

HOWELL COUNTY
HEALTH DEPARTMENT

MAY CALENDAR

WIC: 1, 2, 4, 9, 10, 11, 12, 15, 16, 17, 18, 19, 22, 23, 25, 26, 30, 31

Willow Springs WIC: full day-3

Mountain View WIC: 1/2 day-5, full day-24

Family Planning: 11, 17, 25

Immunizations: 4, 18, 23

Food Handlers: 22

Breastfeeding Support Group: 2

Holiday's (closed): 29th-Memorial 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

VOLUME 178

MAY 2017

Annual Rabies Clinic-May 6



Although rabies is transmitted to humans almost entirely through bites from rabid animals, contamination of open wounds or mucous membranes with saliva or nervous tissue from a rabid animal could potentially constitute an exposure. It is important to remember that personal pets should not be handled without protection directly after they have been exposed to wildlife due to the potential for carrying residual saliva from an infected animal.

The Howell County Health Dept. with local veterinarians will again be sponsoring countywide rabies vaccination clinics in May, where county residents

may receive reduced cost vaccinations for their pets. This year's clinics will offer county residents several locations and times. No appointments are required, the times and locations are as follows:

West Plains

May 1-6: Kramer Animal Hospital, 8 am-5 pm at clinic location, 256-2014

May 3: Talburt Animal Health Center, 2-5 pm at clinic location, 417-256-2838

May 4-5: Animal Clinic of WP, 9 am-5 pm at clinic location, and 12:30-2:30 pm

at the Fairgrounds, 417-256-6145

May 6 at Fairgrounds: West Plains Vet Clinic, 8am-12 noon, 417-256-4515

Mountain View

MV Farmers Market, Dr. Lewis, 934-2323, 1:00-3:00-**May 6**

Willow Springs

Animal Clinic of Willow Springs-Dr. Gunter, 469-3930, 2-5 pm-**May 4**

Willow Springs Booster Field-Dr. Lewis, 469-4138, 9-11:00 am-**May 6**

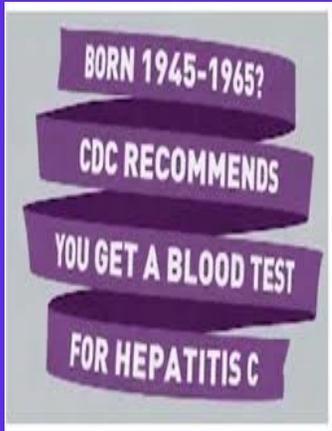
The Howell County Health Department encourage all residents with dogs, cats and other mammals as pets to keep them current on yearly rabies. Call 417-256-7078 for more info.

Community Garden Clean Up/ Workday-May 6th

The WP Community Garden had a lot of damage due to the recent flooding. One shed, all 11 Veg Trugs (garden beds on

legs) and all 36 framed 4'X20' garden beds washed away along with tools and equipment that was in our shed. We have a lot of

gravel, and asphalt washed over the park and garden. We will have a workday/clean up day on Saturday, May 6th starting at 9 am.



You can live with Hep C with no symptoms.

Adults and children need calcium for strong bones!

May is great time to get outside and get active!



People born from 1945-1965 should be tested for Hepatitis C

from Carma Wheeler, DOW

Hepatitis C is a liver disease that is spread through contact with blood from an infected person. Most people with Hepatitis C do not know they are infected. Many can live with Hepatitis C for years without showing signs or symptoms. Testing is very important so individuals who are infected can get treatment. People born from 1945-1965 are often referred

to as baby boomers and are 5 times more likely to have hepatitis C than other adults. Baby boomers could have gotten infected from medical equipment or procedures before universal precautions and infection control procedures were mandated. Others could have become infected from contaminated blood and blood products before widespread screening eliminated the virus from the blood supply in

1992. Other modes of transmission include sharing needles or equipment used to prepare or inject drugs. The only way to know if you have hepatitis C is to get tested. Howell County Health Department offers Hepatitis C antibody test for \$15.00. Call 417-256-7078 for an appointment or more information.

Building Strong Bones

From April Bridges, WIC Nutritionist

Calcium and vitamin D are two important factors in building and maintaining strong bones. Many people don't get enough of these in their diet, which can lead to more broken bones. Adults need three

servings each day, children under 4 need about two cups. Incorporating dairy into your diet can be easy, even if you don't enjoy milk as a beverage. Add milk to cereals at breakfast, or yogurt with fruit as a snack. Cheese can be added to many dishes, or evaporated

milk can be used for creams and sauces. Unlike some of our other vitamins, calcium is not destroyed by heat—so even if it is used in cooking, you still get the calcium from the foods.

American Heart Assoc. Recommendation for Physical Activity in Adults

from www.Heart.org

Being physically active is important to prevent heart disease and stroke, the nation's No. 1 and No. 5 killers. To improve overall cardiovascular health, we suggest at least 150 minutes per week of moderate exercise or 75 minutes per week of vigorous

exercise (or a combination of moderate and vigorous activity). Thirty minutes a day, five times a week is an easy goal to remember. You will also experience benefits even if you divide your time into two or three segments of 10 to 15 minutes per day.

For people who would benefit from lowering their blood pressure or cholesterol, we recommend 40 minutes of aerobic exercise of moderate to vigorous intensity three to four times a week to lower the risk for heart attack and stroke.



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.

Salsa-Black Bean Burgers www.eatingwell.com

Ingredients:

- ½ cup prepared salsa
- 2 (15 ounce) cans low-sodium black beans, rinsed
- 1 cup well-crushed tortilla chips
- ½ cup grated white onion
- 1 large egg, beaten
- 3 tablespoons mayonnaise
- 4 teaspoons chili powder
- 2 teaspoons ground cumin
- ¾ teaspoon salt
- 3 tablespoons avocado oil or canola oil, divided
- 8 whole-grain burger buns, toasted
- ½ cup prepared guacamole
- 8 slices tomato slices
- 1 cup sprouts
- ½ cup thinly sliced red onion

Preparation:

Place salsa in a fine-mesh sieve and stir a few times to drain excess liquid. Mash beans with a potato masher in a large bowl until no whole

ones remain. Stir in the drained salsa, tortilla chips, grated onion, egg, mayonnaise, chili powder, cumin and salt. Let stand 10 minutes.



Try this burger in place of the traditional ground beef burger

Form the bean mixture into 8 burgers about 3 inches wide (½ cup each). Heat 1½ tablespoons oil in a large nonstick skillet over medium-high heat. Reduce heat to medium, add 4 burgers and cook until browned and heated through, 3 to 4 minutes

per side. Repeat with the remaining oil and burgers. Serve the burgers on buns with guacamole, tomato slices, sprouts and red onion.

To make ahead: Individually wrap cooked burgers and refrigerate for up to 5 days or freeze for up to 3 months. Microwave to reheat.

Nutrition information

Serving size: 1 burger each, Per serving: 404 calories; 18 g fat(2 g sat); 11 g fiber; 50 g carbohydrates; 12 g protein; 29 mcg folate; 25 mg cholesterol; 6 g sugars; 0 g added sugars; 754 IU vitamin A; 6 mg vitamin C; 127 mg calcium; 3 mg iron; 689 mg sodium; 584 mg potassium Carbohydrate Servings: 3½, Exchanges: 3 starch, ½ veg, 1 lean meat, 2½ fat