

GASCONADE CO. HEALTH DEPT.

OCTOBER NEWSLETTER

Ruth Bock, RN, Receives Public Health Nursing Leadership Award

Gasconade County Health Department's Public Health Nurse, Ruth Bock, was recently awarded the Public Health Nursing Leadership Award. The award is to honor and recognize a Missouri public health nurse who exemplifies leadership and excels in public health nursing practice. Ruth has been a nurse for over 40 years and spent most of her career as a Public Health Nurse. If you see Ruth, be sure to congratulate her on this wonderful accomplishment!

FLU SHOTS: Stop by our Flu Shot Clinics in October:



- Wednesdays in Owensville from 9:00am-4:00pm
- Thursdays in Hermann from 8:00am-4:00pm

Please bring your Medicare, MO HealthNet (Medicaid), or private insurance card(s).

FIRE PREVENTION WEEK is October 7 - 13



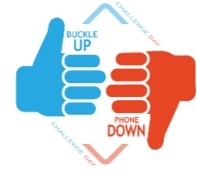
Today home fires burn faster than ever. In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. Knowing how to use that time wisely takes planning and practice.

This year's "Look. Listen. Learn." campaign highlights the steps people can take to help quickly and safely escape a fire:

- 🔍 **Look** for places fire could start.
- 🔍 **Listen** for the sound of the smoke alarm.
- 🔍 **Learn** two ways out of every room.

Buckle UP Phone DOWN Day is October 19

Come see us at the Hermann High School football game and join us in taking the Buckle UP Phone DOWN challenge!



NATIONAL BREAST CANCER AWARENESS MONTH is October 1 - 31

Breast cancer is the most common cancer in American women, except for skin cancers. Currently, the average risk of a woman in the United States developing breast cancer sometime in her life is about 12%.

American Cancer Society
250 Williams Street NW
Atlanta, GA 30303
(800) ACS-2345 (227-2345)
www.cancer.org/cancer/breast-cancer.html



Missouri
WIC
Eat Healthy. Stay Well.

WIC has updated the *Missouri WIC Approved Food List*. There are many new additions to this Food List, including shredded cheese, more juice flavors for children, and much more! Be sure to start using the new WIC Approved Food List for your October benefits.

<https://health.mo.gov/living/families/wic/wicfoods/pdf/MissouriWICApprovedFoodList2018.pdf>

Our WIC clinic is held every Monday in Owensville and the 1st and 3rd Tuesday of every month in Hermann. The WIC program serves pregnant women, post-partum women, infants, and children until the age of five. 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.

The Gasconade County Health Department will be CLOSED Monday, October 8 in observance of Columbus Day and Indigenous Peoples' Day.



Upcoming community events:

FREE Community Dinner on Friday, October 5 from 4:30pm-6:00pm at the Shepherd of the Hills Lutheran Church, Fellowship Hall, 1952 Highway 100 West, Hermann. Enjoy a FREE delicious meal! Activities for the kids! Fellowship & entertainment!



The Hermann Area District Hospital will hold a Blood Drive on October 18 at the Peoples Savings Bank in Rhineland from 1:00pm-6:00pm. Help save a life by donating blood!

Downtown Trick-or-Treating at Hermann downtown businesses on Halloween from 3:00pm-6:00pm. Come get a "treat" from the Health Department!



Check back next month for more updates!