



# CARTER COUNTY

## HEALTH CENTER

# JANUARY

*Have you had a positive home covid test? Report it [here](#)*

### IMPORTANT DATES

01/01- HAPPY NEW YEAR CCHC closed

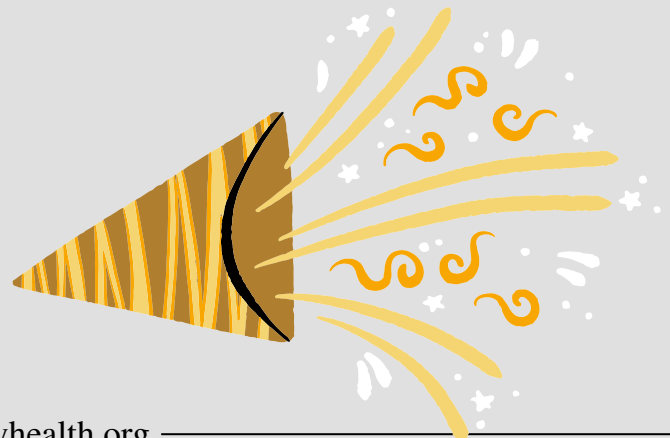
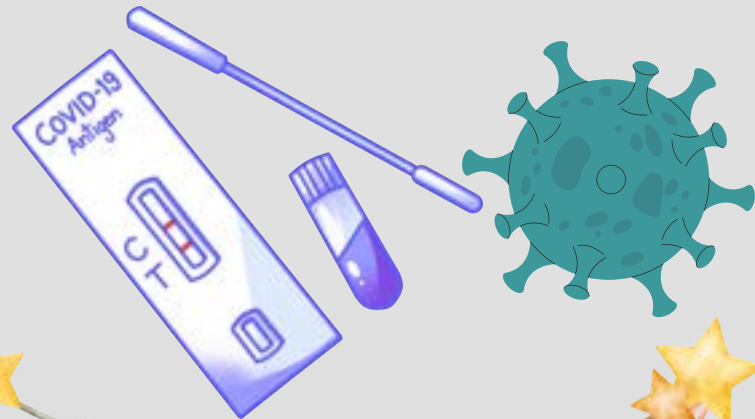
01/20- MLK JR. Day- CCHC closed

*Keep reading to learn about our first ever public health intern!*



### 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

## **2024 LITTLE ENGINE THAT COULD AWARD**

**CCHC is proud to announce that we were presented with ‘The Little Engine that Could Award’ from The Missouri Center for Public Health Excellence (MOCEPHE). This award was given to us for our achievement in submitting for initial PHAB accreditation with only seven full time staff members.**

**MOCEPHE stated the following: “CCHC’s dedication to improving their operations, services, and standards has already delivered meaningful benefits to both their staff and community.**

**Congratulations to Carter County Health Center on this remarkable achievement!**

**Your commitment to perseverance inspire health departments everywhere to strive for excellence and embrace and believe that with determination, the accreditation process is truly figureoutable.**





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## *Curious if you qualify for our WIC and nutrition services?*



*To be eligible:*

- *Must live in Missouri*
- *Meet the income guidelines*
- *Be pregnant, breastfeeding (up to 1st year), or have a child less than 5 years old*

*Click here to  
access the pre-  
screening tool or  
call us at 573-323-  
4413*





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

# Breastfeeding Classes in 2025



## Benefits/Myths & Facts

12pm- 1st Wednesday Every Month  
Carter County Health Center



## Technique/Collection Tips

12pm- 3rd Wednesday Every Month  
Carter County Health Center



These classes will be held at the Health Center in the WIC waiting room with our Breastfeeding Peer Counselor, Breanna Ross



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

## *CCHC is proud to announce we have our first ever public health intern for 2025*



“I am Vineela Ratna Prathipati, a second-year graduate student pursuing a Master’s in Public Health with a concentration in Epidemiology at Saint Louis University.

With a strong passion for public health, I am focused on understanding disease patterns and designing prevention strategies to address critical health challenges. My goal is to contribute to impactful public health initiatives, advancing health equity, and promoting sustainable solutions to improve healthcare outcomes for diverse populations.”

*We are excited to have Vineela on our team for her internship that concludes in May 2025*

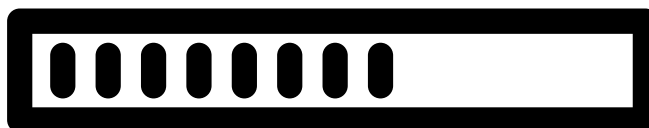




**CARTER COUNTY**  
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# *Accreditation Update*

LOADING ...



*This year CCHC has been working towards Accreditation through PHAB (Public Health Accreditation Board) and as of early November: We have submitted all required documentation for the review process*

*The benefits of public health department accreditation through the Public Health Accreditation Board (PHAB), including enhanced quality improvement, strengthened partnerships, and improved transparency and accountability*

*We are currently almost 2 months in on our timeline for PHAB documentation review (process can take up to 6 months)*

**PHAB**  
Center for Innovation

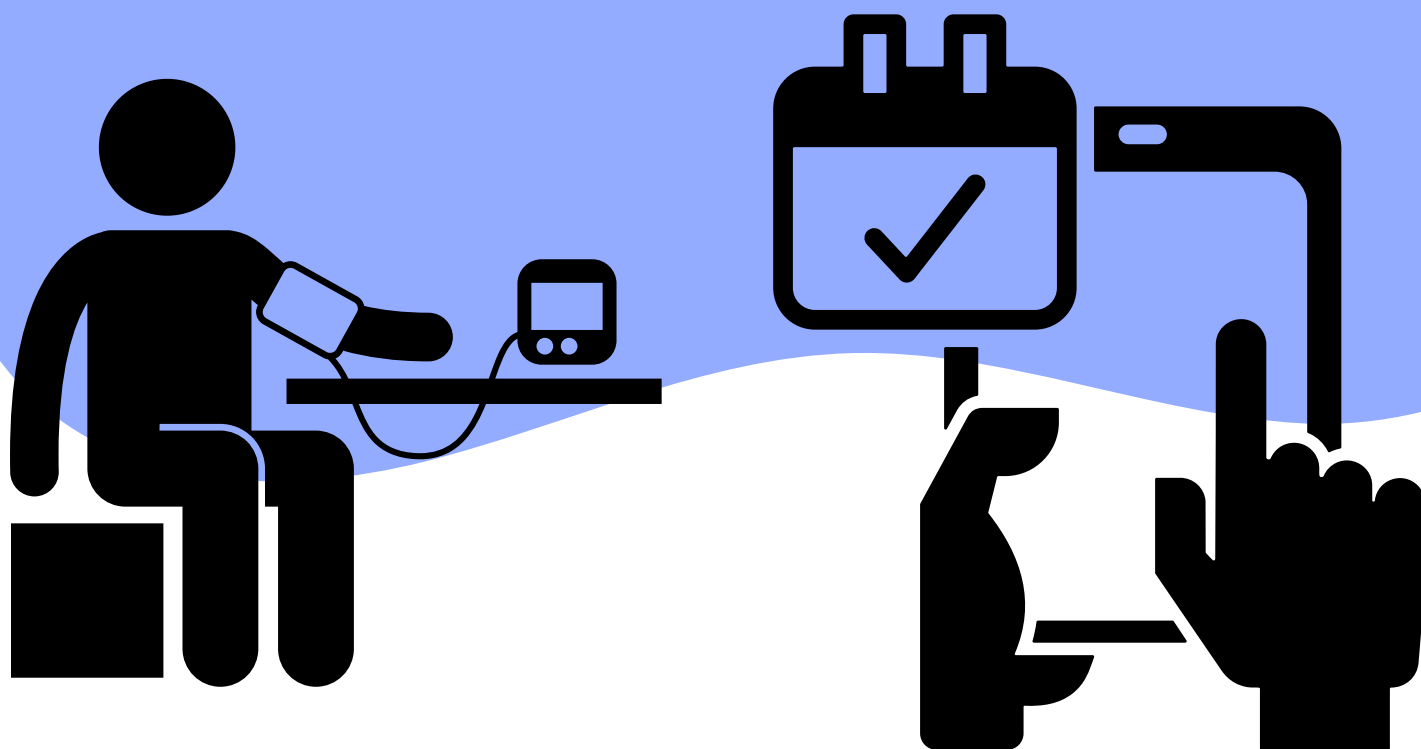


**CARTER COUNTY**  
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## *You Can Now Schedule Appointments Online*

*Click Here to Schedule an  
Appointment or go to our website  
[www.cartercountyhealth.org](http://www.cartercountyhealth.org) and  
click the “book appointment” tab*





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

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## *Have You Visited Us Recently?*

*We value your feedback so we can improve our community's experience when utilizing our services: Please fill out our customer satisfaction survey by clicking [here](#)*





# CARTER COUNTY

## HEALTH CENTER

### RECIPE OF THE MONTH

## Lemony Chicken Soup

#### Ingredients

- 1 tablespoon olive oil
- $\frac{3}{4}$  cup cubed carrots
- $\frac{1}{2}$  cup chopped yellow onion
- 2 teaspoons minced fresh garlic
- $\frac{3}{4}$  teaspoon crushed red pepper
- 6 cups unsalted chicken stock
- $\frac{1}{2}$  cup uncooked whole-wheat orzo
- 3 large eggs
- $\frac{1}{4}$  cup fresh lemon juice
- 3 cups shredded rotisserie chicken
- 3 cups chopped baby spinach
- 1  $\frac{1}{4}$  teaspoons kosher salt
- $\frac{1}{2}$  teaspoon black pepper
- 3 tablespoons chopped fresh dill



### Directions

1. Heat oil in a Dutch oven over medium-high. Add carrot and onion; cook, stirring often, until vegetables are softened, 3 to 4 minutes. Add garlic and crushed red pepper; cook, stirring constantly, until fragrant, about 1 minute.
2. Add stock to Dutch oven; increase heat to high, and bring stock to a boil. Add orzo, and cook, uncovered, until orzo is al dente, about 6 minutes.
3. Meanwhile, whisk together eggs and lemon juice in a medium bowl until frothy. Once orzo has cooked 6 minutes, carefully remove 1 cup boiling stock from Dutch oven. Gradually add hot stock to egg-lemon juice mixture, whisking constantly to temper the eggs, about 1 minute. Pour egg mixture back into Dutch oven, and stir to combine.
4. Reduce heat to medium-low; stir in chicken, spinach, salt and pepper. Cook, stirring constantly, until spinach wilts, about 1 minute. Divide soup among 6 bowls; sprinkle servings evenly with dill.

#### Nutrition Facts (per serving)

261 Calories

8g Fat

16g Carbs

32g Protein