

DOUGLAS COUNTY

HEALTH DEPARTMENT

Newsletter

Volume 22

October—December 2023

Edition 4

Health Observances

October

National Breast Cancer Awareness Month

Mental Illness Awareness Week 10/1-7

National Prescription Drug Take Back Day 10/28

November

American Diabetes Month

Great American Smokeout 11/16

Lung Cancer Awareness Month

December

National Handwashing Awareness Week 12/3-9

National Safe Toys & Gifts Month

Douglas County Health Department
603 Springfield Road
P O Box 940
Ava, Missouri 65608
417-683-4174
www.dchd.org

LEAD POISONING PREVENTION AWARENESS

Monster Mash

PLEASE JOIN US
FOR A DRIVE-THRU
TRICK OR TREAT EVENT

DOUGLAS COUNTY HEALTH DEPARTMENT
603 SPRINGFIELD RD AVE, MO
OCTOBER 31, 2023
12:00-2:00 PM

FREE GOODY BAGS & COSTUME CONTEST
ENTER OUR COSTUME CONTEST FOR
A CHANCE TO WIN PRIZES!

1ST PLACE:

\$35.00 SUBWAY GIFT CARD

2ND PLACE:

\$25.00 SUBWAY GIFT CARD

3RD PLACE:

\$20.00 SUBWAY GIFT CARD

HONORABLE MENTION:

\$15.00 SUBWAY GIFT CARD

IN PARTNERSHIP WITH
HOME STATE HEALTH

Roasted Brussels Sprouts

1 pint Brussels sprouts (about a pound)

4 to 6 tablespoons extra virgin olive oil, to
coat bottom of pan

5 cloves garlic, peeled

Salt and pepper to taste

1 tablespoon balsamic vinegar



Heat oven to 400 degrees.

- Trim bottom of Brussels sprouts, and slice each in half top to bottom.
- Heat oil in cast-iron pan over medium-high heat until it shimmers;
- Put sprouts cut side down in one layer in pan;
- Put in garlic, and sprinkle with salt and pepper;
- Cook, undisturbed, until sprouts begin to brown on bottom, transfer to oven;
- Roast, shaking pan every 5 minutes, until sprouts are quite brown and tender, about 10 to 20 minutes;
- Taste and add more salt and pepper if necessary;
- Stir in balsamic vinegar and serve hot or warm.

Monthly Diabetes Support Group

2nd Thursday of each month

10 am to 11 am

at the

**Douglas County
Health Department**

Call 417-683-4174 for information

Monthly Health Fairs

1st Tuesday of each month during the school year at
Plainview School from 8—10 am

2nd Tuesday of each month during the school year
at Skyline School from 8—10 am



Free blood pressure, BMI
and blood glucose checks
for adults 18 years of age and older

Community members are welcome!

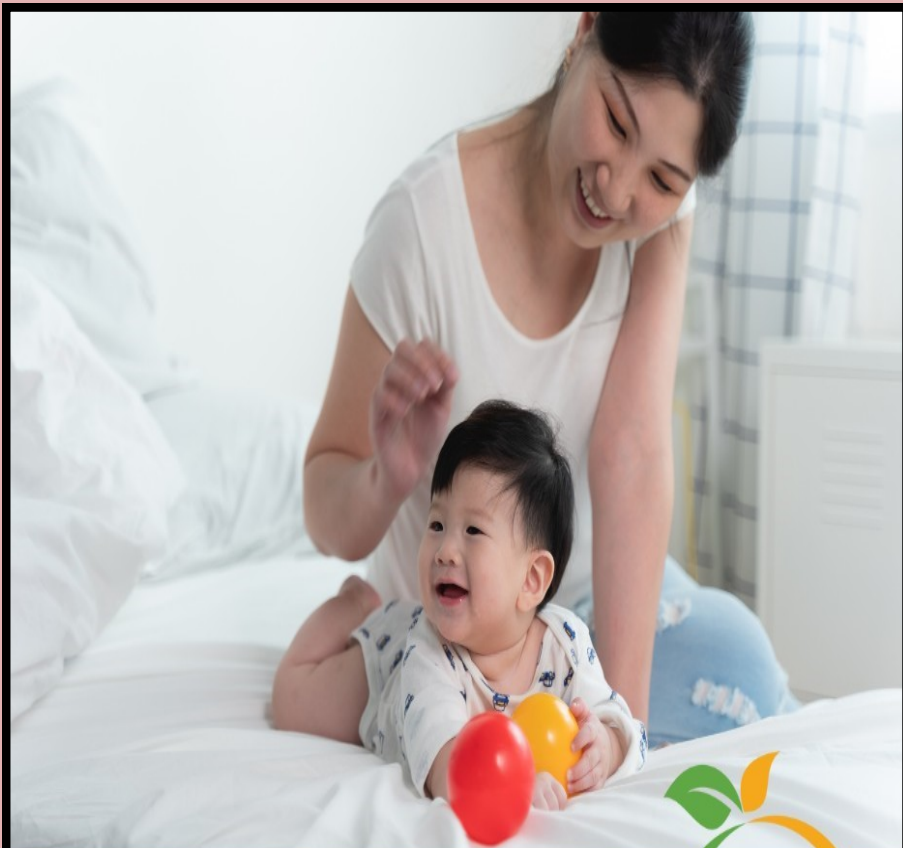
Handwashing

Wet your hands with clean running water (warm or cold) and apply soap.

Lather your hands by rubbing them together with the soap.

Scrub all surfaces of your hands, including the palms, backs, fingers, between your fingers and under your nails.

Keep scrubbing for at least 20 seconds. Need a timer?
Hum the “Happy Birthday” song twice.



Helping your child develop is one of
a parent's most important jobs.

Find helpful tips on the CDC and Missouri WIC websites.



Call 417-683-4174 to see if you qualify!

As a parent, you give your children a good start in life. You nurture, protect and guide them.

Visit:

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>

to learn positive parenting tips to help your child's development.

For more information about WIC, visit:

<https://health.mo.gov/living/families/wic/>

BREASTFEEDING SUPPORT & WIC

We can help make it easier for you to prepare for breastfeeding.

What can WIC Breastfeeding Support offer you?

- WIC Breastfeeding Food Packages
- Breastfeeding Education while Pregnant
- Breastfeeding Support while Lactating
- Hospital Grade Electric Breast Pumps for Rent
- Manual Breast Pumps/Breast Milk Collectors
- Breastfeeding Supplies
- WIC Breastfeeding Peer Counselor Support
- WIC Lactation Consultant Support

Contact Us
For More Information



Douglas County Health
Department: 417-683-4174



DCHD Breastfeeding Peer
Counselor: andrea@dchd.org



www.dchd.org



WIC Breastfeeding Support/USDA.gov
This institute is an equal opportunity provider and employer.