

2023 Q3



NEWSLETTER

JULY 2023

MONTGOMERY COUNTY HEALTH DEPARTMENT
& HOME HEALTH AGENCY

We are excited to present our very first Montgomery County Health Department Quarterly Newsletter. We hope to provide you with important health information and available services at MCHD each quarter!



**Contratulations Donna Longstreet
40 Years of Service
Montgomery County Health Department
We Appreciate You!!**



**Look for us at the Montgomery County Fair
July 17 -22**

Check out the events we will be sponsoring at the Fair - further infomration in this issue. Come out and see us!

The new school year is quickly approaching, and with that brings the need of making sure your child's immunizations are up to date. The purpose of vaccinating our children is to provide an environment where children are safe and free from preventable diseases. Vaccines provide immunity to diseases. Children entering kindergarten, 8th and 12th grade all have vaccines that are required by the state of Missouri to attend public school.

Millions of children are vaccinated safely each year in the U.S. In fact, according to the Centers for Disease Control and Prevention, the U.S. has the safest, most effective vaccine supply in its history, thanks to a long-standing vaccine safety system that ensure vaccines are made safely. Any vaccine can have side effects, but for the most part these side effects are minor.

Immunizations are one of public health's greatest achievements. We encourage parents to be proactive in getting their child all recommended vaccinations on time. Montgomery County Health Department has the CDC recommended vaccines for all ages. We can provide vaccines for every child, whether insured or not.

**BACK TO
SCHOOL
SHOTS**

SET YOUR APPOINTMENT NOW

WALK-INS ARE WELCOME

MONTGOMERY COUNTY HEALTH DEPARTMENT
573-564-2495

School Vaccines

School will be starting soon for Montgomery County R-2 and Wellsville-Middletown students, and your child must be up to date on required vaccinations to attend.

Please contact Montgomery County Health Department today to set up an appointment for your child to receive their needed vaccines.

COUNSELING SERVICES

All Ages

Call 573-690-4796 to schedule an appointment with Melissa Blumer, LCSW



Montgomery County Health Department
573-564-2495

NATIONAL
SUICIDE
PREVENTION
LIFELINE

1-800-273-TALK (8255)

If you or someone you know is thinking about suicide, call the National Suicide Prevention Lifeline.

HELP LINES

988 SUICIDE & CRISIS LIFELINE

24/7 CALL, TEXT, CHAT

September is Suicide Prevention Month

September is Suicide Prevention Month. By dedicating a month to suicide prevention, the hope is to create awareness and strengthen the fight against suicide. According to the Centers for Disease Control (CDC), suicide rates increased by approximately 36% between 2000-2021. Suicide was responsible for 48,183 deaths in 2021. There is a stigma connected to suicide and too often it's not talked about. Those who suffer from it feel they can't discuss it. Suicide Prevention Month helps to destigmatize this mental illness and promote conversation around it. Mental health professionals are trained to help people understand their feelings and can help them find healthy ways to address life issues.



CHILD PSYCHIATRY
Tele-Health
Appointments Available
Call the Health Department for more info and an appt

Montgomery County Health Department
400 Salisbury St - Montgomery City
573-564-2495
** An equal opportunity provider and employer*

Call our office for information on our Counseling Services and our Tele-Health Psychiatric Services



SENIOR CITIZENS DAY
 MONTGOMERY COUNTY FAIR
 FAMILY FUN CENTER
WEDNESDAY, JULY 19TH
 LIVE MUSIC 8:30AM-10:00AM BY EL REAGAN
 BINGO 10:00AM-12:00PM

\$5.00 Gate Admission - includes a sandwich and one side, meal provided by Bainbridge Insurance and Dessert provided by St. Andrews New Florence

SENIOR CITIZENS DAY IS SPONSORED BY:
 BAINBRIDGE INSURANCE, ST. ANDREWS AT NEW FLORENCE, BRUCE SASSMANN - STATE REPRESENTATIVE, MEYER CHIROPRACTIC, MEDICINE SHOPPE, HAPPE INSURANCE SERVICES, YARDBIRDS GREENHOUSES LLC, BUNDY'S BURGERS & ICE CREAM

HOSTED BY: MONTGOMERY COUNTY HEALTH DEPARTMENT

Montgomery County Health Department is happy to host the Senior Citizens Day at the Montgomery County Fair again this year! We will be in the Family Fun Center from 8:30 - 12:00 on Wednesday, July 19th! Come join the FUN! We will have:

Donuts & Live Music
 Bingo
 Free Lunch



Montgomery County Health Department is hosting the Hot Summer Games again this year for county youth. We have a lot of FUN water games planned for the kids. Come on out Monday, July 17th at 1:00 pm to join the FUN



HOT SUMMER GAMES

**MONDAY JULY 17
 AT 1:00PM
 LIVESTOCK ARENA**



**KIDS OF ALL AGES
 WELCOME!**

EVENT PROVIDED BY: MONTGOMERY COUNTY HEALTH DEPARTMENT

Vaccine Highlight - Meningococcal B

Meningococcal group B disease (also known as meningitis B) is caused by a bacterial infection of the lining of the brain and spinal cord. The infection can also spread to the bloodstream, causing a severe infection known as septicemia. Although Meningococcal B disease is uncommon, it can progress very quickly and potentially cause death within 24 hours. It is a severe disease with significant risk of death or lasting disabilities in those who get it. Meningococcal B disease can cause long-term consequences including brain damage, loss of limbs, hearing loss, and other nervous system problems. According to the Centers for Disease Control (CDC), meningococcal B disease kills 10 to 15 infected people out of 100.

Bacteria that cause meningitis B lives within the nose and throat. Because of this, the bacteria can be spread through close contact such as coughing, kissing, or sneezing. Teens and young adults are at increased risk for contracting meningitis B because of some everyday behaviors they may engage in. Some of those behaviors include living in close quarters such as college dorms, sharing drinks, kissing and sharing smoking devices.

Fortunately, there is a vaccine that can help protect you against meningococcal B disease. Adolescents and young adults, ages 16-23 years, may receive a meningococcal B vaccine. The preferred age to receive the vaccine is between 16-18 years, so that you have protection during the ages of increased risk. Montgomery County Health Department offers the meningococcal B vaccine. Please call our office, we can check your vaccine record and get you taken care of!

VACCINATION	PRE-K	GRADES K-5	GRADES 6-8	GRADES 9-12
Hepatitis B	✓	✓	✓	✓
Dtap/Td/Tdap <small>(Diphtheria, Tetanus, Pertussis)</small>	✓	✓	✓	✓
Polio	✓	✓	✓	✓
Pneumococcus	✓	✓	✓	✓
Haemophilus	✓	✓	✓	✓
Flu <small>(Influenza)</small>	✓	✓	✓	✓
MMR <small>(Measles, Mumps, Rubella)</small>	✓	✓	✓	✓
Chickenpox <small>(Varicella)</small>	✓	✓	✓	✓
Hepatitis A	✓	✓	✓	✓
HPV <small>(Human Papillomavirus)</small>			✓	✓
Meningococcus <small>A, C, Y, W 135</small>			✓	✓
Meningococcus B <small>** 16-23 year olds only **</small>				✓***



**STAFF
SPOTLIGHT
DONNA LONGSTREET**

DONNA IS THE OFFICE MANGER AT MONTGOMERY COUNTY HEALTH DEPARTMENT. SHE RECENTLY CELEBRATED HER 40TH YEAR OF SERVICE! DONNA STARTING IN 1983 AS THE HOME HEALTH CLERK/WIC CLERK/FAMILY PLANNING CLERK. SHE BECAME THE OFFICE MANAGER IN 1990. THERE HAVE BEEN MANY CHANGES OVER THE YEARS IN THE HEALTH DEPARTMENT, FROM ORIGINALLY BEING THE MONTGOMERY COUNTY NURSING SERVICE IN THE BASEMENT OF THE COURTHOUSE, PASSING A MILL TAX TO BECOME A HEALTH DEPARTMENT, TO BUILDING THE CURRENT OFFICE, NOT TO MENTION ALL THE DIFFERENT SERVICES ADDED OVER THE YEARS. THROUGHOUT THE MANY CHANGES DONNA HAS ALWAYS ENJOYED SERVING AND MEETING THE NEEDS OF OUR COMMUNITY. DONNA AND HER HUSBAND ARE BOTH LIFELONG RESIDENTS OF MONTGOMERY COUNTY AND HAVE THREE GROWN SONS AND A DAUGHTER-IN-LAW. IN HER SPARE TIME, SHE ENJOYS COOKING FOR AND SPENDING TIME WITH HER FAMILY AND FRIENDS.

40 Years of Service



*Happy
Birthday*



Kim - July 30

**Upcoming
Staff
Birthdays!!**



Mary Ellen Shanks | APRN-BC, FNP

Mary Ellen serves as the President of our Board of Directors. She is a Family Nurse Practitioner at Associated Medical Arts in Montgomery City where she has been practicing since 2010. Mary Ellen received her Bachelor's Degree in Nursing from the University of Arkansas for Medical Sciences and her Master's Degree in Nursing/ Family Nurse Practitioner specialty at the University of Missouri- Columbia. She joined the Montgomery County Health Department Board in 2014. She was raised in rural Montgomery County. She and her husband have had four sons graduate from Montgomery County R-II, as well as their daughter in law. Mary Ellen enjoys spending time with her family, traveling and hiking in her spare time. We appreciate Mary Ellen's service to MCHD!



Carolyn - July 13



Laura - August 3

GIVE YOUR FAMILY
A **HEALTHY** START

**MONTGOMERY COUNTY
HEALTH DEPARTMENT**

CALL TO SEE IF YOU QUALIFY FOR WIC
AND FREE NUTRITIOUS FOOD.

This institution is an equal opportunity provider



573-564-2495



WIC Clinic at Montgomery County Health Department

First, third & fourth Wednesday of each month

Call 573-564-2495 to schedule your appointment or with questions.



Breastfeeding can help protect **you** and **your baby** against some short- and long-term illnesses and diseases!

<https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding>



**August is National
Breastfeeding
Month**

**Call MCHD for a WIC
clinic appointment**

573-564-2495

**Infants who are breastfed
have reduced risks of:**

- Asthma
- Obesity
- Type 2 diabetes
- Ear and respiratory infections
- Sudden infant death syndrome

NICHQ



www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding

Montgomery County Health Department

HOME HEALTH AGENCY



Trust us to provide the care you need right in the comfort of your home.



OUR SERVICES OFFERED :

- ✓ Skilled Nursing
- ✓ Physical Therapy
- ✓ Speech Therapy
- ✓ Occupation Therapy



573-564-2495 Phone
573-564-5059 Fax

Tell your physician you want the
Montgomery County Health Department Home Health Agency!

DID YOU KNOW?



Montgomery County Health Department Offers

LOW COST LAB DRAW SERVICES

- Most blood work is less than \$20 out of pocket!
- Ask your doctor to fax your order over or bring it in to our office.
- Monday - Friday 8:30 - 2:30

CALL FOR AN APPOINTMENT TODAY

573-564-2495
Fax 573-564-5059



Recipe

STRAWBERRY PINEAPPLE SMOOTHIE



Ingredients :

- 1 CUP STRAWBERRIES
- 1/2 CUP PINEAPPLE
- 1 CUP BANANA
- 2 CUPS ORANGE JUICE
- 1/2 CUP GREEK YOGURT
- 1 CUP SPINACH
- 1 TBSP CHIA SEEDS

Procedure :

- PLACE ALL INGREDIENTS IN BLENDER
- BLEND UNTIL SMOOTH
- SERVE CHILLED
- ENJOY!



Call MCHD Today!
We are here to serve our community!

573-564-2495