



NEWS

Pike County Health Department Home Health & Hospice - MAY 2017

Recipe: *Lemon & Herb Chicken*

Ingredients
25 minute, easy 4 serving recipe

Chicken:
2 tablespoons extra-virgin olive oil
4 boneless skinless chicken breast halves
Kosher salt and freshly ground black pepper

Lemon Herb Sauce:
1 clove garlic, peeled
1/4 teaspoon salt
1/2 cup chopped fresh parsley leaves
1/3 cup chopped fresh mint leaves
1 1/2 teaspoons freshly ground black pepper
1 lemon, zested and juiced
1/3 cup extra-virgin olive oil

(cut me out)



the Health Department



(cut me out)

May ice cream social

Join us at our next ice cream social!
Future dates are posted on our calendar of events:
www.pikecountyhealth.org/calendar

Monday, May 15th
1:00pm Maple Grove Lodge, Louisiana
2:00pm Lynn's Heritage House, Louisiana

Tuesday, May 16th
1:30pm Moore-Pike Nursing Home, Bowling Green
2:15pm Bowling Green Residential, Bowling Green
3:30pm Country View Nursing Facility, Bowling Green

Wednesday, May 17th
12:15pm Gamma Road Lodge, Wellsville
2:00pm Tri-County Nursing Home, Vandalia
3:00pm Country Side Manor, Vandalia

Thursday, May 18th
3:00pm Bowling Green Housing Authority, Bowling Green

MAY IS MENTAL HEALTH AWARENESS Month

>> Take Care of Your Stress

What are we doing to bring awareness to Mental Health?

Here at Pike County Health Department, Home Health & Hospice we are dedicated to the health of our community, not only physical but, you guessed it, mental health.

Behavioral Health Services:
Recently we received a grant to begin providing mental & behavioral health services, and we have been full steam ahead ever since. Our social workers help residents who are uninsured, underinsured, or underserved. Those of all ages who are struggling with substance use problems or emotional concerns can contact our agency for more information. [facebook@pcbhs](https://www.facebook.com/pcbhs)

Healthy Minds, Healthy Lives of Pike County:
We are also active members in the "Healthy Minds, Healthy Lives of Pike County" Coalition; a partnership of different organizations helping the people of Pike County to recognize the importance of mental health, increase their knowledge and ability to seek help and lead high quality, meaningful lives.
[facebook@healthymindshealthylivesofpikecounty](https://www.facebook.com/healthymindshealthylivesofpikecounty)

Mental Health Awareness Support Group:
On the first Tuesday of each month at 6:00pm our Social Worker Carrie Wells leads this group. It is open to the public and free of charge.
>> "Often times individuals just need to know that they are not alone, that there are others who are experiencing the same difficulties and facing the same obstacles. This group allows individuals to connect with others to gain the support and encouragement that is needed to promote positive mental health awareness"
- Carrie Wells, LMSW, CRADC, Behavioral Health & Substance Abuse Social Worker

Find out more about these programs call our office 573-324-2111 or visit our website www.pikecountyhealth.org.

WINNING WAYS TO WELLBEING

- GIVE**
YOUR TIME
YOUR WORDS
YOUR PRESENCE
- BE ACTIVE**
DO WHAT YOU CAN
ENJOY WHAT YOU DO
MOVE YOUR MOOD
- KEEP LEARNING**
EXPERIENCE NEW EXPERIENCES.
SEE OPPORTUNITIES
SURPRISE YOURSELF
- CONNECT**
TALK AND LISTEN
BE THERE
FEEL CONNECTED
- TAKE NOTICE**
REMEMBER THE SIMPLE THINGS
THAT GIVE YOU JOY

MAY EMPLOYEE & EVENT SPOTLIGHT

Happy Birthday!
May 3rd
Jennifer Schumacher
Administrative Assistant & Event Coordinator

OFFICE CLOSED
Monday, May 8th
Truman's Birthday

OFFICE CLOSED
Monday, May 29th
Memorial Day

Testimonial Time

"Not only do I have the pleasure to work at PCHD, I have also had the unfortunate opportunity to use the hospice program. I do not think I would have been able to get through that time without them. I appreciate everything they did for me and my family." - Delilah Chatman

How are we doing?
Send us your testimony on your experience with our services!
1 Healthcare Place, Bowling Green, MO 63334 - admin@pikecountyhealth.org

May is Mental Health Awareness Month! Each year millions of Americans face the reality of living with a mental health condition. 1 in 5 Americans will be affected by a mental health condition in their lifetime and every American is affected or impacted through their friends and family. Take action today to help others as we fight stigma, provide support, educate the public and advocate for equal care.

Throughout May, participants across the country are raising awareness for the importance of mental health. Each year we fight stigma, provide support, educate the public and advocate for equal care. Each year, the movement grows stronger.

National Nurses Day is May 6th!

We would like to thank all of our nurses who work hard to keep our patients happy!

Meet your nurses at Pike County Health Department, Home Health & Hospice

In 1969, 21 years after the grand opening of our Public Health Department; Pike County Home Health Services were officially offered to our community. In 1993 Pike County Hospice was born, and since then we have been proudly providing these services to the community and caring for you, *our neighbors* ever since.

We are here for all your Public Health, Home Health, and Hospice needs...providing a lifetime of care to you and your family.

To learn more about our services, please visit our website www.pikecountyhealth.org, and follow us on FACEBOOK@BGPCHD

HOME HEALTH & HOSPICE



Amy Beckler, RN
Hospice Coordinator



Jessica Cunningham
LPN



Susan DeCamp
RN



Danielle Prots
LPN



Hillary Hakonwerth
RN



Lacie Knipfel
LPN



Carolyn Orf, RN
Home Health
Coordinator



Wanda Patton
RN



Jeannie Stuckey, LPN
Home Health
Team Leader



Diana Williams
LPN



Kimberly Yoder
RN

PUBLIC HEALTH



Rhonda Stumbaugh,
RN
Community Health
Coordinator &
Director of Nursing



Robyn Orf, RN
Maternal & Child Health
& Public Health Nurse



Kim Gamm, RN
Maternal & Child Health
& Chronic Disease
Coordinator



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Home Health & Hospice

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www.pikecountyhealth.org
[facebook@bgpchd](https://www.facebook.com/bgpchd)

CELEBRATING OUR HOSPICE VOLUNTEERS



In April we had the opportunity to honor Hazel Worrell with her 21 year anniversary of being a Pike County Hospice Volunteer! She is pictured above with our Administrator, Chris Deeken.

We also had the opportunity to host a Volunteer Appreciation dinner for all of our volunteers to come enjoy dinner and gifts from our administration. We are truly grateful for our hospice volunteers and all they do to help our hospice patients, and their families, in their time of need.

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Recipe:

Lemon & Herb Chicken

For the Chicken: Preheat an oven to 450 degrees F. Heat a large oven proof skillet over medium-high heat. Add the olive oil and swirl to coat the skillet. Season the chicken breast with salt and pepper on the smooth side of each breast. Place in the skillet seasoned side down and cook without disturbing until brown and crisp, about 3 to 4 minutes. Season the top side of the chicken and flip. Cook 1 minute over the burner; then transfer the skillet to the oven until chicken registers 165 degrees F on an instant-read thermometer, about 6 to 8 minutes more. Place on a cutting board and let rest for 5 minutes before slicing.

For the sauce: smash the garlic clove, sprinkle with the salt, and with the side of a large knife, mash and smear the mixture to a coarse paste. Transfer to a blender with the parsley, mint, pepper, lemon zest, and juice. Pulse until coarsely chopped and then slowly drizzle in the olive oil. Pour into a small bowl and adjust seasoning. Deglaze pan with the sauce, if desired, and serve with the chicken.

Eating Healthily with the Health Department



Eating Healthily with the Health Department

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WEIGHT LOSS CHALLENGE

As a part of our public health week celebration, we are hosting a public weight loss challenge. We have nearly 60 residents who signed up to be a part of this challenge! Each week, the biggest loser wins a small prize, and at the end of the challenge (June) the winner will receive all of the entry funds, which is over \$800!

We are excited to be hosting this, to help our community work towards healthier lifestyles. This challenge is also to help with accountability, we are motivating each other to keep up the hard work and stay active. A private facebook page was created to help with this, and all of the registered challengers play their part.

So far Pike County has lost over 134 pounds in the first week of our challenge! Keep up the great work! Stay tuned for more!



The Home Care & Hospice Foundation of Pike County's annual nursing scholarship has come to a close. One lucky nursing student will be awarded our \$1,500.00 scholarship.

Each year applications are turned in, and a committee from the foundation board examines and judges each one.

The winner for the 2017 Nursing Scholarship will be announced in next month's newsletter, on our social media pages, website, and in the local news papers. Stay tuned! ...

NURSE APPRECIATION SPOTLIGHT

Pike County Health Department, Home Health & Hospice

WALK-IN CLINIC

Alyssa Crigger, LPN

Walk-In Clinic Nurse & Supply Manager



Pike County Health Department
Home Health & Hospice

1 Healthcare Place
Bowling Green, MO 63334
573-324-2111

www.pikecountyhealth.org
[facebook@bgpchd](https://www.facebook.com/bgpchd)



Meet Alyssa Crigger, LPN. Alyssa has been dedicated to serving our area residents through our walk-in clinic since its opening in January 2015. Alyssa is a wonderful asset to our agency; she works hard, is very skilled and knowledgeable about what she does, and is extremely friendly and polite to all she meets.

We are lucky to have such a caring person as herself on our staff.

“I love that our agency is able to provide these walk-in services, and I enjoy meeting the amazing people that help make up our great community.” - Alyssa Crigger, LPN

Alyssa is eager to serve her community residents, if you have any questions about the services we can offer you at our clinic, please call our office, Alyssa is always more than willing to answer any questions you may have. 573-324-2111

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Agency Service Fees

Public Health

Health & Safety Education Programs	Free
Support Groups <i>(listed on back)</i>	Free
Mental & Behavioral Health Services <i>(uninsured and under insured)</i>	Free
STD testing <i>(includes HIV, Syphilis, & Hep C.)</i>	Free
WIC food and nutrition service <i>(includes breastfeeding peer counselor)</i>	Free
Environmental air quality check for day cares	Free
Environmental inspections	Free
Food service permit <i>(annual)</i>	\$100.00
Temporary food stand permit <i>(1-3 days)</i>	\$10.00
Temporary food stand permit <i>(4-14 days)</i>	\$25.00
Seasonal farmers market permit	\$25.00
Sewage permit	\$90.00
Birth Certificate <i>(1981 to present)</i>	\$15.00
Death Certificate <i>(Back to 1981 - first/additional)</i>	\$13.00/\$10.00

Did you know we give free informational presentations on any of our services? Call to find out more!

Immunizations *Prices subject to change per market value

Adacel <i>(T-dap)</i>	\$45.00
Hepatitis A <i>(per dose/2)</i>	\$57.00
Hepatitis B <i>(per dose/3)</i>	\$45.00
Hepatitis B <i>(pediatric dose)</i>	\$20.00
Influenza	\$20.00
Pneumovax <i>(PPSV23)</i>	\$75.00
ProQuad	\$175.00/dose
Meningitis	\$105.00
MMR <i>(private pay)</i>	\$65.00
Prenar 13 <i>(PVC 13)</i>	\$180.00
Kinrix	\$50.00
Required childhood immunizations <i>(within VFC guidelines)</i>	Free
Adult immunizations <i>(uninsured and under-insured)</i>	Free

Did you know we can bring the flu shot to your local business? Call to find out more!

Walk-In Clinic Services

Blood pressure screening	FREE
Fill medi-set and/or insulin syringes <i>(doctors order required)</i>	FREE
Lead screening <i>(non-Medicaid)</i>	\$10.00
Pregnancy test	\$5.00
Lab draw/coag check <i>(doctor's order required)</i>	\$5.00
Injections <i>(doctor's order required)</i>	\$2.00
Suture/staple removal kit	\$5.00
PKU screening	\$85.00
Public health home visit	\$10.00 + cost of supplies
Walk-In's requiring medical supplies <i>(patient will be billed cost of supplies)</i>	
Blood sugar screening	\$1.00
Cholesterol/Lipid profile w/ glucose	\$20.00
Hemoglobin A1C	\$20.00
TB screening	\$10.00

Classes *all classes require a scheduled appointment

Car seat class <i>(includes car seat)</i>	\$15.00
Safe sitter class <i>(6.5 hour, 1 day course for 11-13 year olds)</i>	\$35.00
First Aid class	\$35.00
CPR class	\$35.00
CPR/First Aid class <i>(during weekdays & normal business hours)</i>	\$60.00
CPR/First Aid class <i>(on Saturdays)</i>	\$70.00
CPR skills check-off	\$25.00
CPR friends and family	\$15.00
Baby Basics	FREE
Farm Safety for Just Kids	FREE

EOE - Services provided on a non-discriminatory basis (V4.16)

Walk-In Clinic Hours:

Monday - Friday 8:00 AM - Noon & 1:00 PM - 4:00 PM

WALK-IN CLINIC HOURS

Monday - Friday
8:00 AM - 12:00 PM
1:00 PM - 4:00 PM

Walk-In Clinic Services offered:

Without a required physician's order:

- TB Screening
- Blood pressure checks
- Blood sugar checks
- Hemoglobin A1c test
- Lipid profile (must be fasting)
- CDC recommended immunizations
- STD Testing (includes Gonorrhea, Syphilis, Chlamydia & HIV through state public health lab. Hep C Testing through Hep C alliance.)

*certain testing requirements must be met

With a physician's order:

- Injection administration
- Lab work per venipuncture or finger stick
- Dressing changes/wound care
- Filling of Medisets/and or insulin syringes

RN services also available with a physician's order:

- Peripheral/PICC line/Central line dressing change and/or flush Port-a-Cath accessing, flushing CCC, and/or dressing change



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