

HOWELL COUNTY  
HEALTH DEPARTMENT

JUNE CALENDAR

WIC: 2, 6, 7, 8, 9, 10, 13, 14, 15, 16, 17, 20, 21, 23, 24, 27, 28, 29, 30

Willow Springs WIC: 1

Mountain View WIC: 1/2 day-3, full day-22

Family Planning: 15, 16, 21

Immunizations: 2, 7, 28

Food Handlers: 13, 27

Breastfeeding Support Group: 7

Holiday's (closed): None

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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 167

JUNE 2016

## Become a Child Passenger Safety Technician

Child Passenger Safety or CPS Technicians and instructors use their considerable knowledge and expertise at a variety of community-based activities, such as child safety seat checks, where parents and caregivers receive education and hands-on assistance. CPS technicians and instructors also keep up-to-date on the latest technical information about child passenger safety through seminars and other continuing education opportunities.

All CPS technicians must take and pass the CPS Certification Course and pay a course fee of \$85. In order to become a nationally certified child passenger safety (CPS) technician, you must be



*Become a Certified Child Passenger Safety Technician*

18 or older and pass a CPS Certification Course. Students pass the course if they:

- attend every part of the course and
- earn passing grades for three sets of tests:
  1. written quizzes;
  2. hands-on skills assessments; and
  3. a checkup event.

Before registering for the course, please be confident that you can meet all the course requirements:

**Attend every part of the course.** The CPS

Certification Course is usually 3 days long and combines classroom instruction, indoor and outdoor hands-on activities, skills assessments with car seats and vehicles, and a community safety seat checkup event. There will be a CPS certification class on June 8th, 9th & 10th held here at the Howell County Health Department. You can go to Safe Kids to register at <http://cert.safekids.org> click on the find a course tab, select Missouri for the state and then select the West Plains class.

You have to pay for the class when registering and upon successful completion of the class you can be reimbursed the \$85. Contact Dawn Hicks at the Howell Co. Health Dept. at 417-256-7078 for more info.

## Free Car Seat Check Event-June 10

There will be a free car seat check event held on Friday, June 10 from 11 am -1 pm at the Howell County Health Department.

Certified Child Passenger Safety Seat Technicians will be on hand to make sure your child's car seat is installed correctly and show you how to install the car

seat correctly. No appointments necessary, for more information contact the Health Department at 417-256-7078.



Breast Pumps are a part of the WIC program.

Get your child's immunizations scheduled before school starts in August!

Thank you Howell County Vets! You're the best!



## Benefits for WIC Participants

from April Bridges, WIC nutritionist

The Howell County Health Department serves an average of 1620 participants through the WIC program. An average of 1100 households across Howell Co. receive WIC benefits. Around 200 pregnant women, 400 infants, and 800 children from age 1-5. Postpartum women also receive benefits from WIC. Howell County has roughly 200 postpartum women on WIC at any given time and around

half of those are breast-feeding!

Not only does WIC provide nutrition education and a healthy food package, but also breastfeeding support. Part of that support includes providing breast pumps to those who need them. Hand pumps and loaner pumps are available, but the biggest breastfeeding incentive is our "working mom pump". The criteria to receive this pump

is that baby is 4 weeks old, fully breastfeeding, and mom must be returning to work or school for 32 hours or more per week. This double electric Medela pump would cost around \$300 to buy in the store, but if mom meets those criteria, it is hers to keep. Since starting the Breast Feeding Peer Counselor program, Howell County WIC has given away over 400 of these pumps, 90 just in the last 6 months.

## New 2016-17 School Immunization Requirements

The diseases that vaccines prevent can be dangerous, or even deadly. Vaccines reduce the risk of infection by working with the body's natural defenses to help it safely develop immunity to disease. Vaccines help develop immunity by imitating an infection, but this "imitation" infection does

not cause illness. It does, however, cause the immune system to develop the same response as it does to a real infection so the body can recognize and fight the vaccine-preventable disease in the future. Sometimes, after getting a vaccine, the imitation infection can cause minor symptoms, such as fever. Such minor symptoms are normal and should be expected as the

body builds immunity.

There are new immunization requirements for the 2016-17 school year. Don't wait to schedule your child's immunizations. The Howell County Health Department offers several immunization clinics each month. Call today to make an appointment before school starts in August. Call 417-256-7078 to schedule an appointment.

## Thank You Howell Co. Veterinarians!

Once again we want to thank and praise our Veterinarians here in Howell County for partnering with us to offer the annual Rabies Vaccination Clinics at a

reduced cost to pet owners. These rabies clinics take a lot of time and effort from local vets and they are greatly appreciated. Howell County usually has one of the

highest rates of rabies cases in the state every year so prevention is the key. Get your pets vaccinated and protect them and your family from rabies.



## 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.

# Sesame Chicken Cucumber Noodle Salad [www.eatingwell.com](http://www.eatingwell.com)

## Ingredients

- 8 ounces Chinese egg noodles or other thin noodles or pasta, fresh or dried
- 1 cup creamy peanut butter
- 3/4 cup rice vinegar
- 2 tablespoons toasted sesame oil
- 2 tablespoons Shaoxing wine or dry sherry 1 cup thinly sliced scallions
- 1/4 cup chopped fresh cilantro (optional)
- 2 tablespoons naturally brewed reduced-sodium soy sauce
- 1 tablespoon Asian chile sauce, such as sambal oelek or Sriracha
- 2 heads baby romaine or 1 head regular romaine lettuce
- 1 1/2 pounds cooked boneless, skinless chicken breasts, sliced crosswise into 1/4-inch slices and chilled
- 2 medium red bell peppers, cut into 1/4-inch dice
- 1 large English cucumber, peeled, seeded, halved lengthwise and cut into 1/4-inch slices
- Salt to taste

- Freshly ground pepper to taste
- Toasted sesame seeds for garnish

## Preparation

1. Fill a large bowl with water and add ice cubes. Cook noodles in boiling water until just tender, 2 to 4 minutes if fresh, about 6 minutes for dry (or according to package directions). Drain and transfer the noodles to the ice water. When the noodles are cold, drain well and transfer to a very large bowl. Set aside.



**Home grown cucumber are in season, check your local Farmers Markets**

2. Meanwhile, whisk peanut butter, vinegar, sesame oil and Shaoxing (or sherry) in a bowl until smooth. Add

scallions, cilantro, if using, soy sauce and hot sauce, and stir to blend.

3. If using baby romaine, half lengthwise, notch out the core, and cut crosswise into 1/2-inch pieces. If using regular romaine, remove the tougher outer leaves. Halve lengthwise, notch out the core, halve again, and cut crosswise into 1/2-inch pieces. You should have about 8 cups.

4. Add the lettuce, chicken, bell peppers and cucumber to the noodles. Add three-fourths of the dressing and toss to coat. Season with salt and pepper. Add the remaining dressing if desired. Transfer the salad to a serving bowl. Serve garnished with sesame seeds.

**Nutrition Per serving:** 242 calories; 11 g fat (2 g sat, 5 g mono); 34 mg cholesterol; 17 g carbohydrates; 0 g added sugars; 18 g protein; 3 g fiber; 312 mg sodium; 386 mg potassium.

**Nutrition Bonus:** Vitamin A (69% daily value), Vitamin C (48% dv), Folate (19% dv). **Carbohydrate Servings:** 1, **Exchanges:** 1 starch, 1 vegetable, 1 1/2 lean meat, 2 fat