



CARTER COUNTY

HEALTH CENTER

IMPORTANT DATES

09/12-VB School Flu Clinic
09/18-CCHC Diabetes Class 5pm
09/21- Car Seat Inspection at CCHC 9am-11am
09/22-First Day of Fall



OUR SERVICES

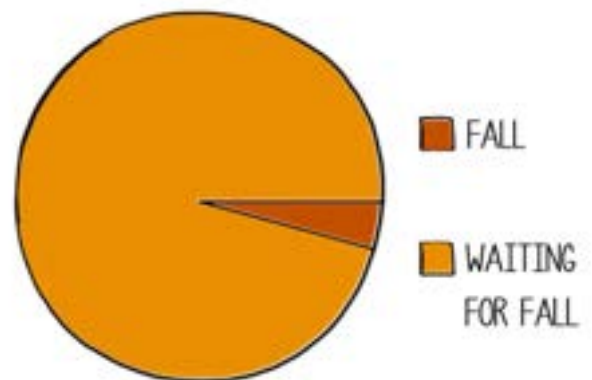
Pregnancy testing/counseling
STD/STI testing and treatment
WIC services
Health education
Covid testing
Immunizations (including covid+flu)
Food Service Inspections
Vital Records
Health Education/Promotion



Click Here For The Latest CDC updates



FYI, THERE ARE ACTUALLY ONLY TWO SEASONS





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

Sleepers in September

The local chapter of Newborns in Need is holding the annual sleeper drive during September in a national effort to bring warmth and comfort to babies in our area who are born into challenging environments.

*We are seeking your help with collecting **new, gently-used, or handmade** sleepers to help keep babies warm in the winter months. Sizes **NB-18m***



*DROP OFF
DONATIONS AT
CCHC*

*CALL 573-323-4413
WITH QUESTIONS*





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



Missouri Department of Transportation

The Carter County Health Center is excited to announce that we have been selected for a grant to continue our Car Seat/Occupant Safety efforts for the 2024/2025 cycle, as part of the highway safety grant program.

Heaven and Kaylee are available Monday-Thursday 730-530 for any car Seat questions, appointments, or needs. Please walk in (no appointment needed) or call 573-323-4413

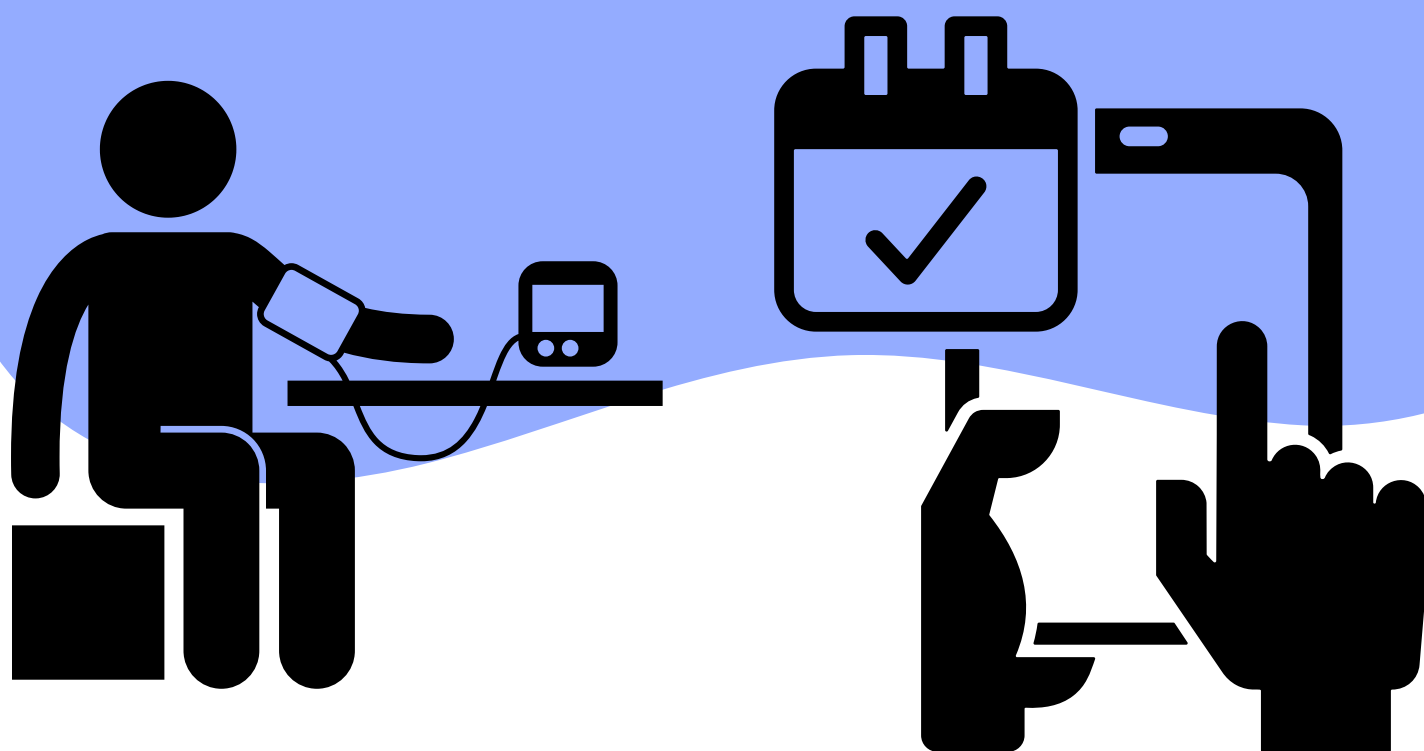




CARTER COUNTY
H E A L T H C E N T E R

You Can Now Schedule Appointments Online

*Click Here to Schedule an
Appointment or go to our website
www.cartercountyhealth.org and
click the “book appointment” tab*





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

Maternal Child Health Survey Results

30% say there were times in the last year that they did not receive care, but needed it

45% of participants rated their overall health as good, 15% rated Fair, 5% rated excellent, 35% rated Very Good

Almost 50% worry about their insurance covering their care

Almost 40% stated work or family responsibilities interfere with seeking care

READ THE FULL RESULTS [HERE](#)



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

Breastfeeding Awareness Continues in September

CCHC is beginning new Breastfeeding classes

*The classes will be held at the health center with peer counselor
Breanna at 12pm the 1st and 3rd Wednesday of every month*



*MYTHS & FACTS CLASS
1ST WEDNESDAY OF THE MONTH*

*TECHNIQUE CLASS
3RD WEDNESDAY OF THE MONTH*



BREASTFEEDING
PEER COUNSELOR



Breanna Ross

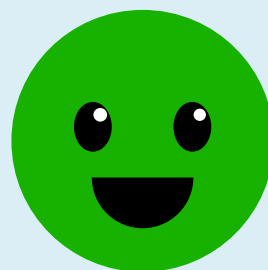
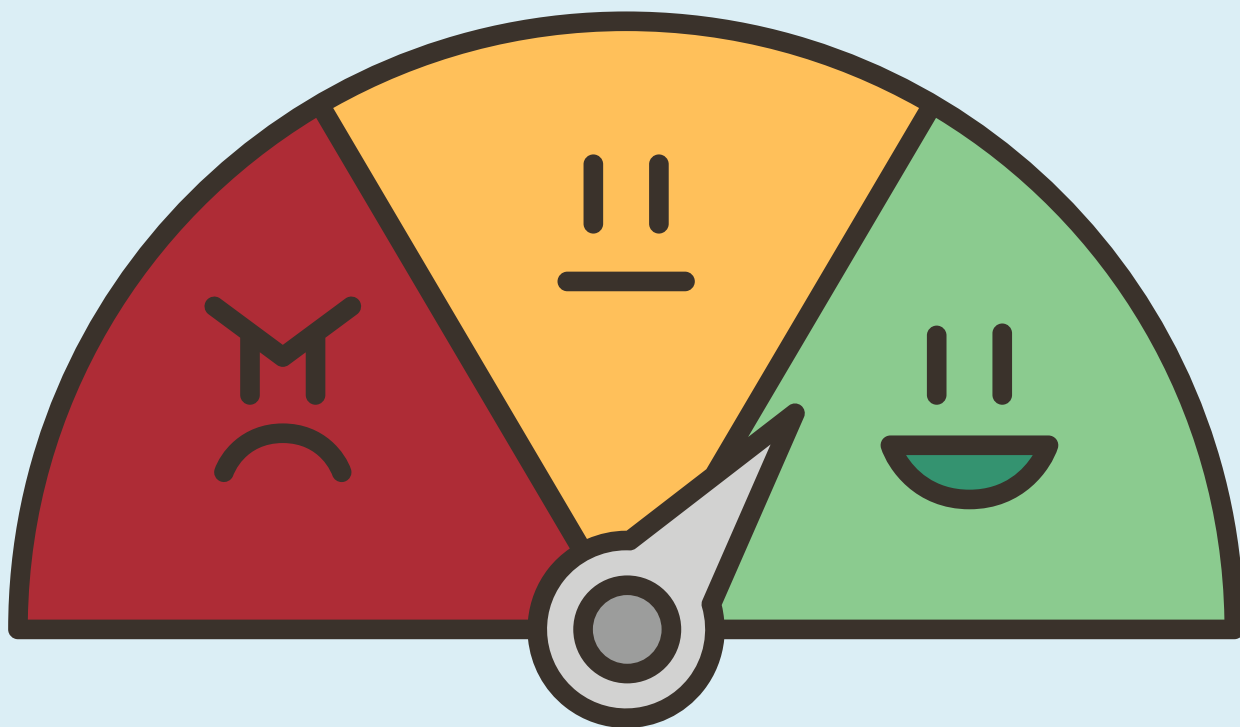
Breanna is now
available Monday and
Wednesdays. Call
573.323.4413 to make
an appointment.



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

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

Healthy Pumpkin Cookies

Ingredients

- 2 1/2 cups rolled oats
- 2 cups pumpkin puree not pumpkin pie filling
- 1/4 cup maple syrup can use agave nectar

Serving: 1 cookie Calories:
84kcal Carbohydrates: 16g Protein: 2g Fat:
1g Sodium: 114mg Fiber: 2g Sugar: 1mg NET
CARBS: 14g



Preheat the oven to 350F and line a large baking sheet with parchment paper.

In a large mixing bowl, combine the oats, pumpkin, and syrup, and mix well. If adding chocolate chips, fold them through.

Using your hands, form into small balls and place on the baking tray and press each ball into a cookie shape. Bake for 10 minutes.

Remove and allow to cool on the sheet.

Notes

Mix-in ideas: I typically use chocolate chips or a chopped up chocolate bar.

TO STORE: Store leftover cookies in an airtight container in the refrigerator for up to one week.

TO FREEZE: Place leftover cookies in a ziplock bag and store in the freezer for up to six months.

Freezing unbaked cookie dough: Scoop out cookie dough and place it on a baking sheet lined with parchment paper. Freeze the dough balls until firm, then store them in a freezer bag for up to six months. Bake straight from frozen and add an extra 3-5 minutes of baking time.