



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

03/13- DIABETES CLASS 5PM @ CCHC
03/17- ST. PATRICK'S DAY
03/19-FIRST DAY OF SPRING
03/22- MOHIGH BUNNY HOP HENDRICKSON
PARK (POPLAR BLUFF) 5-8PM
03/31-EASTER

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

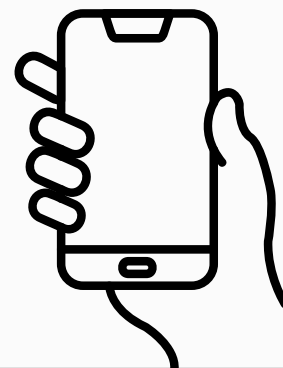
**KEEP READING TO SEE
OUR PHOTO CONTEST
WINNERS: TO BE
DISPLAYED AT CCHC**



**2024 NATIONAL POISON
PREVENTION WEEK**

IS MARCH 17-23, 2024

**POISON EMERGENCY? CALL
THE NUMBER BELOW OR CLICK
HERE MORE INFORMATION**





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

CCHC'S 2024 STRATEGIC PLAN

***THE CCHC BOARD OF DIRECTORS APPROVED
THE FOLLOWING STRATEGIC PRIORITIES AT
OUR BOARD MEETING ON FEBRUARY 26TH***



PRIORITY 1: OPERATIONAL EXCELLENCE

***OVERARCHING GOAL: ESTABLISH A SUSTAINABLE INFRASTRUCTURE,
WHICH INCLUDES A COMPETENT WORKFORCE, STANDARDIZED
BUSINESS PRACTICES AND EFFECTIVE USE OF TECHNOLOGY.***

PRIORITY 2: WORKFORCE DEVELOPMENT

***OVERARCHING GOAL: PRIORITIZE CONTINUOUS LEARNING AND
ADAPTABILITY IN THE WORKFORCE TO MEET EVOLVING PUBLIC
HEALTH CHALLENGES EFFECTIVELY.***

PRIORITY 3: COMMUNITY ENGAGEMENT

***OVERARCHING GOAL: EXPAND UTILIZATION AND AWARENESS OF
PUBLIC HEALTH SERVICES, IMPROVING COMMUNITY HEALTH AND
WELLBEING THROUGH STRATEGIC ENGAGEMENT AND OUTREACH.***



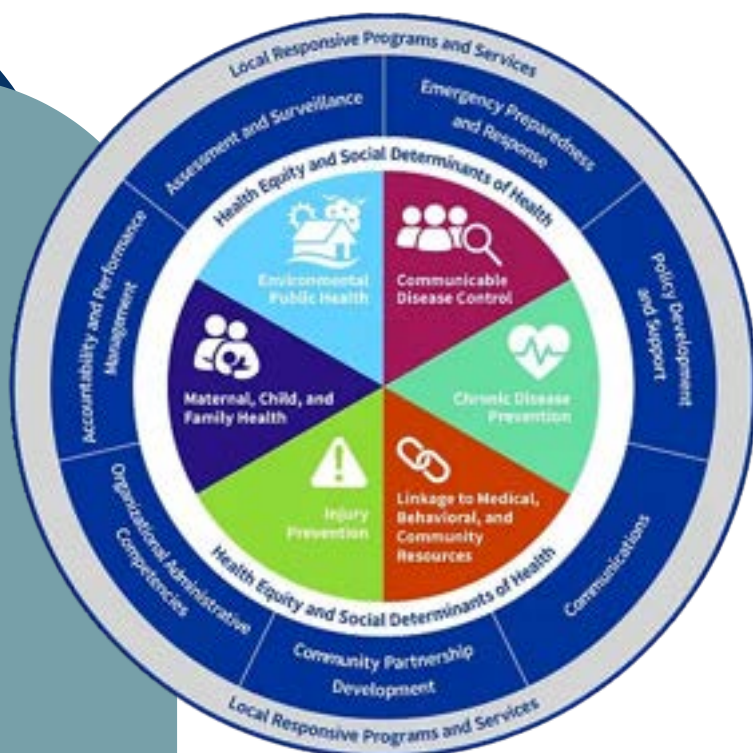
CARTER COUNTY

HEALTH CENTER

FPHS MODEL SPOTLIGHT

POLICY DEVELOPMENT AND SUPPORT

POLICIES ARE ESSENTIAL TO IMPROVE THE PHYSICAL, ENVIRONMENTAL, SOCIAL, AND ECONOMIC CONDITIONS THAT AFFECT HEALTH. POLICY DEVELOPMENT AND SUPPORT INDICATE THAT EVERY PUBLIC HEALTH AGENCY SHOULD HAVE THE ABILITY TO SERVE AS AN EXPERT RESOURCE FOR ESTABLISHING, MAINTAINING AND DEVELOPING BASIC PUBLIC HEALTH POLICY RECOMMENDATIONS THAT ARE EVIDENCE-BASED GROUNDED IN LAW AND LEGALLY DEFENDABLE.



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

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.

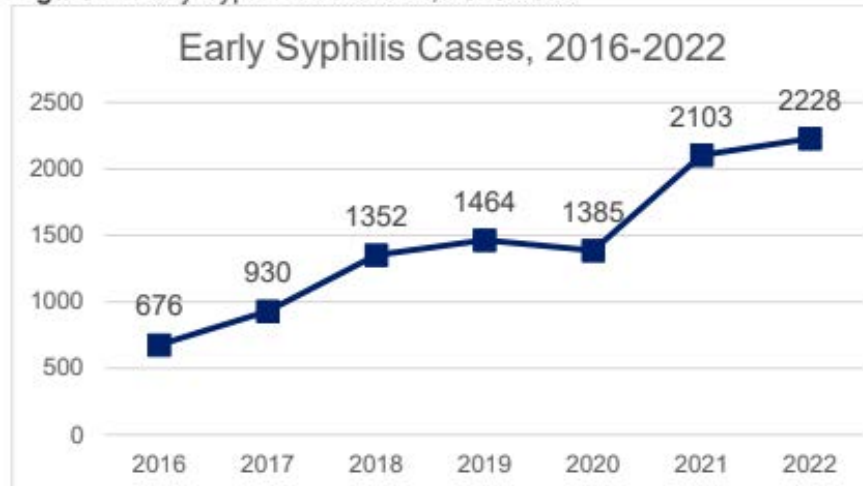


CARTER COUNTY

HEALTH CENTER

INCREASE IN SYPHILIS CASES IN MISSOURI

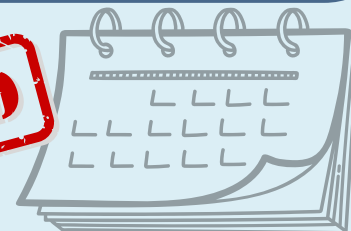
Figure 1. Early Syphilis in Missouri, 2016-2022



Source: Missouri Department of Health and Senior Services, Office of Epidemiology, Missouri Health Surveillance Information System (WebSurv). Based on data as of September 13, 2023.

DID YOU KNOW?

CCHC OFFERS STD TESTING
CALL 573-323-4413 FOR
APPOINTMENT

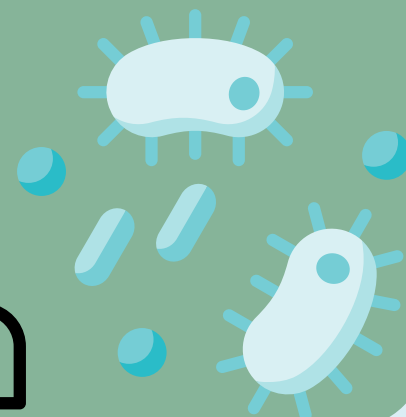
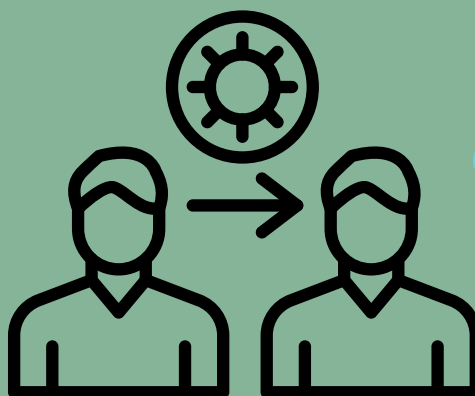


FOR MORE DETAILS
ON SYPHILIS: CLICK
HERE TO BE
DIRECTED TO



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**

ALL COMMUNICABLE DISEASE
INFORMATION FOR CARTER
COUNTY CAN BE VIEWED HERE





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

PHOTO CONTEST WINNERS

EIGHT IMAGES WERE SELECTED AS OUR NEW ARTWORK, WHICH WILL BE ON DISPLAY AT CCHC.





CARTER COUNTY
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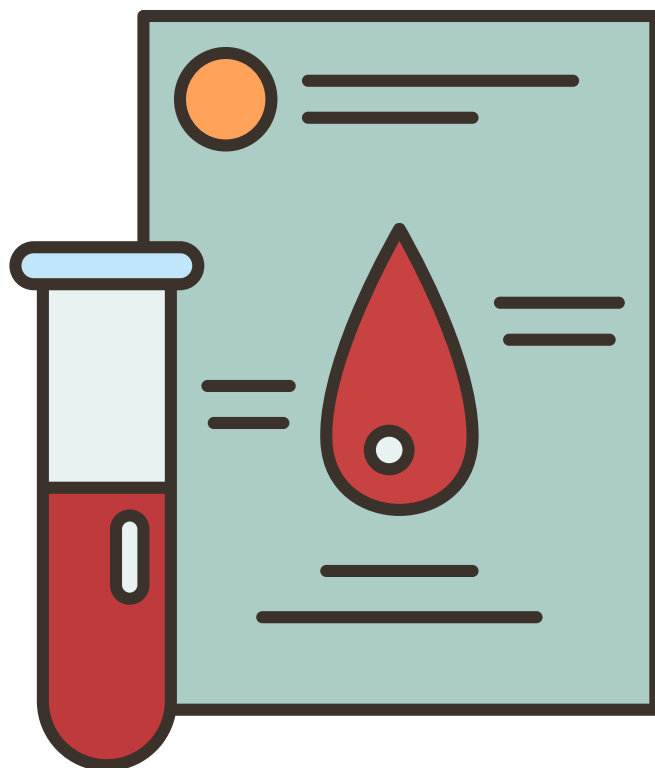
CCHC IS NOW OFFERING LABORATORY SERVICES THROUGH A NEW PROVIDER!



Quest Diagnostics®

*PLEASE CALL FOR AN
APPOINTMENT AND HAVE A
COPY OF THE LABS ORDERED BY
YOUR PROVIDER*

*CLICK [HERE](#) TO CREATE
YOUR MYQUEST
ACCOUNT FOR FAST
ACCESS TO YOUR TEST
RESULTS!*





CARTER COUNTY

HEALTH CENTER

*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*](https://forms.gle/8AAeAFs)



CARTER COUNTY

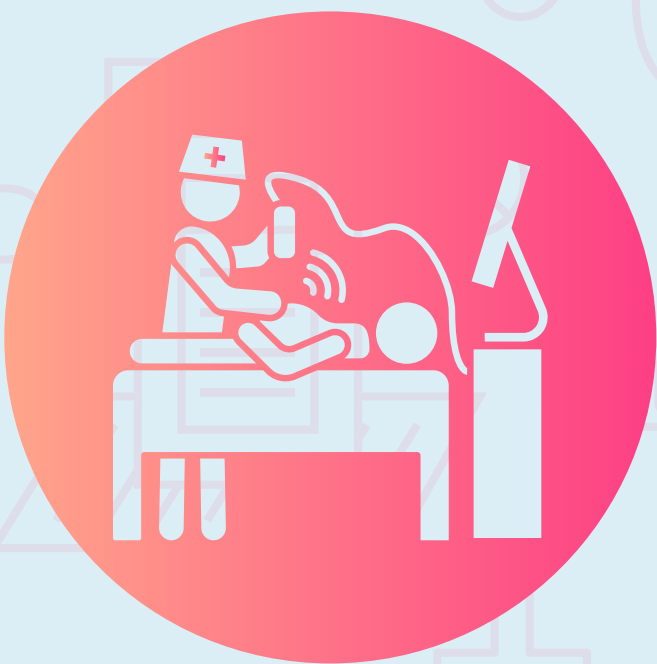
HEALTH CENTER

WE WANT YOUR FEEDBACK!

CALLING ALL WOMEN! YOUR INPUT IS CRUCIAL IN IDENTIFYING BARRIERS TO HEALTHCARE SERVICES.

HELP US MAKE A CHANGE BY COMPLETING OUR SURVEY TODAY! WE WILL SHARE THESE RESULTS WITH YOUR LOCAL PROVIDERS.

CLICK [HERE](#) TO ACCESS THE SURVEY





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

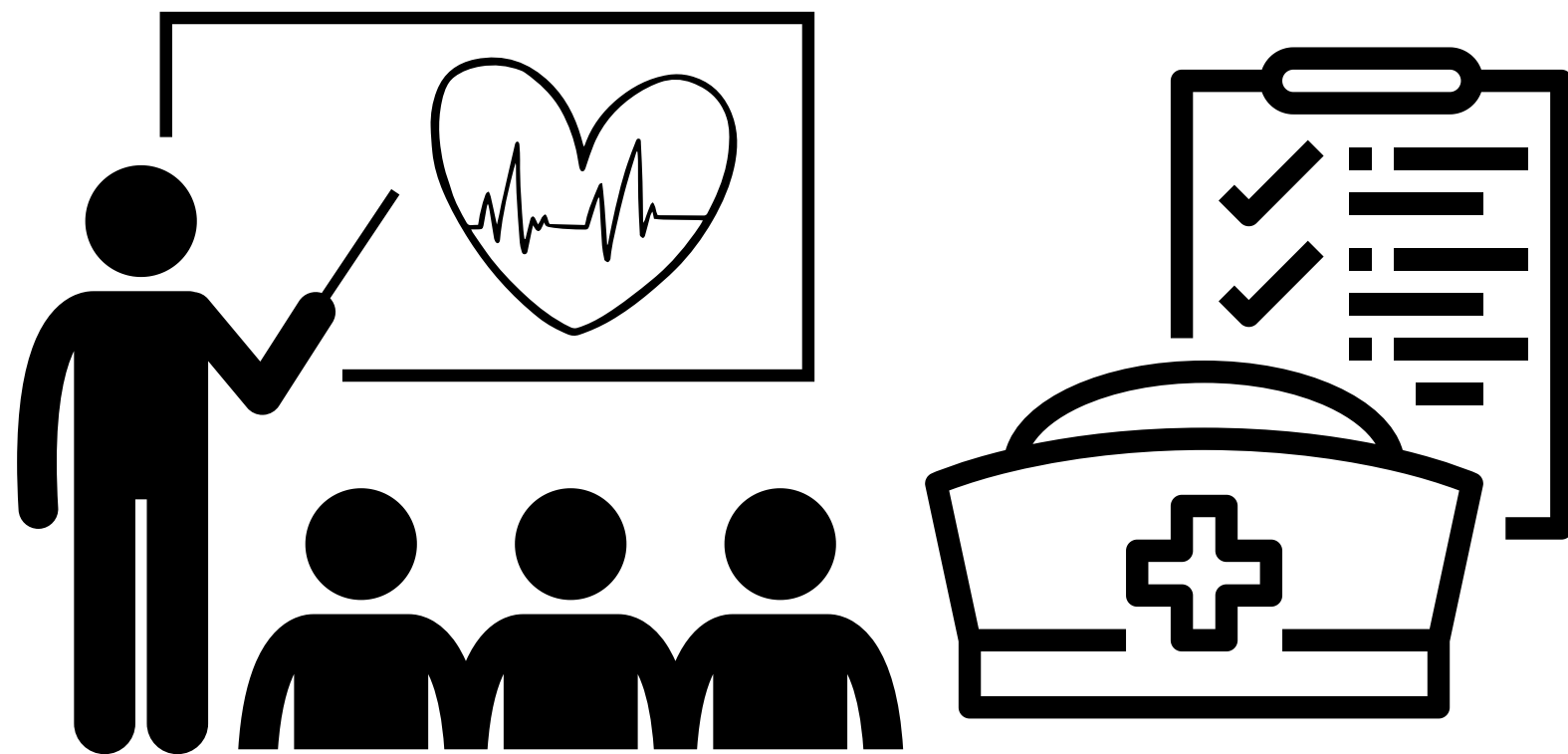


8TH AND 12 GRADE STUDENTS!

***WE'RE THRILLED TO ANNOUNCE THAT CCHC WILL BE VISITING VAN
BUREN SCHOOL DISTRICT ON **APRIL 23** TO HELP GET OUR STUDENTS
READY FOR BACK TO SCHOOL! THEY'LL BE PROVIDING VACCINATIONS
FOR CHILDREN AGES 11-13 (OR GOING INTO 8TH GRADE) AND
CHILDREN 16+ (OR GOING INTO 12TH GRADE).***

***TO ENSURE A SMOOTH PROCESS, PLEASE REGISTER YOUR CHILD FOR
THE VACCINATION DAY AT SCHOOL BY CLICKING [HERE](#)***

USE CODE: MO14742





CARTER COUNTY

HEALTH CENTER

RECIPE OF THE MONTH

SHEPHERD'S PIE POTATO BOWLS

INGREDIENTS

- 4 LARGE RUSSET POTATOES (ABOUT 3 POUNDS)
- 4 TABLESPOONS UNSALTED BUTTER PLUS 1
TABLESPOON MELTED BUTTER
- 1/4 CUP WHOLE MILK
- 1/4 CUP SOUR CREAM
- KOSHER SALT AND FRESHLY GROUND BLACK PEPPER
- 1/4 CUP CHOPPED FRESH CHIVES
- 1 SMALL CARROT, CHOPPED
- 12 OUNCES GROUND BEEF CHUCK
- 2 TABLESPOONS WORCESTERSHIRE SAUCE
- 1 TABLESPOON TOMATO PASTE
- 1 TEASPOON FRESH THYME LEAVES
- 1/3 CUP FROZEN PEAS, THAWED



DIRECTIONS

1. PRICK THE POTATOES ALL OVER WITH A FORK AND BRUSH THEM WITH 1 TABLESPOON MELTED BUTTER. PUT ON A MICROWAVE-SAFE PLATE AND MICROWAVE, FLIPPING HALFWAY, UNTIL FORK TENDER, ABOUT 20 MINUTES. (ALTERNATELY, BAKE IN THE OVEN AT 400 DEGREES F ON A BAKING SHEET UNTIL COOKED THROUGH AND FORK TENDER, ABOUT 1 HOUR.) LET COOL SLIGHTLY.
2. CUT A 1/4-INCH-THICK SLICE OFF THE TOP OF EACH POTATO. CAREFULLY SCOOP OUT THE FLESH INTO A MEDIUM BOWL AND MASH WITH THE MILK, SOUR CREAM, 2 TABLESPOONS BUTTER AND 1 TEASPOON SALT USING A FORK OR POTATO MASHER. FOLD IN THE CHIVES. PUT THE POTATO BOWLS ON A BAKING SHEET.
3. PREHEAT THE OVEN TO 400 DEGREES F. MEANWHILE, MELT 1 TABLESPOON BUTTER IN A LARGE SKILLET OVER MEDIUM HEAT. ADD THE CARROTS AND COOK, STIRRING OCCASIONALLY, UNTIL SOFTENED AND LIGHTLY BROWNED, 5 TO 6 MINUTES. ADD THE BEEF AND COOK, BREAKING IT UP WITH A WOODEN SPOON, UNTIL COOKED THROUGH, ABOUT 4 MINUTES. STIR IN THE WORCESTERSHIRE, TOMATO PASTE, THYME, 1/2 TEASPOON SALT AND 1 CUP WATER AND BRING TO A BOIL, AND THEN REDUCE HEAT AND COOK UNTIL THE BEEF AND CARROTS ARE COATED IN SAUCE WITH A LITTLE EXTRA SITTING ON THE BOTTOM OF THE PAN, ABOUT 1 MINUTE. STIR IN THE PEAS UNTIL HEATED THROUGH, 1 TO 2 MINUTES MORE.
4. SPOON THE BEEF MIXTURE INTO THE POTATO BOWLS. SPOON OR PIPE THE MASHED POTATOES ON TOP OF THE BEEF MIXTURE AND BAKE UNTIL HEATED THROUGH AND THE POTATOES BROWN ON TOP, ABOUT 15 MINUTES. CUT THE REMAINING TABLESPOON OF BUTTER INTO 4 SLICES AND TOP EACH POTATO WITH ONE.