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

www.dchd.org

# 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

## 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 Whittney 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

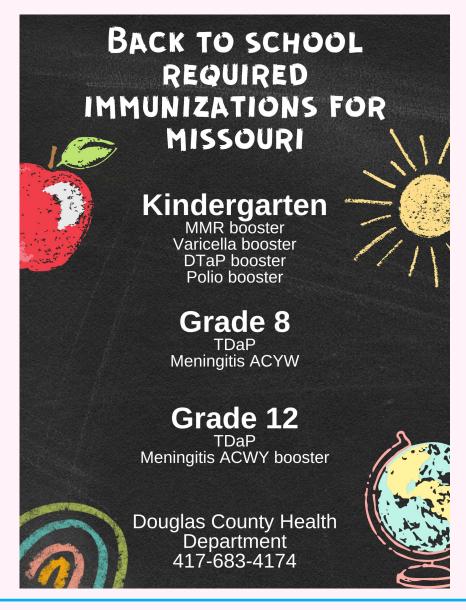


Combine the cherry tomatoes, corn and onion in a bowl.

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.



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



World Breastfeeding Week" Prioritize Breastfeeding: Create Sustainable Support Systems



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







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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



- · 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

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