



Monthly Monitor

Howell County Health Department

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 Website: <http://howell.lphamo.org>

<<April 2005>>

Volume 37

APRIL CALENDAR:

WIC Checks: 5, 13,

WIC Recerts: 1, 12,
14, 15, 18, 19, 22, 25,
26

Immunizations: 8, 11

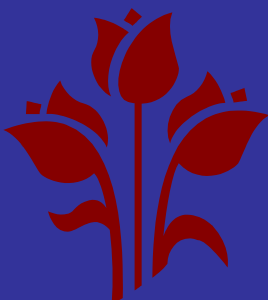
Family Planning: 20,
21, 28

Willow Springs: 6

Mountain View: 27

Cholesterol
Screenings: 5, 26

Holidays: *None*



ANNUAL RABIES CLINIC

April 30th, 2005

Howell County has already had **3 confirmed rabies cases for 2005**. In 2004 Howell County had more confirmed rabies cases than any other county in the state of Missouri.

Howell County Health Department along with local veterinarians will be sponsoring the annual "Rabies Vaccination Clinic" on April 30th. **We urge everyone to have their pets vaccinated to protect them and their family against the rabies virus!** These clinics will offer *rabies vaccinations at a reduced cost* to participants and no appointment is necessary at any of the clinic locations. Other vaccinations for your pets will be offered at these clinics.

The Animal Clinic of Willow Springs, Dr. Rouse, has scheduled a rabies clinic on April the 16th from 8:00am-12:00 noon at the Clinic Parking Lot on Hwy 76.

Here are the times, participating vets, and locations for the clinics on April 30th.

Time	Location	Veterinarian
8:00-10:00am	WP Fair Grounds	Animal Clinic of WP Dr. Ulmanis
10:00-12:00am	WP Fair Grounds	Kramer Animal Hospital Dr. Kramer
12:00-2:00pm	WP Fair Grounds	West Plains Vet Clinic Dr. Burden
2:00-4:00pm	WP Fair Grounds	Talbert Animal Health Center: Dr. Talbert
9:00-11:00am	Willow Springs Booster Field	WS Animal Health Center: Dr. Lewis
1:00-3:00pm	Mountain View Farmers Market	Mountain View Animal Clinic: Dr. Lewis

City ordinances in require that all dogs be vaccinated against rabies and distemper, but don't forget about your cats. Nation wide more cats than dogs were reported rabid over the last 18 years.

For more information about the rabies clinic or the rabies virus call the Howell Co Health Dept at 417-256-7078.



NEW WEB-SITE FOR HEALTH DEPT:

The Howell County Health Department has recently updated and changed its web-site. The new address is <http://howell.lphamo.org>, and you can access all the services offered to the community from the health department. Here are some of the other things you can check out on the web site:

- Financial Statements
- Hot Topics in Public Health
- CDC weekly Flu report
- Mo Dept of Health & Senior Services
- Monthly Monitor
- Rabies Report
- Word Health Organization
- Calendar of Events

Coming Soon you will be able to access the County Food Establishments Inspection Reports!

Check us out online and see what the Howell County Health Department can do for you and your family!



Congrats to Phyllis Akers for 20 years of service!

Phyllis has seen many changes over the past 20 years, such as the WIC program becoming part of South Central Public Health Services Group in 1995, and then in 2004 Howell County Health Department was voted in. Phyllis is the WIC Coordinator and everyone here at the health department would like to thank her for her service and dedication.



Willow Walk Off: Boot Camp Program

The Howell County Heart Health Coalition is sponsoring the Willow Walk Off a physical activity program to get people up and moving and using the new walking trail in Willow Springs.

The program will start April 4th and end May 13th (6 weeks). Participants can sign up at the Kick Off Event that will be held at the new Willow Walking Park on April 4th, from 4:00-6:00pm.

There will be members from the heart coalition there to do blood pressure checks, body fat / BMI checks, weigh ins, and hand out literature on heart healthy diets and physical activity. There will be a local doctor, Dr. Tom Naumoss there to talk about the importance of exercise, and you can learn more about an upcoming triathlon event.



Walk and Win Contest

Project WOW (Walk the Ozarks to Wellness) is sponsoring a contest in which one walker in each Project WOW community will be selected to win a prize. Winners will be drawn monthly during the warm weather months. Prizes could include t-shirts, pedometers, or gift certificates to local businesses.

How can you walk and win? If you are already a Project WOW member, just take a walk at your local walking trail and be sure to swipe your membership card. This automatically enters you into the contest. If you are not a Project WOW member, but you walk at the Georgia White Walking Trail, you can contact Dawn Hicks, your local Project WOW contact for a free card to swipe at the trail.

Even if you do not regularly walk at the Georgia White Walking Trail, but you are walking, it's still easy to walk and win! Walking logs are available for you to pick up for free at the Howell County Health Department. You can also access, fill out, or print and mail in a walking log from our website:

<http://prc.slu.edu/wow.htm>