

HOWELL COUNTY HEALTH DEPARTMENT

JUNE CALENDAR

WIC: 2, 3, 5, 6, 9, 10, 11, 12, 13, 16, 17, 18, 20, 23, 25, 26, 27, 30

Willow Springs WIC: 4

Mountain View WIC: 24

Family Planning: 12, 26

Immunizations: 3, 10, 17

Food Handlers: 2

Holiday's (closed): 19th-June
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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JUNE 2025

June is Men's Health Month from <https://menshealthmonth.org>

This year's 2025 Men's Health Month theme is centered on closing the Empathy Gap in men's health through advocacy, awareness, and action. The Empathy Gap refers to the lack of care, funding, and support for men's issues, including health, education, and emotional well-being.

Men's challenges are often overlooked, leading to fewer resources, delayed care, and limited awareness. While awareness and funding efforts have successfully addressed numerous health challenges over the years, men's health issues receive significantly less attention, despite statistics demonstrating clear concern. Men die 6 years earlier than women due to preventable health issues. Prostate cancer & testicular cancer receive far less attention.

Suicide rates among men are significantly higher, yet mental health initiatives often fail to acknowledge



interventions that resonate with men.

Mission: To close the Lifespan Gender Gap by addressing the Empathy Gap, we prioritize men's physical and mental health, safety, and social support through education, outreach, and advocacy. We know that improving men's well-being is not optional, but essential for building healthier and cohesive families, communities, etc. **Vision:** A world where empathy drives health equality, one where supporting men's well-being is understood as a vital part of collective progress—not a competing cause. By embracing an empathetic approach to all life, we envision

a future where all people thrive and live longer, healthier lives together.

Men's Health Month (June) is a nationally recognized period for AWARENESS, PREVENTION, EDUCATION, and FAMILY engagement for the health and well-being of men and boys. Men's Health Week International Men's Health Week is a GLOBAL initiative with the goal of INCREASED AWARENESS of MALE HEALTH ISSUES, and to encourage institutions to develop HEALTH POLICIES and SERVICES that meet the specific needs of men, boys, and their families. "Wear Blue" Fridays! Employees and employers can 'Wear Blue' and raise donations to support the MENTAL HEALTH OF MEN / BOYS every Friday in June, 2025. USE HASHTAG #ShowUsYourBlue and ENGAGE. Father's Day: Sunday, June 15th Father's Day serves as a way to ACKNOWLEDGE and APPRECIATE the importance of fathers and father figures, fostering a sense of gratitude, love, and familial connection.



**June is Alzheimer's
Brain Awareness
Month**

**Walk-In Vaccination
Clinics this Summer.**



Keep An Eye On Your Brain from Cheri Carda, RN

June is the month for knowing more about your brain and about Alzheimer's. The Alzheimer's Association has some staggering figures: Someone is diagnosed with Alzheimer's every 65 seconds. Almost 2/3 of Americans with Alzheimer's are women. More than 60% of Alzheimer's and dementia caregivers are women. For Women, the risk of Alzheimer's is 1 in 6 versus that of 1 in 11 with Breast Cancer. Currently there

are estimated to be 5 million Americans living with Alzheimer's with that number to grow to 14 million by 2050.

What are some things that we can do to help our brain health? These are some tips from the Alzheimer's Association website at https://www.alz.org/help-support/brain_health/10-healthy-habits-for-your-brain : Control your blood pressure. Be Smoke free. Eat right. Sleep well. Control your weight . Manage Diabetes. Protect your head

with protective gear, such as, helmets. Get Moving. Challenge your brain. Stay in school.

What are some signs of Alzheimer's or dementia to watch for and follow with your provider https://www.alz.org/alzheimers-dementia/10_signs : Difficulty completing tasks. Challenges in solving problems or planning. Memory loss that is disruptive to daily life. So this June, wear purple, educate yourself, learn more at www.alz.org , and take care of your brain!

Walk in Measles & Back to School Immunizations

Measles is a highly contagious, preventable disease. Children are recommended to get 2 doses of MMR (Measles, Mumps and Rubella) vaccination at 12-15 months and 4-6 years of age. HCHD will hold walk-in vaccinations clinics for

Measles every Friday in June from 8-11am & 1-4pm.

Back to school immunizations will be offered 2 ways. Regular vaccination clinics that require an appointment and walk-in clinics every Friday in July and August from 8-11am & 1-4pm, no

appointment needed. Please bring immunization records and a parent or legal guardian must accompany the child.

Get a jump start on back to school immunizations. Call our office for more information at 417-256-7078.

Summer Food Safety from April Bridges, WIC Nutritionist

Summer is here! The kids are home from school, lots of trips to the pool, river, and ball fields are in the plans. It's important to keep cool and hydrated, but also be aware of food safety. Bacteria love the hot summer temperatures. Food-borne illnesses increase during the summer, so keep your family safe by following

these tips. Cold foods need to be kept at temperatures below 40 F. Any food that has been kept at temperatures above that for 2 hours or more should be discarded. Keep perishables separate from beverages, as the frequent opening for drinks can cause the temperature to vary, which can allow un-

safe for those perishable foods. Also, keep hot foods hot, by keeping them on the grill, warming trays or slow cooker. Also, remember to wash hands! When running water is available, scrub with soap. If water is not available, use hand sanitizer or wet wipe with at least 60% alcohol.



Howell County Health Department

180 S. Kentucky Ave
West Plains, MO 65775

Phone: 417-256-7078

Fax: 417-256-1179

website: 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

Admin Assistant, Vital Records Clerk-Sheila Roberts, email: sheila.roberts@lpha.mo.gov

Financial Officer-Shelly Uphaus, email: shelly.uphaus@lpha.mo.gov

Environmental Specialist-Justin Frazier, email: justin.frazier@lpha.mo.gov

Health Educator-Dawn Hicks, email: dawn.hicks@lpha.mo.gov

Administration Receptionist-Kara McGinnis, email: kara.mcginis@lpha.mo.gov

WIC Supervisor-Phyllis Crider, email: phyllis.crider@lpha.mo.gov

WIC Clerk-Sharon Owen, email: sharon.owen@lpha.mo.gov

WIC Certifier, HPA & Clerk-Linda Lewis, email: linda.lewis@lpha.mo.gov

WIC HPA-Candace Stockton, email: candace.Stockton@lpha.mo.gov

WIC Nutritionist-April Bridges, email: april.bridges@lpha.mo.gov

WIC Nurse Educator, Cailynne Henry, email: cailynne.henry@lpha.mo.gov

WIC Breast Feeding Peer Counselor-Alicia Tetrick: alicia.tetrick@lpha.mo.gov

Director of Nurses, Katey Seiber, email: katey.seiber@lpha.mo.gov

Nurse-Cheri Carda, email: cheri.carda@lpha.mo.gov

Nurse-Bev McDaniel, email: beverly.mcdaniel@lpha.mo.gov

Nurse-Debbie Anderson, email: debbie.anderson@lpha.mo.gov

Nurse-Kathy Stone, email: kathy.stone@lpha.mo.gov

Front Desk Receptionist-Abby Stankovich, email:

abby.stankovich@lpha.mo.gov

Front Desk Receptionist-Luz Cope, email: luz.cope@lpha.mo.gov

