



# CARTER COUNTY

## HEALTH CENTER

### IMPORTANT DATES

01/01- NEW YEARS DAY CCHC CLOSED  
01/09-CCHC closed from 1-2pm for Training  
01/11-Diabetes Education 5pm at CCHC  
01/15-CCHC closed for MLK Jr. Day

*Happy New Year*

*KEEP  
READING FOR  
WINTER  
WEATHER  
REMINDERS*



*HAVE YOU VIEWED THE HEALTHY  
PEOPLE 2030 GOALS?*

*CLICK HERE  
FOR MORE  
INFO*



***CAR SEAT SAFETY CHECKS AND  
EDUCATION OFFERED DAILY IN  
2024***



*FOR SAFETY TIPS NOW  
CLICK HERE*

### OUR SERVICES

**Pregnancy testing/counseling**  
**STD/STI testing and treatment**  
**WIC services**  
**Health education**  
**Covid testing**  
**Immunizations (including covid+flu)**  
**Food Service Inspections**  
**Vital Records**  
**Health Education/Promotion**



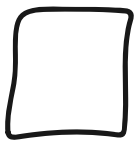
**CARTER COUNTY**  
H E A L T H C E N T E R

# *NEW YEAR'S RESOLUTIONS*

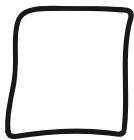
# *2024*



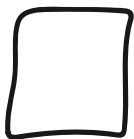
*PRIORITIZE SLEEP*



*EAT MORE FRUITS AND  
VEGGIES*



*FIND HEALTHY WAYS TO  
MANAGE STRESS*



*SPEND MORE TIME  
OUTSIDE*

*NEW YEAR, HEALTHIER YOU! CHOOSE A  
RESOLUTION TO BETTER YOUR HEALTH AND LIFE!*



# CARTER COUNTY

## HEALTH CENTER

### CCHC STAFF RESOLUTIONS



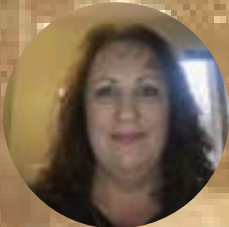
*ACHIEVE NATIONAL PUBLIC HEALTH  
ACCREDITATION FOR CCHC AND COMPLETE  
MY MASTERS IN PUBLIC HEALTH!*



*READ MORE BOOKS!*



*I WANT TO SPEND MORE TIME WITH MY FAMILY,  
LEARN NEW ROLES AT WORK AND KEEP MY 4.0 IN  
MY GRADUATE STUDIES*



*SPEND MORE TIME WITH MY  
GRANDKIDS*



*SLOW DOWN AND ENJOY THE LITTLE  
THINGS IN LIFE THAT BRING THE MOST JOY*



*FOCUS MORE ON POSITIVITY, GO ON MORE  
FAMILY ADVENTURES, ENJOY THE OUTDOORS*



# CARTER COUNTY

## HEALTH CENTER

### FPHS MODEL SPOTLIGHT

ENVIRONMENTAL PUBLIC HEALTH  
THE AMERICAN PUBLIC HEALTH  
ASSOCIATION SEES THIS BRANCH OF  
PUBLIC HEALTH AS ONE THAT FOCUSES  
ON THE RELATIONSHIPS BETWEEN  
PEOPLE AND THEIR ENVIRONMENT,  
PROMOTING HEALTH AND WELLBEING  
BY FOSTERING HEALTHY AND SAFE  
COMMUNITIES



**[CLICK HERE](#) TO GO  
TO OUR FOOD  
SERVICE COMPLAINT  
FORM AND [HERE](#)  
FOR OUR  
INSPECTION INFO**

MISSOURI'S FOUNDATIONAL PUBLIC  
HEALTH SERVICES (FPHS) MODEL  
DESCRIBES A MINIMUM SET OF  
FUNDAMENTAL SERVICES AND  
CAPABILITIES THAT MUST BE  
AVAILABLE IN EVERY COMMUNITY IN  
ORDER TO ENSURE MISSOURI'S  
PUBLIC HEALTH SYSTEM DELIVERS  
EQUITABLE OPPORTUNITIES FOR  
GOOD HEALTH TO ALL MISSOURIANS.



FOR MORE INFORMATION FROM HEALTHIERMO,  
**[CLICK HERE](#)**





# CARTER COUNTY

## HEALTH CENTER

### ANTIMICROBIAL-RESISTANT INFECTIONS IN MISSOURI REPORT

#### *DID YOU KNOW?*

CDC ESTIMATES ABOUT 1  
OUT OF 31 HOSPITAL  
PATIENTS HAS AT LEAST ONE  
HOSPITAL ACQUIRED  
INFECTION



Please Click [here](#) to view the completed report by the Missouri Department of Health and Senior Services and breakdown of infections in your region



**CARTER COUNTY**  
H E A L T H C E N T E R

*HAVE YOU VISITED US  
RECENTLY?*

*FILL OUT OUR  
CUSTOMER  
SATISFACTION  
SURVEY BY COPY AND  
PASTING THE  
WEBSITE BELOW  
INTO YOUR BROWSER*



[\*https://forms.gle/8AAeAFs\*](https://forms.gle/8AAeAFs)  
[\*oeoGMJ49N9\*](#)



# CARTER COUNTY

## HEALTH CENTER

### REMEMBER THE 4 "P'S" OF WINTER

**PEOPLE:** CHECK ON VULNERABLE FAMILY,  
FRIENDS, AND NEIGHBORS.

**PETS:** BRING YOUR PETS INSIDE. IF IT'S  
TOO COLD FOR YOU, ITS TOO COLD FOR  
YOUR PET.

**PIPES:** COVER AND INSULATE PIPES WHEN  
TEMPERATURES ARE EXPECTED TO BE  
FREEZING OR BELOW.

**PLANTS:** BRING PLANTS INSIDE IF YOU CAN,  
OR COVER THEM TO HELP THEM STAY WARM.



**CARTER COUNTY**  
H E A L T H C E N T E R

## *DOES YOUR FAMILY QUALIFY FOR CHILD CARE ASSISTANCE?*

### *ELIGIBILITY:*

*YOU ARE THE PARENT OR GUARDIAN OF A CHILD UNDER 13, OR A CHILD WITH  
SPECIAL NEEDS/RECEIVING PROTECTIVE SERVICES AND:*

- NEED CHILD CARE TO WORK, SEARCH FOR WORK, JOB TRAINING, OR TO  
ATTEND SCHOOL*
- ARE AT OR BELOW 150% OF THE FEDERAL POVERTY LEVEL*

## **CLICK HERE FOR APPLICATION WEBSITE AND MORE DETAILS**

*IF TELEPHONE INQUIRY IS PREFERRED:*

*CHILD CARE SUBSIDY AGREEMENTS*

*DEPARTMENT OF ELEMENTARY AND SECONDARY*

*EDUCATION*

*573-415-8605*







# CARTER COUNTY

## HEALTH CENTER

### RECIPE OF THE MONTH

## LOW-CARB ZUCCHINI ENCHILADAS

#### INGREDIENTS

##### ZUCCHINI:

8 ZUCCHINI, HALVED LENGTHWISE

3 TABLESPOONS KOSHER SALT

##### FILLING:

1 TABLESPOON VEGETABLE OIL

1 BUNCH (90G) SCALLIONS, WHITE AND LIGHT GREEN  
PARTS ONLY, THINLY SLICED

2 MEDIUM (91G) POBLANO PEPPERS, DESEEDED AND  
FINELY CHOPPED

1 CUP (195G) COOKED BLACK BEANS

1 CUP (175G) CANNED CORN, DRAINED

1 ROTISSERIE CHICKEN, SKIN REMOVED AND MEAT  
SHREDDED

1 TEASPOON GROUND CUMIN

1 TEASPOON GARLIC POWDER

KOSHER SALT AND FRESHLY GROUND BLACK PEPPER

½ CUP (130G) ENCHILADA SAUCE

HOT SAUCE, AS NEEDED

##### ASSEMBLY:

2½ CUPS (650G) ENCHILADA SAUCE

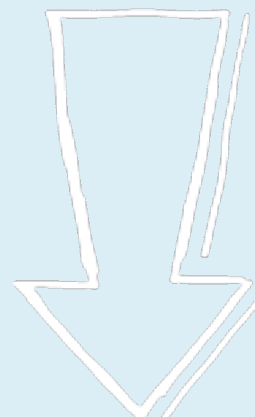
1 CUP (113G) SHREDDED CHEDDAR OR MONTEREY JACK  
CHEESE

SOUR CREAM AND CHOPPED FRESH CILANTRO, FOR  
SERVING



## RECIPE CONTINUES

## ON NEXT PAGE





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# LOW-CARB ZUCCHINI ENCHILADAS

### DIRECTIONS

1. PREPARE THE ZUCCHINI: PREHEAT THE OVEN TO 375°F. USE A METAL SPOON TO SCRAPE OUT THE SEEDS FROM THE ZUCCHINI; DISCARD THE SEEDS AND PLACE THE FLESH IN A COLANDER. BE GENEROUS WHEN SCOOPING, MAKING AS MUCH ROOM AS POSSIBLE FOR THE FILLING WITHOUT BREAKING THE ZUCCHINI. SEASON THE ZUCCHINI WITH THE KOSHER SALT AND TOSS GENTLY TO COMBINE. PLACE THE COLANDER IN THE SINK AND LET SIT FOR 20 TO 25 MINUTES.
2. REMOVE THE ZUCCHINI FROM THE COLANDER, PAT IT DRY WITH PAPER TOWELS AND PLACE IN A SINGLE LAYER ON A BAKING SHEET. TRANSFER THE BAKING SHEET TO THE OVEN AND ROAST UNTIL THE ZUCCHINI ARE JUST TENDER, 10 TO 15 MINUTES.
3. MAKE THE FILLING: IN A MEDIUM SKILLET, HEAT THE OIL OVER MEDIUM HEAT. ADD THE SCALLIONS AND POBLANO PEPPERS AND SAUTÉ UNTIL THE PEPPERS ARE TENDER, ABOUT 5 MINUTES.
4. STIR IN THE BLACK BEANS AND USE THE BACK OF A SPOON TO MASH AND BREAK THEM UP SLIGHTLY. STIR IN THE CORN AND CHICKEN, AND TOSS TO COMBINE.
5. SEASON THE FILLING WITH THE CUMIN, GARLIC POWDER, SALT AND PEPPER. STIR IN THE 1 CUP ENCHILADA SAUCE AND HOT SAUCE, TO TASTE, AND CONTINUE TO COOK FOR ABOUT 2 MINUTES. SET THE FILLING ASIDE.
6. ASSEMBLE THE ENCHILADAS: POUR ½ CUP OF THE REMAINING ENCHILADA SAUCE IN THE BOTTOM OF A 9-BY-13-INCH PAN, SPREADING EVENLY. ARRANGE THE ROASTED ZUCCHINI BOATS IN AN EVEN LAYER ON TOP OF THE SAUCE. USING TONGS, FILL EACH PIECE OF ZUCCHINI GENEROUSLY WITH THE FILLING, REPEATING UNTIL YOU'VE USED IT ALL UP.
7. POUR THE REMAINING 2 CUPS ENCHILADA SAUCE EVENLY OVER THE ZUCCHINI AND FILLING, AND TOP WITH THE SHREDDED CHEESE. TRANSFER TO THE OVEN AND BAKE UNTIL THE CHEESE IS MELTED AND THE SAUCE IS BUBBLY, 25 TO 30 MINUTES. GARNISH WITH SOUR CREAM AND CILANTRO.

