



## Know Before You Go

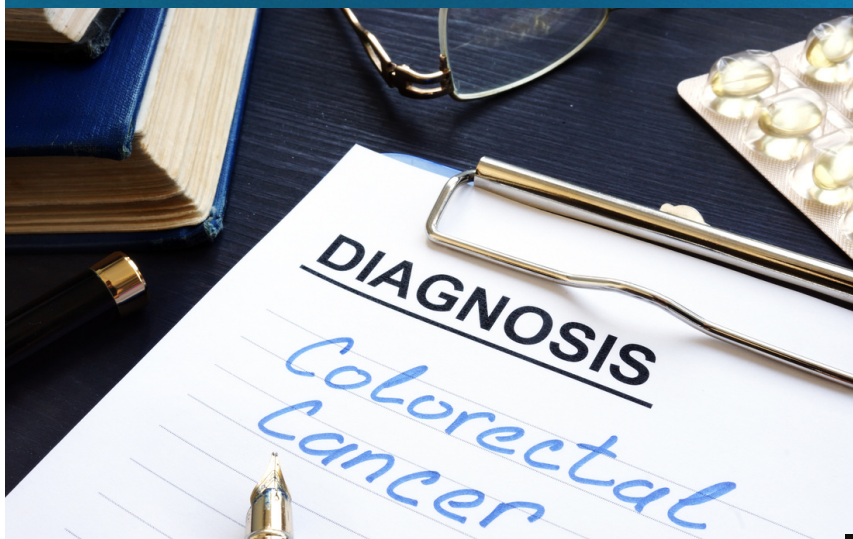
No matter where you travel for spring break, here are CDC's top tips to help you have a safer and healthier spring break.

- Check the travel requirements and recommendations for your spring break destination.
- [Stay up to date](#) with your COVID-19 vaccines as well as all routine vaccines.
- [Protect](#) yourself during travel.
- Plan for unexpected issues.



[Health kit packing checklist.](#)

## Colorectal Cancer Screening Saves Lives



[Español \(Spanish\)](#)

### What is Colorectal Cancer?

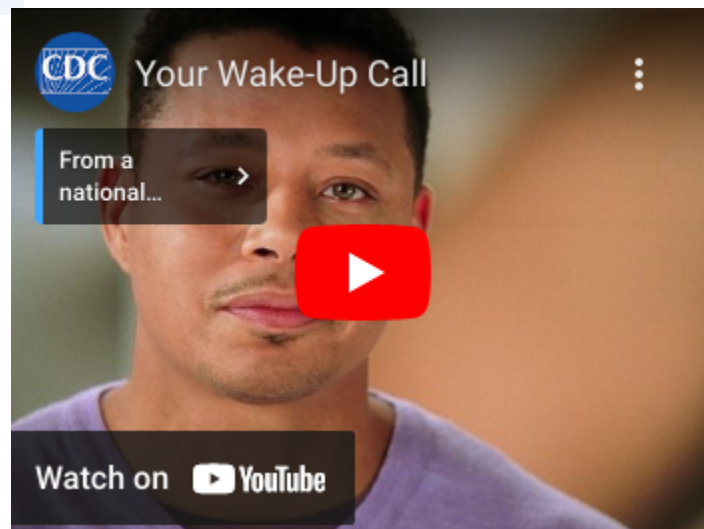
Cancer is a disease in which cells in the body grow out of control.

[Colorectal cancer](#) occurs in the colon or rectum. The colon is the large intestine or large bowel. The rectum is the passageway that connects the colon to the anus.

### Screening Saves Lives

### Know Your Risks

Colorectal cancer is the second leading cancer killer in the US among cancers that affect both men and women. But it doesn't have to be. Routine screening for colorectal cancer beginning at age 45 can save lives.



<https://youtu.be/Od6AUhdbnFs>

# Developmental Disability Awareness Month



March is Developmental Disabilities Awareness Month. [Developmental Disabilities](#) are a group of conditions due to an impairment in physical, learning, language, or behavior areas. About [one in six children](#) in the U.S. have one or more developmental disabilities or other developmental delays. This month we aim to highlight the importance of the inclusion of people with developmental disabilities in all areas of society.

[Central Counties Services](#) contracts with the Texas Department of Aging and Disability Services (DADS) to serve as the agency's local authority for the Bell County area. Services are available to persons [who meet the state's priority population](#).

**For more information about services provided by DADS, please call (254) 298-7000**

# #EndometriosisAwarenessMonth

**Endometriosis is classified as a chronic disease where tissue similar to the endometrium grows outside the uterus. This tissue then becomes trapped in the body causing pain, hormonal fluctuations, abnormal bleeding, inflammation, and scarring of the surrounding areas.**

## Symptoms:

- Abnormal and/or heavy period
- Bloating
- Constipation
- Diarrhea
- Excessively painful cramps in the abdomen and/or lower back
- Fatigue
- Infertility problems
- Nausea
- Pain during intercourse
- Painful bowel movements during periods
- Painful urination during periods
- Stabbing pains and/or dull aches in the pelvis



**Currently, there is no known cure for endometriosis, and treatment is usually for controlling symptoms.**

**Talk to your primary doctor or gynecologist if you are experiencing any of these symptoms!**



# National Poison Control Week

## March 19-25, 2023

### SWALLOWED POISONS:

**Medicines:** Do not give anything by mouth until you call the Poison Center.

**Non medicines:** If patient is conscious and can swallow, give a small amount of milk or water, then call the Poison Center at 1-800-222-1222.

### INHALED POISON:

Immediately get the person to fresh air. Avoid breathing fumes.

### POISON ON THE SKIN:

Remove contaminated clothing and flood skin with water for 10 minutes.

### POISON IN THE EYE:

Rinse eyes with lukewarm water for 15-20 minutes.

### INSECT BITES:

Remove stinger when applicable. Call the Poison Center 1-800-222-1222. If patient develops breathing problems, or rash, call 911.

### VENOMOUS SNAKE BITES:

Remove any jewelry. Do not cut and try to extract the venom. Do not use ice or a tourniquet. Do not try to capture the snake. Call the Poison Center at 1-800-222-1222 for instructions then go to the nearest hospital.

### What should I do if I think someone has been poisoned?

If you think someone has been poisoned or have a question about a poison, you should contact the Texas Poison Center Network at **1-800-222-1222** for immediate assistance. If the person is unconscious, having difficulty breathing or having a seizure, you should dial **9-1-1**.



## HEALTHY GREEN SMOOTHIE RECIPE

**Prep Time:** 5 mins

**Total Time:** 5 min **Servings:** 2

**Category:** Breakfast

**Method:** Blender

**Diet:** Gluten Free

### Ingredients:

- 2 bananas, frozen
- 1 green apple, core removed
- 2 cups water or milk (non-dairy if wanted)
- 1 cup plain Greek yogurt
- 2 handfuls spinach (about 1-2 cups)
- 1 teaspoon vanilla extract
- Honey to taste (optional)

### Instructions:

1. In a blender, add all ingredients. Blend until smooth, adding more water if you want a thinner smoothie.
2. Adjust sweetness with additional honey, if desired.

### Nutrition (1 smoothie):

- Calories: 337
- Sugar: 37.2g
- Sodium: 85.7mg
- Carbohydrates: 54g
- Fiber: 6.1g
- Protein: 15.4g

St. Patrick's Day





### Celebrating with WIC staff

In celebration of National Nutrition Month, each year, WIC staff share tips for healthy eating and come together for an activity. This year, WIC staff will receive tips to support the [Fuel for the Future](#) theme and come together at their sites for a potluck. Check out pictures from last year's staff potluck.



# NATIONAL NUTRITION MONTH



### Celebrating with the Community

We have created cooking classes featuring healthy recipes prepared by local chefs as well as a look behind the scenes at their restaurant kitchens. We have featured Fajita Kings, Pignetti's, and more. This month we are spotlighting our newest video featuring WIC Dietitian Annamarie and her mother. They prepare a beloved family recipe for chalupas, but with one unusual ingredient that you must try! Watch the video to find out:

<https://youtu.be/veL5xMJCau0>

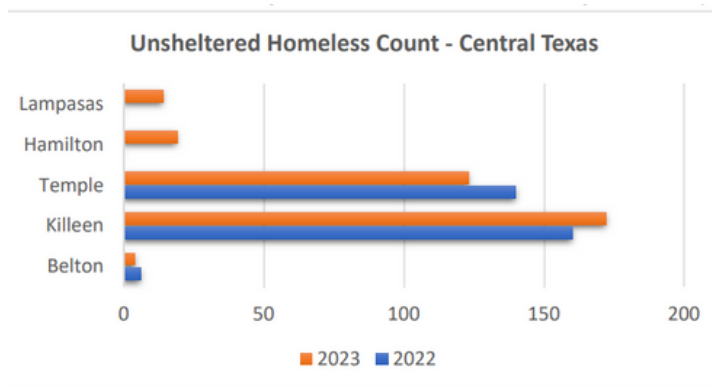
WIC often provides participants with items that are health or nutrition related to reinforce the health messages they receive from the program.

In honor of National Nutrition Month, we are going to provide families with plates that are printed with the USDA's MyPlate design.



# 2023 PIT Count

**This year's Point in Time County (PIT) Count had over 100 volunteers from the region to help count the unsheltered, and that is a significant feat when you realize that the event is volunteer-based. Did you know: The PIT count is also the main data source for measuring progress on the goals of Opening Doors, the federal strategic plan to prevent and end homelessness? Bobby Ehrig, Central Texas Homeless Coalition Coordinator, shared a recent public statement regarding the event:**



	2022	2023
Belton	6	4
Killeen	160	175
Temple	140	123
Hamilton	NC	19
Lampasas	NC	14

*"I want to emphasize that the count only includes the unsheltered and is not official until Texas Homeless Network (THN) publishes all the data in the coming months. We understand that there are shelter and housing programs that are both reporting directly to THN and those which are not eligible because of the guidelines on who can and the data that HUD allows us to report. Our hope is that we can evaluate those missing points of service and find a way to count them in 2023-2024. We want to ensure we can represent the capacity, effort, and need in our communities accurately with the hopes that additional funding opportunities will become available to help each of the organizations supporting our homeless and vulnerable populations in the coming years. We encourage you to become a part of the conversation and attend our monthly meetings, if you are not already doing so, and get involved in some of the efforts we are working on in the region to help develop more effective systems that we can all use to help those in need. All you are asked to do is email [centexhomelesscoalition@gmail.com](mailto:centexhomelesscoalition@gmail.com) to be put on the recurring calendar invite and email distribution."*



# SUPER PUBLIC HEALTH HEREOS

## MARCH 2023



**Hello! I am Amber Oltmann, Interim WIC Director for Bell County Public Health District.**

**WIC is an amazing program. I am privileged to work with amazing people every day who truly care about our community and our mission.**

**My contribution to impacting the community is helping improve the health of pregnant and post-partum women and infants up to age 5 by providing supplemental foods, education, support, and resources.**



**Amber Oltmann, Interim WIC Director  
Bell County Public Health District**

## WIC Calendar

### **March 1st: International Board-Certified Lactation Consultant Day**

WIC offers lactation services for all eligible WIC participants at no cost.

- Laurel Gebhart, IBCLC
- Nicole Koenen, IBCLC

### **March 8th: Registered Dietitian Nutritionist Day**

WIC offers registered dietitian counseling for all eligible WIC participants at no cost.

- Amber Oltmann, RD, LD
- Megan Riggs is a BCPHD WIC dietetic intern on track to become an RD by the end of the year
- Lindsey Herring is RD exam-eligible and will be taking her exam in the coming weeks
- Samantha Hernandez is currently completing her dietetic internship with Texas Tech University

# Community Calendar

**March 4th** - Copperas Cove WIC clinic will be at the **Copperas Cove HEB** to spread the word about WIC services.

**March 4th** – WIC Outreach Coordinator will be on-site at the **7th Annual Spring Stand Down** at the Killeen Civic Center.

**March 4th** - CASA St. Patrick's Day 5K & Shenanigans Fun Run

**March 11th** - WIC Military Outreach Coordinator will attend the **Baby Expo** on Fort Hood.

**March 11th** – WIC Outreach Coordinator will join **Scott & White** for their **Baby Shower** at the Moss Ross Community Center in Killeen.

**March 18th** – **Touch-A-Truck** event at the Bell County Expo Center.

**March 23rd**-STARRY F.I.T. (Fathers in Training) Camp - 6-week series



## 7th Annual Spring Stand Down & Homeless Community Triage

**WHAT:** Stand Down & Triage for **ALL HOMELESS** to get support, food, and services  
**WHEN:** 04 March 2023 09:00 – 15:00  
**WHERE:** Killeen Civic & Conference Center, 3601 S W S Young Dr, Killeen, TX 76542  
**PROCESS:** Event will provide all homeless a hot meal, haircut, medical screenings, new clothing & shoes, along with various other resources will be available for all participants.



**Event Sponsored/Collaborated by:**  
 City of Copperas Cove  
 Bell County  
 City of Killeen  
 Central Texas Homeless Coalition

**DIRECTOR:** JOANN COURTLAND (254-681-8522)  
**SECRETARY:** KATHY GRIFFET (254-526-7935)  
**COMMUNITY INVOLVEMENT:** TRUDY BOLTON (254-681-8715)  
**VOLUNTEER COORDINATOR:** PATRICK BROWNING (254-577-1424)

**O.S.D.C.T.**  
 P.O. Box 887  
 Copperas Cove, TX 76522  
[www.osdct.org](http://www.osdct.org)  
(OSDCT is a IRS registered Non Profit, 501(c)(3) entity/  
 TAX ID 47-3306500)

**Please Contact:** 254-681-8522  
**EMAIL:** [operationstanddowncentraltexas@gmail.com](mailto:operationstanddowncentraltexas@gmail.com)

**Like Us On FACEBOOK!**

## Save the Date

### HEALTH & WELLNESS FAIR

AT TEXAS A&M UNIVERSITY-CENTRAL TEXAS

**WEDNESDAY, MARCH 29TH**  
**11AM - 1PM**



**WARRIORWELLNESS**  
 TEXAS A&M UNIVERSITY • CENTRAL TEXAS



## Resource Fair

**DON'T MISS THE OPPORTUNITY TO GET INVOLVED!**

Join us for a gathering of great programs and services offered in Bell County. 60+ Free spaces available.

**March 7, 2023 (Tuesday)**  
 Long Branch Park - Killeen, Tx  
 Pavillion #2 (Skate Park Area)  
 4:30pm - 6:30pm  
 Setup (3pm - 4pm)

We only ask that you offer arts/crafts, game booths, small promotional items, snacks, candy, treats or drinks to families as you promote your organization. We are also asking that all organizations supply the water station with 1 case of water so that we can keep families hydrated. Absolutely no selling of items allowed. Let's make this event a time of giving.

Contact Nancy Rodriguez at [nrodriguez@cis-tx.org](mailto:nrodriguez@cis-tx.org)



**JOIN OUR TEAM!**

**Communities In Schools®**  
 Greater Central Texas



## TOUCH-A-TRUCK

**Free Admission**

**Saturday 18 MAR**  
 11 A.M. - 2 P.M.

**BELL COUNTY EXPO CENTER**  
 301 W Loop 121, Belton, TX 76513

**FOOD • GIVEAWAYS • VACCINATIONS • VENDORS**

[www.bellcountyhealth.org](http://www.bellcountyhealth.org)



## GARDENING AT HOME SERIES

Starting March 27th!

Participants will receive a link to 6 online lessons and a supply box of materials.

Open to the first 30 (Bell County, TX residents) who register by Feb. 28th.

Scan the QR code below or email Sheryl Austin at [slaustin@pvamu.edu](mailto:slaustin@pvamu.edu)



**Lessons:**

- Plant a Plant Person
- Test Out Hydroponics
- Recycle, Garden, Repeat
- Grow Your Own Herb Garden
- Build Your Own Bird Feeder
- Get Into Greenhouse Gardening

**For more information:**

Sheryl Austin  
 (254) 933-5305,  
[slaustin@pvamu.edu](mailto:slaustin@pvamu.edu)

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## **Bell County Public Health District**

**PROMOTE • PREVENT • PROTECT**

### **Health District Locations**

#### **BCPH Admin Office**

**201 N 8th St. Temple TX 76501**

**Monday- Thursday 7:00am - 5:30pm**

**Phone: 254-773-4457**

#### **Immunizations Office**

**1605 North Main Street Belton TX 76513**

**Monday- Thursday 7:00am - 4:30pm**

**Friday 7:00am - 11:00am**

**Phone: 254-939-2091**

#### **Environmental Health Office**

**2905 West Adams Temple, TX 76504**

**Monday-Thursday 8:00am-5:00pm**

**Friday 8:00am - 11:30pm**

**Phone:**

**254-778-7551 (OSSF)**

**254-771-2106 (Retail Food)**

#### **Temple Clinic**

**820 North 31st Street Temple, TX 76504**

**Monday- Thursday 7:00am - 4:30pm**

**Friday 7:00am - 11:00am**

**Phone: 254-778-4766**

#### **Killeen Clinic**

**309 North 2nd St Killeen, TX 76541**

**Monday- Thursday 7:00am - 4:30pm**

**Friday 7:00am - 11:00am**

**Phone: 254-526-8371**





**Bell County Public Health District**  
PROMOTE • PREVENT • PROTECT

**Temple WIC**

**201 N 8th St. Temple TX 76501**

**Monday- Thursday 7:00am – 5:30pm**

**Phone: 254-778-1511**

**Killeen WIC**

**116 E Avenue D, Killeen, TX 76551**

**Monday- Thursday 7:00am – 5:30pm**

**Phone: 254-526-2033**

**Fort Hood WIC**

**36000 Darnall Loop (2nd FL) Fort Hood, TX 76544**

**Monday- Thursday 7:00am – 4:30pm**

**Friday 8:00am – 12:00pm**

**Phone: 254-532-8680**

**Copperas Cove WIC**

**213 W Avenue D, Copperas Cove, TX 76522**

**Monday- Thursday 7:00am – 4:30pm**

**Phone: 254-547-9571**