

GASCONADE CO. HEALTH DEPT.

AUGUST NEWSLETTER

August is here and that means many things to us here at the health department. With August, we think about back to school immunizations, WIC clinic, teen driver safety as they head back to school, and breastfeeding. You may wonder, what is the correlation between breastfeeding and August? Well, August is National Breastfeeding Awareness Month.



Since it is National Breastfeeding Awareness Month, here is some information on breastfeeding for you. Why is it important to breastfeed your baby? Breastfeeding is good for moms and babies and has many benefits for both mom and baby. Benefits of breastfeeding for moms include that it saves money on formula and healthcare costs, it saves time with no bottles to prepare, reduces mom's risk for cancer, diabetes and osteoporosis, and helps prevent excessive bleeding following birth. Benefits of breastfeeding for babies are it lowers incidence of infections, diarrhea, and hospitalizations, provides baby with

easily digested food and reduces constipation, promotes healthy growth and development and decreases the risk of obesity and diabetes. Breastfeeding has the essential nutrients and calories to meet the needs of your baby.

Breastfeeding is a gift that keeps on giving, and at Gasconade County Health Department we are here to support you in your breastfeeding journey.



Missouri
WIC
Eat Healthy. Stay Well.

Some other things happening around the health department include our WIC clinic that is held every Monday in Owensville and the 1st and 3rd Tuesday of every month in Hermann. The WIC program can serve pregnant women, post-partum women, infants, and children until the age of 5. We are here to serve you, so please call to see if you are eligible to be a part of this great program that can help to offer nutritious foods for you and your family. We also have childhood immunizations and adult immunizations, so give us a call to ensure you are up to date!

Upcoming community events:

Blood drive at St. George in Hermann on August 9th from 1:00-6:00 p.m. Stop on by to donate blood! There is an urgent need for blood donations!



Blood Drive!



Top it Off to Cancer: This first-year fundraiser starts at 10:00 a.m. on August 11th at Oak Glenn Winery and ends with a 4:00 p.m. post-party at Adam Puchta Winery, featuring music by Sins Country. Stops along the way include the Loose Caboose Saloon, Lost Creek Vineyard and Hermann 1837 Bar. Proceeds benefit the Hermann Area Crusade Against Cancer and Just Call Me Ray Foundation. Registration deadline is Wednesday, July 25. For information call 573-486-2127.

Valentine Ranch Outing
296 Hwy 9, Rhineland, Mo.
September 8, 2018 from 11am to 5pm
Rain date is Sept 15

Pet and feed the Animals 
Donkey, Buffalo, Miniature Ponies, Clydesdales, Camel, Llama, Goats & Zebu
They have 4 new baby buffaloes
1 is a rare Piebald Buffalo and 1 is a rare White Buffalo and 2 Brown ones

Fishing 
Bring your own equipment

Swimming 

Wagon Rides 

Gator Rides

Ticket Prices
3 & Under Free
4-15 - \$25.00
16 & up \$40.00

Food and Drink Furnished
NO Alcohol or Coolers Allowed

For Tickets contact
Shirley Viola at 573-486-2019
Only 100 tickets will be sold.

**This is a Fundraising event for the
Hermann Area District Hospital Auxiliary**
Donated by Trudy Valentine of Heart 6 Ranch

Valentine Ranch Outing: Saturday, September 8th 11:00 a.m.- 5:00 p.m. Come enjoy wagon rides, swimming, pet donkeys, horses, goats, camels, fishing, and more! This will benefit the Hermann Area District Hospital Auxiliary. **Please call Shirley Viola at (573) 486 - 2019 to purchase tickets.** Ticket Prices include: Ages 16 & Up = \$40, Ages 4 to 15 = \$25.00, and Ages 3 & under = free.

Check back next month for more updates!

Resources used in this newsletter:

<https://health.mo.gov/living/families/wic/breastfeeding/index.php>