

## HOWELL COUNTY HEALTH DEPARTMENT

### JANUARY CALENDAR

WIC: 2, 3, 6, 7, 9, 10, 13,  
14, 15, 16, 17, 21, 22, 23,  
24, 27, 29, 30, 31

Willow Springs WIC: 8

Mountain View WIC: 28

Family Planning: 9, 15, 30

Immunizations: 7, 14, 21

Food Handlers: 6

Holiday's (closed): 1st-  
New Year's Day, 20th-  
Martin Luther King Jr Day

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### Clinic Hours:

Monday-Friday 8-12 & 1-5,  
closed for lunch 12-1

### Administration Hours

Monday-Friday 8-5

# Monthly Monitor

VOLUME 269

JANUARY 2024

## New Year's Resolutions & Staying Mindful from www.news.vt.edu

As they ring in 2025, many people will be thinking about how to reset goals and make lifestyle changes. Individuals often set challenging resolutions and then tend to lose motivation as time progresses. Instead of making a resolution, Virginia Tech behavioral psychologist [Samantha Harden](#) suggests a different approach in the new year.

"I recommend throwing out the adage of a New Year's resolution," says Harden, an associate professor and [Virginia Cooperative Extension](#) specialist in the [College of Agriculture and Life Sciences' Department of Human Nutrition, Foods, and Exercise](#). "Resolutions, as we think of them today, are designed to fail. They promote extreme change all at once versus lasting, meaningful adjustments."

If you want to set goals for the new year, Harden says it's important to self-reflect and be honest with yourself about what goals are realistic to achieve.

"The most important thing is to change your mindset about where you are, what's feasible, what's realistic, and what environmental support you need to get you there," she says.

To help keep these goals feasible and realistic, Harden recommends honing in on what aspect of your life needs

improvement most: mental health, hobbies, finances, social interac-



tions, spiritual well-being, or physical health? When you focus on that area of improvement, you can set short-term goals for something soon and long-term goals for something this time next year, and find the "why behind your why." "First, it's important to remember that it's nearly impossible to have all 'in balance' at the same time and over time," Harden says. "Second, the data and experiences suggest that just visualizing or sharing with others isn't going to get us to our intention. For me, I am a physical activity researcher who often can't prioritize my own physical well-being. Why? Because I'm afraid that if I'm not working around the clock, I'll lose my job, won't be able to pay my bills, and then I catastrophize my way out of mental well-being, hobbies, and social connection."

Harden says all of these aspects of life are interrelated and that the "why behind the why" can be something as simple as wanting to

age well, have a healthy heart, or be confident in your clothes and body. "Don't let someone else tell you your why is superficial or that it lacks virtue," she says.

Other strategies that individuals can take to incorporate health and well-being in the new year include setting personal goals, self-monitoring, accountability, shared problem solving, friendly competition, and working to improve interpersonal relationships by communication and receiving feedback from a coach, friend, Extension agent, smartwatch/device, or trusted other.

When it comes to establishing healthy habits, Harden says mindfulness is a powerful tool, but she stresses that it is important to remember that this is an ongoing practice, not a perfect practice.

"While mindfulness does take determination, it's one of reflection and connection, one that results in transformation through acceptance rather than fixation on the 'more or less' imperfections in one's life, body, or bank account," she says.

Don't forget, she says, that many people face setbacks at one point or another while working to achieve their goals.

"We have different seasons of life, so nurture them and get the healthy habits to fit within them rather than see them as additional," Harden says.

"We have to acknowledge and accept that there will be ebbs and flows when working toward goals. Remember, it's all about perspective, and that can keep you going day after day, month after month, year after year."



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*Goals used are usually focused on nutrition & physical activity.*

*CO is found in fumes produced by furnaces.*



## RSV and Adults from Debbie Anderson, LPN

We know about RSV for Babies, but did you know Adults can also get RSV, and certain groups should be vaccinated to prevent RSV?

### **RSV in Older Adults:**

RSV can be dangerous for certain adults. Each year, an estimated 100,000–160,000 adults ages 60 and older in the United States are hospitalized due to RSV. Adults at highest risk for severe RSV disease include: Adults ages 75 and older,

adults with chronic heart or lung disease, adults with weakened immune systems, adults with certain other underlying medical conditions, including some adults with diabetes or obesity.

When an adult gets RSV, they typically have mild cold-like symptoms, but some may develop pneumonia (an infection in the lungs). Adults who get very sick from RSV may need to be hospitalized. Severe RSV can be fatal for some adults. Adults 60 and older who

are at increased risk include those with certain chronic medical conditions, those who are elderly or frail, and those living in nursing homes.

**RSV vaccine for older adults:** CDC recommends an RSV vaccine if you are ages 75 or older or if you are ages 60–74 and are at increased risk for severe RSV. Please call 417-256-7078 and ask to speak to a nurse to see if you qualify to receive the RSV vaccine.

## New Year's Goal for WIC Participants from April Bridges, WIC Nutritionist

With the New Year approaching, everyone is thinking of their New Year's Resolution. It's great to set goals for yourself at any point in the year. At WIC, participants are encouraged to set a new goal at each

certification. The goals that we use, are usually focused on nutrition or physical activity, but the idea is the same for any aspect of life. Use the SMART method: Specific, Measurable, Attainable, Relevant, and Timely. Try breaking big goals into

smaller steps, adjust them as needed, and be sure to write them down in a place where you can see them daily. Also, be sure to recognize and celebrate when you reach each goal!

## Carbon Monoxide (CO) Poisoning from www.cdc.gov

When winter temperatures plummet and home heating systems run for hours the risk of carbon monoxide (CO) poisoning increases. Every year, at least 430 people die in the U.S. from accidental CO poisoning. Approximately 50,000 people in the U.S. visit the emergency department each year due to accidental CO poisoning. There are steps you can take to help protect

yourself and your household from CO poisoning. CO is found in fumes produced by furnaces, kerosene heaters, vehicles “warmed up” in garages, stoves, lanterns, and gas ranges, portable generators, or by burning charcoal and wood. CO from these sources can build up in enclosed or partially enclosed spaces. People and animals in these spac-

es can be poisoned and can die from breathing CO.

**How to Recognize CO Poisoning:** The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. People who are sleeping or who have been drinking alcohol can die from CO poisoning before ever having symptoms.



## Howell County Health Department

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**Public Health: Prevent. Promote. Protect.**

The mission of the Howell County Health Department is to improve, promote and protect the health of Howell County through awareness, assessment, planning and assurance in order that our community may achieve their fullest health potential.



**Public Health**  
Prevent. Promote. Protect.

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