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-

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

VOLUME 274

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 interventions that resonate overlooked, leading to few- with men. er resources, delayed care, and limited awareness.

While awareness and funding efforts have successfully challenges over the years, men's health issues receive significantly less attention, despite statistics demondie 6 years earlier than cer & testicular cancer receive far less attention. Suicide rates among men are significantly higher, yet mental health initiatives often fail to acknowledge



Mission: To close the Lifespan Gender Gap by addressing the Empathy Gap, we prioritize men's physical and mental addressed numerous health health, safety, and social support through education, outreach, and advocacy. We know that improving men's wellbeing is not optional, but esstrating clear concern. Men sential for building healthier and cohesive families, commuwomen due to preventable nities, etc. Vision: A world health issues. Prostate can- 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.

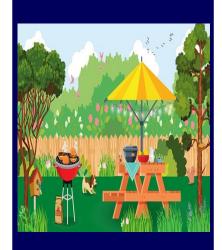
Men's Health Month (June) is a nationally recognized period for AWARENESS, PREVENTION, EDUCATION, and FAMILY engagement for the health and wellbeing of men and boys. Men's Health Week International Men's Health Week is a GLOBAL initiative with the goal of INCREASED **AWARENESS of MALE HEALTH** ISSUES, and to encourage institutions to develop HEALTH POLI-CIES 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 MEN-TAL 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 APPRE-**CIATE the importance of fathers and father figures, fostering a sense of gratitude, love, and familial connection.

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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 heimer's. The Alzheimer's Association has some staggering figures: Someone is diagnosed with Alzheimer's every 65 seconds. Almost 2/3 mer's are women. More than 60% of Alzheimer's and dementia caregivers are women. For Women, the risk of Alzheiof I in II with Breast

are estimated to be 5 million Americans living with your brain and about Alz- 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 Assoof Americans with Alzhei- ciation website at https:// www.alz.org/help-support/ brain health/10-healthyhabits-for-your-brain: Control your blood pressure. Be Smoke free. Eat mer's is I in 6 versus that right. Sleep well. Control your weight. Manage Dia-Cancer. Currently there betes. 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/alzheimersdementia/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 appointment needed. Please from 8-11am & 1-4pm.

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

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

Get a jump start on back to 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. Foodborne illnesses increase during the summer, so keep

these tips. Cold foods need to be kept at temtemperatures above that for 2 hours or more should be discarded. Keep perishables separate from opening for drinks can cause the temperature to your family safe by following vary, which can allow un-

safe for those perishable foods. Also, keep hot foods peratures below 40 F. Any hot, by keeping them on the food that has been kept at grill, warming trays or slow cooker. Also, remember to wash hands! When running water is available, scrub with soap. I water is not beverages, as the frequent available, use had sanitizer or wet wipe with at least 60% alcohol.



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.



Howell County Health Department Staff & Email

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