

2024 Q1



NEWSLETTER

JANUARY
2024

MONTGOMERY COUNTY HEALTH DEPARTMENT
& HOME HEALTH AGENCY

We are hiring a home health nurse!
See the last page for job details.



In This Issue:

- Information on Heart Month and FREE Cholesterol Screenings
- CPR Classes
- Vaccine Highlights
- School Vaccine Clinics
- Staff Spotlights AND much more!

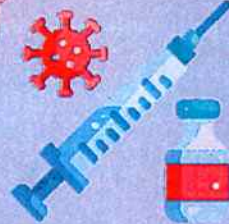


HAPPY
new
YEAR



**Happy New Year from the
staff of MCHD!**

Vaccine Highlights



Tdap: Tetanus, Diphtheria, and Pertussis

Tdap is a combination vaccine that protects against three potentially life-threatening bacterial diseases: tetanus, diphtheria, and pertussis (also called whooping cough).

The CDC recommends the Tdap vaccine for all adults. It should be given every 10 years for adequate protection. Additionally, **women should receive a dose of Tdap vaccine during each pregnancy**, preferably during the early part of gestational weeks 27 through 36. Caregivers of newborns, including fathers, grandparents, etc. should be up to date on their Tdap vaccine before the birth of the child.

Tetanus is a serious disease of the nervous system caused by a toxin-producing bacterium. The disease causes muscle contractions, particularly of your jaw and neck muscles. Tetanus is commonly known as lockjaw.

Diphtheria is a highly contagious, infectious disease. People with diphtheria have serious breathing and swallowing problems, and they may develop sores on their skin.

Pertussis is a very contagious upper respiratory infection. It typically causes lengthy and repeated bouts of coughing. These coughing episodes can continue for weeks or even months after you first develop symptoms of the illness.

Are you up to date on your Tdap vaccine? Call us at 573-564-2495 to schedule your immunization! Walk-ins also welcome. We have Tdap available for all - insured AND un-insured!

♥ FEBRUARY IS ♥ AMERICAN HEART HEALTH MONTH

PREVENT HEART DISEASE

By living a healthy lifestyle, you can help keep your blood pressure, cholesterol, and blood sugar levels normal and lower your risk for heart disease and heart attack.

Choose healthy meals and snacks to help prevent heart disease and its complications. Be sure to eat plenty of fresh fruits and vegetables and fewer processed foods.

Physical activity can help you maintain a healthy weight and lower your blood pressure, blood cholesterol, and blood sugar levels. For adults, the Surgeon General recommends 2 hours and 30 minutes of moderate-intensity exercise, like brisk walking or bicycling, every week.

FREE CHOLESTEROL AND

BLOOD PRESSURE SCREENING

We will be offering free cholesterol screenings and blood pressure checks at Montgomery County Health Department on February 15th, 2024 for the first 25 patients to sign up. If you are interested in signing up, you may call the health department at 573-564-2495 to book your appointment.

**FREE
CHOLESTEROL
SCREENINGS**

FEBRUARY 15, 2024
@ MONTGOMERY COUNTY HEALTH
DEPARTMENT

CALL TO MAKE YOUR APPT - LIMITED SPOTS AND THEY WILL FILL UP FAST!
573-564-2495

LET'S TALK ABOUT CHOLESTEROL!

WHAT IS CHOLESTEROL? CHOLESTEROL IS A WAXY, FATLIKE SUBSTANCE IN YOUR BLOOD. CHOLESTEROL IS ESSENTIAL FOR GOOD HEALTH. BUT TOO MUCH OF THE BAD KIND OF CHOLESTEROL CAN PUT YOU AT A HIGHER RISK OF HEART DISEASE OR STROKE.

The bad kind of cholesterol:

Low-density lipoprotein (LDL) cholesterol is known as the bad kind of cholesterol. High levels of LDL cholesterol can lead to heart disease and stroke.

Studies suggest an ideal LDL level at or below 100 mg/dL. Adults who maintain this level have lower rates of heart disease and stroke.

Total cholesterol: This is the total amount of cholesterol that's circulating in your blood.

OPTIMAL CHOLESTEROL LEVELS:

TOTAL CHOLESTEROL: ABOUT 150 MG/DL

LDL ("BAD") CHOLESTEROL: ABOUT 100 MG/DL

HDL ("GOOD") CHOLESTEROL: AT LEAST 40 MG/DL IN MEN AND 50 MG/DL IN WOMEN

TRIGLYCERIDES: LESS THAN 150 MG/DL

The good kind of cholesterol:

High-density lipoprotein (HDL) is the good kind of cholesterol. High levels of HDL cholesterol can reduce your risk of heart disease and stroke.

Triglycerides: Triglycerides are a type of fat in your body. They contribute to high cholesterol. A high level of triglycerides can contribute to problematic cholesterol buildup in your body.

WAYS TO IMPROVE YOUR CHOLESTEROL LEVELS:

- ADOPT A HEART HEALTHY DIET, INCLUDING LOTS OF FRUITS AND VEGETABLES, HIGH FIBER FOODS, AND FOODS RICH IN OMEGA 3 FATTY ACIDS**
- INCREASE YOUR PHYSICAL ACTIVITY**
- QUIT SMOKING AND AVOID ALCOHOL**
- LOSE EXTRA WEIGHT**



2024

CPR

FIRST AID TRAININGS



Given at:
Montgomery County
Health Department

Get
Certified or
Re-Certified
in CPR &
First Aid

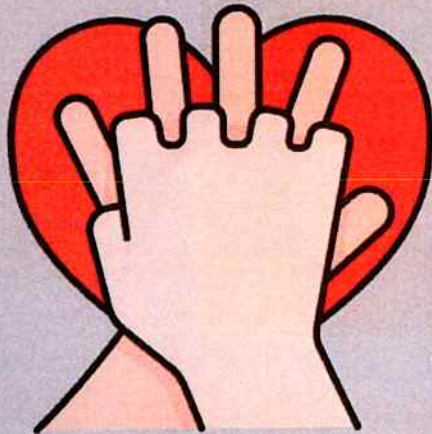
Space is limited
to 10 people.
Register today!

2024 Dates:

- January 2nd - 2:00 pm
- April 9nd - 5:30 pm
- August 6th - 2:00 pm
- November 5th - 5:30 pm

Classes held at Montgomery County
Health Department
400 Salisbury
Montgomery City, MO

REGISTER: CALL 573-564-2495



Getting immediate CPR from a
bystander can double or triple the
person's survival chances!



Schedule your CPR training course with MCHD!

Why Learn CPR:

When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby. Almost 90 percent of people who suffer out-of-hospital cardiac arrest die. CPR, if performed in the first few minutes of cardiac arrest, can double or triple a person's chance of survival. Each year, more than 350,000 out-of-hospital cardiac arrests occur in the United States. If you are called on to give CPR, you will most likely be trying to save the life of someone you love: a spouse, a parent, a child, or a friend.

How Can I Learn CPR:

Montgomery County Health Department offers CPR and First Aid Training several times a year. We have two certified basic life support instructors. We are offering 4 dates this year. These classes are for anyone and the fee is \$20. Call and get your spot saved for one of our classes!

Staff Birthdays

Upcoming Birthdays



Lindsey Janes
January 22nd



Tracey Kreuger
January 27th



Amy Schlanker
January 25th



Melissa Eaklor
March 14th

Help us wish our staff a Happy Birthday!

Middle School Vaccine Clinic

Montgomery County Health Department will hold a vaccine clinic at Montgomery County Middle School on March 15th, 2024 to offer the recommended vaccines for students heading into 8th grade. The recommended vaccines for children of this age are: Tdap, Meningococcal ACWY, and HPV. Please see the following information regarding the Tdap and HPV vaccine. Please see the next page for information regarding the Meningococcal ACWY vaccine.

Tdap vaccine can prevent tetanus, diphtheria, and pertussis. Diphtheria and pertussis spread from person to person. Tetanus enters the body through cuts or wounds. Tetanus causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death.

Diphtheria can lead to difficulty breathing, heart failure, paralysis, or death. Pertussis, also known as “whooping cough,” can cause uncontrollable, violent coughing that makes it hard to breathe, eat, or drink. Pertussis can be extremely serious especially in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.

HPV vaccination is recommended by the Advisory Committee on Immunization Practices (ACIP). It is not a required vaccine to attend school but is very important in preventing the possibility of certain kinds of cancers later in life. This vaccination is recommended for protection from HPV infections that can cause many types of cancers. The vaccine is recommended for females and males. ACIP recommends that 11- to 12-year-olds receive two doses of HPV vaccine 6 to 12 months apart. HPV infections, genital warts, and cervical precancers have dropped since the HPV vaccine has been used. HPV infections that cause most cervical cancers and genital warts have dropped 88% among teen girls and 81% among young adult women. The HPV vaccine can protect against cancer of the vagina, vulva, penis or anus caused by the virus. It can also protect against mouth, throat, head and neck cancers caused by the virus.

Please see the next page for information on Meningococcal ACWY vaccine.

High School Vaccine Clinic

Montgomery County Health Department will hold a vaccine clinic at Montgomery County High School on March 15th, 2024 to offer the recommended vaccines for students heading into 12th grade. The recommended vaccines for children of this age are: Meningococcal ACWY and Meningococcal B. Please see the following information regarding these vaccines.

Meningococcal disease can cause meningitis (infection of the lining of the brain and spinal cord) and infections of the blood. Even when treated, meningococcal disease kills 10 to 15 infected people out of 100. Of those who survive, about 10 to 20 out of every 100 will suffer disabilities such as hearing loss, brain damage, kidney damage, loss of limbs, nervous system problems, or severe scars from skin grafts. ***You are not fully protected against meningococcal disease unless you receive both meningococcal ACWY and meningococcal B vaccines.***

Meningococcal ACWY vaccine can help protect against meningococcal disease caused by serogroups A, C, W, and Y.

Meningococcal B vaccine can help protect against meningococcal disease caused by serogroup B.

If you want your child to participate, watch for information coming home from school to sign them up!





STAFF SPOTLIGHT

AMY SCHLANKER, RN

MEET OUR NEW PUBLIC HEALTH NURSE!



HI, MY NAME IS AMY SCHLANKER. I AM A PUBLIC HEALTH NURSE/ENVIRONMENTAL SPECIALIST AT MONTGOMERY COUNTY HEALTH DEPARTMENT. I GREW UP IN MONTGOMERY COUNTY AND GRADUATED FROM MONTGOMERY COUNTY R-II HIGH SCHOOL IN 2013. I STARTED MY NURSING CAREER IN 2015 AS AN LPN AND GRADUATED WITH MY BSN FROM THE UNIVERSITY OF CENTRAL MISSOURI IN 2017. THROUGHOUT MY CAREER I HAVE WORKED IN CORRECTIONS, ONCOLOGY, GASTROENTEROLOGY, AND SURGICAL SERVICES. I HAVE BEEN MARRIED TO MY HUSBAND, CLAYTON, WHO ALSO GREW UP IN MONTGOMERY COUNTY SINCE 2021. I AM EXCITED TO CONTINUE SERVING MY COMMUNITY THROUGH OUR SERVICES HERE AT THE HEALTH DEPARTMENT!

WELCOME TO MONTGOMERY COUNTY HEALTH DEPARTMENT, AMY! WE ARE EXCITED TO HAVE YOU JOIN OUR TEAM!!



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STAFF SPOTLIGHT

HILARY BENNEY, RN



THIS QUARTER, WE WANT TO RECOGNIZE HILARY BENNEY FOR BEING A GREAT ADVOCATE FOR HER HOME HEALTH PATIENTS.

HILARY RECENTLY NOTED A SUBTLE CHANGE IN HER PATIENT'S ASSESSMENT AND REPORTED THIS TO THE PHYSICIAN. WE RECEIVED A NOTE FROM THE PHYSICIAN OFFICE THAT STATED,

"BECAUSE OF HILARY, WE WERE ABLE TO GET THE PATIENT IN FOR A EKG AND DIAGNOSED A NEW HEART CONDITION. IF NOT FOR THIS GOOD CATCH, WHO KNOWS WHAT WOULD OR COULD HAVE HAPPEND TO THE PATIENT. I WANT TO THANK HILARY FOR SUCH GOOD CARE OF OUR PATIENT. IT IS SO RARE NOW DAYS TO ACTUALLY WITNESS SOMEONE SHOWING THEY CARE BY DOING SUCH AN AWESOME JOB!"

THANK YOU HILARY FOR CARING AND MAKING GREAT IMPACTS FOR YOUR PATIENTS!

WE APPRECIATE YOU!





Flu Shots

Available

Flu activity often peaks between December and February. It is still important to get your annual flu vaccine if you haven't already!

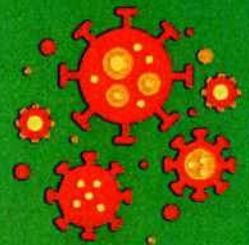
Come on in! Walk-Ins are welcome.
We have flu vaccine for all: Insured AND Un-insured!

**PROTECT YOURSELF
FROM THE FLU
BE WISE - IMMUNIZE**

FLU FACTS

Everyone 6 months and older needs a yearly flu vaccination, especially those with weaker immune systems:

- Adults aged 65+
- Pregnant Women
- Young Children
- People with Chronic Medical Conditions



FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Reduce The Risk of Tooth Decay

Sugary foods and drinks should be consumed with meals. Saliva production increases during meals and helps neutralize acid production and rinse food particles from the mouth. Limit between-meal snacks. If kids crave a snack, offer them nutritious foods. If your kids chew gum, make it sugarless. Chewing sugarless gum after eating can increase saliva flow and help wash out food and decay-producing acid. Monitor beverage consumption, children should make healthy beverage choices such as water and low-fat milk. Help your children develop good brushing and flossing habits. Schedule regular dental visits.

TOOTH TIP: You should take your child for their first visit to the dentist by age 1 or within six months after the first appearance of their first tooth, whichever comes first.

Sippy Cups and Your Child's Teeth

As soon as teeth appear in the mouth, decay can occur. One of the risk factors for early childhood caries (sometimes called baby bottle tooth decay or nursing mouth syndrome) is frequent and prolonged exposure of a baby's teeth to liquids, such as fruit juice, milk or formula, which all contain sugar. Tooth decay can occur when a baby is put to bed with a bottle. Infants should finish their naptime or bedtime bottle before going to bed. Because decay can destroy the teeth of an infant or young child, you should encourage your children to drink from a cup by their first birthdays



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.

Overnight Oats Recipe

You can make overnight oats with old-fashioned rolled oats in three easy steps.

Step one: Combine the oats and liquid. Stir equal parts old-fashioned rolled oats and a liquid such as milk in a jar or container with a lid. If you're adding any sweeteners or fruit like berries, stir those in now as well.

Step two: Cover and chill. Cover the container or seal the jar's lid and store in the refrigerator overnight.

Step three: Enjoy! The next morning, your overnight oats will be smooth, creamy and ready to eat. If you're using heavier fruit like pineapple or crisp mix-ins like nuts, sprinkle them on top of your oats and dig in.



COUNSELING SERVICES

All Ages

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



Montgomery County Health Department
573-564-2495

We Are Hiring



HOME HEALTH REGISTERED NURSE

JOB DUTIES:

Montgomery County Health Department is currently accepting applications for a part-time Home Health RN. We are looking for a friendly, self-motivated individual to provide a variety of nursing tasks in the patient's home. The home health nurse position includes coordinating with the physician and therapist, to provide optimal care with the goal of maintaining the patient's independence in the home. Montgomery County Health Department offers great benefits and hours. Please email your resume to lauray@montgomerycountyhealth.org or fax it to 573-564-5059. Please reach out to Laura Yelton, RN with any questions.

Send your resume to:

lauray@montgomerycountyhealth.org



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!



Call MCHD Today!

We are here to serve our community!

573-564-2495

