Passenger Safety Awareness Month from Christina Parrish, IPN

September is **Child Passenger Safety Awareness Month**, a great reminder to make sure our youngest passengers are riding safely. Motor vehicle crashes are a leading cause of injury and death among children, but using the correct car seat, booster seat, or seat belt can greatly reduce the risk of serious injury.

As children grow, their car seat needs change. Children should ride in a seat appropriate for their

age, height, and weight, remaining rear-facing as long as the car seat allows before moving to a forward-facing seat, booster, and eventually a seat belt. Always follow the manufacturer's instructions and make sure the seat is installed correctly.

Take a few minutes this September to check your child's seat, review its height and weight limits, and make sure everyone is buckled correctly on every trip.

Not sure if your child's seat is installed correctly? **We have Certified Child Passenger Safety Technicians on staff who can provide car seat checks and help ensure your child's seat is properly installed & used correctly.**

To schedule a car seat check, call us at **(417) 256-7078**. **The right seat, installed correctly, can make all the difference. Buckle up—every ride, every time!**

Family Meal Time from April Bridges, WIC Nutritionist

Eating family dinners together is associated with healthier eating habits for everyone. When parents try new foods and make healthy choices, children may be more open to new foods and habits, too. Here are a few ways to make family mealtime part of your routine:

Set a regular mealtime.

This helps provide the variety and nutrition children need for healthy growth.

Eat around a table. Sitting together makes it easier to talk, listen, and connect.

Make mealtime important.

Turn off the TV and devices and focus on each other.

Keep meals simple so you can spend less time in the

kitchen and more time together. **Be realistic.** Young children may not sit for long, and that's okay. Keep mealtimes relaxed and enjoyable.

Family mealtime can build close bonds and create life-long memories. **Let's make time for more family meals this week!**

Food Processing Facility Construction & Inspection from Curtis Beaulieu, EPHS

Planning to open or build a food processing facility? The Missouri Department of Health and Senior Services (DHSS) can provide an informal review of facility plans before construction to help identify potential food safety concerns. Facilities should have a safe water supply, proper

wastewater disposal, hand-washing facilities, equipment for cleaning and sanitizing, and clean, non-absorbent surfaces and food-contact equipment.

DHSS conducts routine inspections of food processing facilities approximately once a year and

warehouses about every three years. Missouri does not require a state license or permit for food processors, and there is no fee for routine inspections.

For more information, visit [Missouri DHSS Manufactured Food Program](#).



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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