

# *DOUGLAS COUNTY*

## *HEALTH DEPARTMENT*

### **Newsletter**

*Volume 24    July—September 2025    Edition 3*

### **Health Observances**

#### **July**

UV Safety Month

World Brain Day, July 22nd

Sarcoma & Bone Cancer Awareness Month

#### **August**

National Breastfeeding Month

National Eye Exam Month

National Grief Awareness Day, August 30th

#### **September**

Food Safety Education Month

National Recovery Month

Prostate Cancer Awareness Month

Douglas County Health Department  
603 Springfield Road  
P O Box 940  
Ava, Missouri 65608  
417-683-4174  
[www.dchd.org](http://www.dchd.org)

# ALPHA-GAL EDUCATIONAL CLASS



Missouri Ozarks Community Health in collaboration with the Douglas County Health Department invite you to attend a free alpha-gal educational class.

Local author Kathleen Cahoj will offer education and tips for those living with alpha-gal. Cahoj has lived with alpha-gal for 5 years and has written a cookbook with alpha-gal friendly recipes.

Alpha-gal syndrome is a tick-borne acquired allergy to red meat and animal byproducts.

**REGISTER  
HERE**



**OR CALL THE HEALTH  
DEPARTMENT AT  
(417) 683-4174**



**FREE TO COMMUNITY  
MEMBERS**

**Missouri Ozarks  
Wellness Center**  
603 W. Broadway Ave.  
Ava, MO 65608

**July 15**  
5:30 p.m.

## *Sleepers in September*

Newborns in Need, Inc. Southwest Missouri Chapter will be accepting donations of new or gently used sleepers size newborn through 24 months from September 1st to September 30th. Donations can be dropped off at the Douglas County Health Department located at 603 Springfield Road, in Ava, Missouri. For more information, please contact Whitney Baldwin at 417-683-4174.



## *Corn & Tomato Salad*

- 2 cups cherry tomatoes, halved
- 2 1/2 cups frozen corn, thawed
- 1/2 cup diced red onion
- 1/4 cup Ranch dressing
- 2 tbsp. rice vinegar
- 1/8 tsp. black pepper
- 1 head lettuce
- 1/4 cup fresh, chopped basil



Combine the cherry tomatoes, corn and onion in a bowl.

Mix the ranch dressing, vinegar and black pepper together in a separate bowl.

Pour the dressing over the corn mixture and toss to combine.

Divide the corn and tomato mixture onto lettuce leaves and sprinkle with chopped basil.

# BACK TO SCHOOL REQUIRED IMMUNIZATIONS FOR MISSOURI

## Kindergarten

MMR booster  
Varicella booster  
DTaP booster  
Polio booster

## Grade 8

TDaP  
Meningitis ACYW

## Grade 12

TDaP  
Meningitis ACWY booster

Douglas County Health  
Department  
417-683-4174

*The Douglas County Health Department has a  
Community Navigator available to assist individuals  
with behavioral health and/or substance use issues by  
connecting them with resources they may need.  
Please call Josh Browning at 417-683-4174*

Douglas County Health Department  
is celebrating

# Breastfeeding Awareness

"World Breastfeeding Week"

Prioritize Breastfeeding: Create Sustainable Support Systems

## AUGUST 6, 2025

9:00 am - 12:00 pm

Walk-Thru Event @

Douglas County Health Department

**FREE POPSICLES & GRAB BAGS!!**  
(While supplies last)

**ENTER TO WIN PRIZES!!!**

- Convertible Crib
- Boppy Nursing Pillow
- Toddler Car Seat
- Breastfeeding Support Bag
- Rolling Diaper Caddy
- Dickerson Park Zoo Tickets

CLOTHING GIVE-AWAY  
SIZES NEWBORN-18 MONTHS

**CAR SEAT SAFETY CHECKS  
PROVIDED BY MISTY TWYMAN- DCHD**



home state health.



Healthy Blue



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# COMMUNITY HEALTH FAIR

The Following Services Offered at No Cost:

A1C & Cholesterol Screening  
in January, April, July, & October

Blood Sugar, Weight/BMI, & Blood Pressure  
Every Month

2<sup>ND</sup> THURSDAY OF EVERY MONTH  
(EXCEPT FOR HOLIDAYS)  
8-10 AM

CALL TO SCHEDULE AN APPOINTMENT

DOUGLAS COUNTY HEALTH  
DEPARTMENT  
417-683-4174



## HERE FOR YOU AND YOUR FAMILY



### WIC provides:

- Healthy food.
- Nutrition counseling.
- Healthcare referrals.
- Breastfeeding promotion and support.

### To:

- Women.
  - Pregnant.
  - Postpartum (up to 6 months).
  - Breastfeeding (up to 1 year).
- Infants.
- Children until their 5th birthday.

### CONTACT INFORMATION

417-683-4174

wicdchd@gmail.com

dchd.org



Scan to see if you are  
eligible for WIC services

This institution is an equal opportunity provider.