



## ON THE CALENDAR

### Immunization Clinics:

THURSDAY  
October 13th  
11 a.m. to 4 p.m.

THURSDAY  
October 20th  
7 a.m. to 11:30 a.m.

THURSDAY  
October 27th  
2 p.m. to 7 p.m.

### Breastfeeding Support Group:

TUESDAY  
October 11th  
5:30 p.m.

### Family Planning:

Located at 511 Elm

1ST & 3RD MONDAY OF  
EACH MONTH  
9:30 a.m.—12 p.m. and  
1:30—5 p.m.  
Call 1-877-611-7600 or  
359-2855 to make an  
appointment.

### WIC CLINICS:

Recertification by  
appointment only.

Please call 646-5506 if you  
need to reschedule.

OFFICE CLOSED:  
October 10th  
Columbus Day



## FOCUS ON FOODS

No one's busier than the average preschooler. They're so active and imaginative it's no wonder they get hungry between meals and need a snack.

Although growth during the preschool years is slower compared with that of the first 2 years of life, preschool kids still need about 1,200 to 1,600 calories a day—calories that should come from a balanced diet that includes whole grains, lean meat, beans, low-fat milk, fruits, and vegetables.

That's sometimes easier said than done. Some preschoolers don't eat will at mealtime. Others might

be willing to eat, but only certain foods. This can leave nutritional gaps in a child's diet. Healthy and well-timed snacks can help fill in these gaps. They also can keep kids from getting overly hungry and cranky.

Keep healthy snacks in your refrigerator or pantry. Let kids choose their own snacks

### CARMEL APPLE DIP

- 16 individually wrapped caramels, unwrapped
- 1 /4 cup water
- 1 (8 ounce) package cream cheese
- 1/2 cup brown sugar

#### Directions:

In a medium saucepan over medium/low heat, or in the microwave, melt caramels with water, stirring frequently. Remove from heat. In a medium bowl cream together cream cheese and sugar. Fold on caramel mixture. Serve immediately with slices of apples, grapes, bananas, or any kind of fruit that you want.

from among a couple of nutritious options.

Offer a variety of snacks, not just the ones kids already likes. Offer new choices. It may take several tries before a child accepts a new food.

Have a schedule for meals and snacks.

Don't let kids eat in front of the TV. Serve snacks and meals at the table.

Keep mostly health foods in the house.

Serve skim or low fat milk or water with snacks instead of sugary drinks or soda. Limit 100 % juice to one serving per day.

Let kids help prepare their own snacks.

Dip it with slices of fruit, veggies, or whole wheat crackers with a side of dip. Whether it's peanut butter, cream cheese, jam, guacamole, salsa, applesauce, or yogurt, everyone loves dip.

Share a healthy snack with your with kids.

Source: kidshealth.org

## SHOW ME HEALTHY WOMEN PROGRAM

Breast cancer is a malignant (cancer) tumor that starts from cells of the breast. It is found mostly in women, but men can get breast cancer, too. About one-percent of all breast cancer diagnosed is diagnosed in men.

Excluding cancer of the skin, breast cancer is the most common cancer among women.

Breast cancer accounts for one-third of all cancers diagnosed in Missouri, and is the leading cause of cancer deaths in women after lung cancer. Nearly all breast cancers can be treated successfully if detected early. When detected in the earliest stages, the cure rate is 97 percent.

At this time, there is no guaranteed way to prevent breast cancer for women who are at average risk, which is why screening by mammography, clinic breast examination, and breast self-examination is so important.

Show Me Healthy Women (SMHW) is a free breast and cervical cancer screening program for the state of Missouri. To qualify for a free breast and/or cervical cancer screening, women

must meet certain age, income, and insurance guidelines. There are approximately 180 facilities throughout the state that provide these free cancer screenings.

The objective of the SMHW program is to offer screening services to women who are considered high risk. High risk women include, but are not limited to, women with low income, women over 50, women with no or little insurance, women who have rarely or never been screened, rural women, women of color, and women with disabilities.

Free diagnostic or treatment services are available to women who are U.S. citizens and diagnosed with breast or cervical abnormalities or cancer by a Show Me Healthy Women provider.

As a woman, you may qualify for free breast and cervical cancer screenings, just as thousands of women have already done. Missouri's Show Me Healthy Women (SMHW) program provides these cancer screenings free to age



## SHOW ME HEALTHY WOMEN PROGRAM...

and **income eligible** women. Other requirements are that **applicants not be covered by Medicaid, Medicare or private insurance.\***

\*However, if the **deductible on private insurance policies is too high** for the patient to afford, this **program still may be able to help**. Call the **local SMHW provider, Green Hills Women's Health Services at 1-877-611-7600** to find out more details.

### Age Guidelines:

#### Women Age 50 to 64 or older without Medicare Part B:

Are eligible for a **clinical breast examination (CBE)**, a **mammogram**, plus a **pelvic examination and Pap test**.

#### Women Age 35-49:

- Are eligible for a **pelvic examination, Pap test and CBE**.
- Are eligible for **diagnostic breast services** if the **CBE results are suspicious for cancer**.
- Are eligible for **diagnostic cervical services** if their **initial/follow-up cervical cancer screening (Pap test) was abnormal** and was **provided by a participating provider or through outside referrals with abnormal Pap test results**.

#### Cervical cancer screenings for women who have had a hysterectomy:

- Due to **cervical cancer or dysplasia** are eligible for **CBE, pelvic examination and Pap test**.
- Due to **any reason other than cervical cancer or dysplasia** are eligible for **one Pap test and pelvic examination** to determine the absence or presence of the cervix.

- Due to **conditions other than cervical cancer or dysplasia and the cervix is absent** are eligible for a **CBE**.

Income guidelines for the program can be found at <http://health.mo.gov/> Search for "Breast Cancer" or "Show Me Healthy Women."

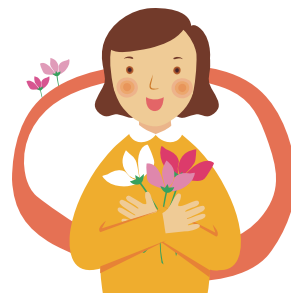
Guidelines range from **annual income of \$21,780 for a one person household**, to **\$52,340 for a five person household**. Add **\$7,640 for each additional household member**.

Meeting **income guidelines does not guarantee eligibility for free breast and cervical cancer screening services** through a **Show Me Healthy Women provider**.

In our county **Green Hills Women's Health Services (GHWHS)**, formerly **Family Planning**, is the SMHW Provider. They offer **monthly clinics through their offices at 511 Elm** in Chillicothe. GHWHS has also **contracted with Hedrick Medical Center to perform mammograms locally**. Call **1-877-611-7600** to find out more about **eligibility and making an appointment**.

If you are **younger than 35, GHWHS offers pelvic examinations including Pap Smear, breast examination and contraception options on a sliding fee scale**. Call the toll free number above for more information.

Source: Missouri Department of Health, Green Hills Women's Health Services.



## PREGNANCY FACTS

The Centers for Disease Control and Prevention (CDC) strongly recommends a flu shot for pregnant women. If you get any type of **flu while you're pregnant, you're more likely to have serious complications, such as pneumonia and preterm labor, which could put you and your baby at risk**.

This year's **flu shot will protect you against three strains of flu, including H1N1 (the "swine flu")**. What's more, there's evidence that getting a **flu shot during pregnancy offers your baby some protection after birth**. He may receive some **antibodies from you during pregnancy**. And if you're **immune your newborn is less likely to be exposed to the flu**. (Make sure other family members get vaccinated too.)

**Protecting your infant is important because young babies who catch the flu are at particular risk for serious illness, but they can't be vaccinated themselves until they're 6 months old**.

The flu shot is made with **inactivated (killed) virus**. Pregnant women **should be vaccinated with Thimerosal-free flu vaccine**.

It's best to get the **flu shot in September or October so you're protected before the flu season begins**. But, if you miss getting the **shot in the fall, it's still worth getting vaccinated later because the flu season can last into May**.

Source: CDC

### DISCLAIMER

The information contained in this publication should not be used as a substitute for the medical care and advice of your healthcare provider. There may be variations in treatment that your healthcare provider may recommend based on individual facts and circumstances.

## FUN THINGS TO DO

Are you looking for that **magic way for your toddler to paint without a making a mess and getting paint all over her fingers?** Here's the solution!

### Supplies needed—

- **Large oatmeal container** (can use a cereal box.)
- **Crayons, broken**
- **Kids paint**
- **White paper**

Take a **large empty oatmeal container** and **tape a piece of white paper inside**. Now take a couple of **broken crayons** and **dip them in some kids paint**. They just need to have a little paint on them.

Put them **inside the container and then put the lid back on**. Now **let your toddler take the container and shake it, roll it on the floor, kick it or whatever** to move the **crayons around inside**. Then take the **lid off and see what the crayons and paint did** on the paper.

**Tips:** After you put the crayons in you can **roll the container back and forth to each other**.

You can do **one crayon at a time** to see how each color changes the painting, or do a few colors at once.

Source: [toddlertoddler.com](http://toddlertoddler.com)

