

DOUGLAS COUNTY

HEALTH DEPARTMENT

Newsletter

Volume 23

July—September 2024

Edition 2

Health Observances

July

Dry Eye Awareness Month

Juvenile Arthritis Awareness Month

August

National Breastfeeding Month

National Immunization Awareness Month

Mental Health Month

September

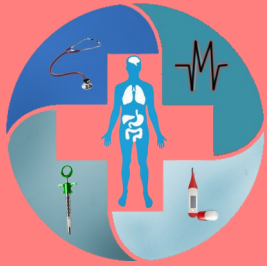
National Preparedness Month

National Childhood Obesity Awareness Month

National Suicide Prevention Week, September 8-14

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

Juvenile Arthritis Awareness Month



July is designated Juvenile Arthritis Awareness Month by the Arthritis Foundation. Juvenile Arthritis Awareness Month aims to raise awareness about this condition.

Not just adults are affected by arthritis. It is estimated that 220,000 children in the United States have a form of Juvenile Arthritis.

Juvenile Arthritis is an umbrella term to describe the inflammatory and rheumatic diseases that develop in children under 16 years of age.

Most kinds are autoimmune and autoinflammatory diseases causing joint inflammation, swelling, tenderness and pain. Some do not have joint pain or problems but rather affect the skin and internal organs.

To find out more, visit the Arthritis Foundation at:

<https://www.arthritis.org/diseases/juvenile-arthritis>

Source: Arthritis Foundation

Green Bean Goulash

Winner of "Best Taste" Category, Nutrition Works 2007

Submitted By: Florene Hartin

Ingredients:

2 lbs. ground beef

2 cans green beans

2 cans tomatoes

1 large onion

1 small can tomato sauce

Salt, pepper, and Season-All



Cook ground beef and drain. Drain green beans before adding to meat, tomatoes, and onions. Serve with cornbread.

You can add mushrooms or bell peppers, if you like.

Sunny Apple Salad

Submitted By: Sharon Jarvis, Nutrition Works 2007

Ingredients:

2 diced red apples

1 diced green apple

1 grated carrot

8 oz. drained, crushed pineapple

3 Tbs. orange juice concentrate.

Combine. Mix. Refrigerate.



Come by and Join Us!!

DOUGLAS COUNTY HEALTH DEPARTMENT
Invites you to join us in celebrating

WORLD BREASTFEEDING WEEK

Closing the Gap: Breastfeeding Support for All

TUESDAY, JULY 30, 2024

8:30-10:30 A.M.

DRIVE-THRU EVENT [AT] DCHD

**FREE POPSICLES &
GOODY BAGS FILLED WITH BABY ITEMS AND
BREASTFEEDING SUPPLIES**

(While supplies last)

ENTER TO WIN PRIZES!!!!



NUTRI NINJA BLENDER
PORTABLE BOOSTER CHAIR
BOPPY NURSING PILLOW
BURT'S BEE'S SKINCARE
FIRST AID KIT
DICKERSON PARK ZOO PASSES

**CAR SEAT SAFETY CHECKS
PROVIDED BY MISTY TWYMAN-DCHD
AND DARA COLLINS-OCHD**



This institution is an equal opportunity employer and provider.

Dry Eye Awareness Month

Dry eyes feel uncomfortable and may sting or burn. It is a common disease that occurs when your



tears are not able to provide adequate lubrication to the eyes. Symptoms usually affect both eyes and may result in:

- Stinging, burning or a scratchy sensation
- Sensitivity to light
- Redness
- Sensation that something is in your eyes
- Difficulty wearing contact lenses
- Watery eyes
- Blurred vision or eye fatigue

To learn more, go to:

<https://www.nei.nih.gov/learn-about-eye-health/eye-conditions-and-diseases/dry-eye>



MONTHLY HEALTH FAIRS

Plainview School - 1st Tuesday

Hwy 76 and County Road 434, Ava, MO 8:00am - 10:00am

Skyline School - 2nd Tuesday

C Hwy and 76 Hwy, Norwood, MO 8:00am - 10:00am

Ava Senior Center - 3rd Tuesday

109 N Spring St., Ava, MO 9:00am - 11:30am

Redbud Village - 4th Tuesday

307 SW 3rd Ave, Ava, MO (Community Room) 8:30am - 10:30am

**Adults 18 Years of Age and Older
Staff and Community Members Welcome
No Appointment Required**

Douglas County Health Department Nurse will offer blood pressure, BMI and blood glucose checks. A1c screenings also available in January, April, July and October. (Not offered at school facilities in July & August.)

FREE TICK REMOVAL KITS

DOUGLAS COUNTY HEALTH DEPARTMENT

603 Springfield Rd., Ava, MO 65608

DRIVE THRU EVENT

WEDNESDAY, JULY 24, 2024 from 7:30am to 10:00am

(while supplies last)

A graphic for a 'BACK TO SCHOOL IMMUNIZATION CLINIC' featuring a large red apple with a green leaf on a background of colorful confetti.

BACK TO SCHOOL IMMUNIZATION CLINIC

August 12th, 2024

7:30am-4:00pm