August
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, August 17th
1:00pm Maple Grove Lodge, Louisiana
2:00pm Lynn’s Heritage House, Louisiana

Tuesday, August 18th
1:30pm Moore-Pike Nursing Home, Bowling Green
2:15pm Bowling Green Residential, Bowling Green
3:30pm Country View Nursing Facility, Bowling Green

Wednesday, August 19th
12:00pm Gamma Road Lodge, Wellsville
2:00pm Tri-County Nursing Home, Vandalia
3:00pm Country Side Manor, Vandalia

Thursday, August 20th
3:00pm Bowling Green Housing Authority, Bowling Green

Testimonial Time

Would like to thank you for the great quality care you provided for our son Andrew, it made our job easier having you come to our home and meet all his nursing and therapy needs. Your staff has been very happy and helpful and it meant a lot to us. Thank you, thank you!!! – R.W.

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

Zucchini Boats

Ingredients
- salt and pepper
- 2 small zucchini
- 1 garlic clove
- 2 strips bacon
- 3 medium zucchini

Won’t even notice all those vegetables inside. It looks so good that your kids will love it at first sight – they packed with vitamins, this recipe is both healthy and tasty.

PCHD DIABETES EDUCATION PROGRAM MERITS ADA RECOGNITION

The Pike County Diabetes Counseling Program, part of Pike County Health Department, Home Health & Hospice, has been awarded continued Recognition from the American Diabetes Association. The program was originally Recognized in October of 2009. This program offers high-quality diabetes self-management education services to the patients it serves.

The ADA Education Recognition effort, began in the fall of 1986, is a voluntary process which assures that approved education programs have met the National Standards for Diabetes Self-Management Education Programs. Programs that achieve Recognition status have a staff of knowledgeable health professionals who can provide state-of-the-art information about diabetes management for participants.

Self-management education is an essential component of diabetes treatment. One consequence of compliance with the National Standards is the greater consistency in the quality and quantity of education offered to people with diabetes. The participant in an ADA Recognized program will be taught, as needed, self-care skills that will promote better management of his or her diabetes treatment regimen.

All approved education programs cover the following topics as needed: diabetes disease process; nutritional management; physical activity; medications; monitoring; preventing, detecting, and treating acute complications; preventing, detecting, and treating chronic complications through risk reduction; goal setting and problem solving; psychological adjustment; and preconception care, management during pregnancy, and gestational management.

Assuring high-quality education for patient self-care is one of the primary goals of the Education Recognition Program. Through the support of the health care team and increased knowledge and awareness of diabetes, the patient can assume a major part of the responsibility for his/her diabetes management. Unnecessary hospital admissions and some of the acute and chronic complications of diabetes may be prevented through self-management education.

“The process gives professionals a national standard by which to measure the quality of the services they provide”, commented Kim Gamm RN BSN, Certified Diabetes Educator and Program Coordinator. “And, of course, it reassures participants that they are receiving high-quality education and the necessary skills to assist them with the self-management of their diabetes.”

For more information, contact Pike County Health Department Home Health & Hospice at 573-324-2111.

Meet Kim Gamm our Chronic Disease Coordinator

"For those who are new to diabetes, or for those who have been living with it for longer, I am here to help educate and support you with any lifestyle changes, diet and exercise plans, providing resources for diabetes management, and to ultimately help you achieve your health goals." – Kim Gamm, Maternal & Child Health/Chronic Disease Coordinator
National Immunization Awareness Month
For Their Sake. For Your Sake. Vaccinate.

National Immunization Awareness Month (NIAM) is an annual ob-
servance held in August to highlight the importance of vaccinations
for people of all ages and celebrate the benefits of vaccinations and
the role they play in preventing serious, sometimes deadly diseases.
Immunizations represent one of the greatest public health accomplish-
ments of the 20th century.

Vaccines are safe and effective. Vaccine-preventable diseases are at
an all-time low thanks to more people being vaccinated, saving lives
and millions of dollars in health care costs, but this doesn’t mean the
diseases have disappeared. Many viruses and bacteria are still circu-
lying. This is why it is important for everyone, of all ages, to receive all
of the recommended immunizations on time.

Missouri’s immunization program is working to stop the spread of
vaccine-preventable diseases by providing vaccines to children and
adolescents who cannot pay for them through the Vaccines for Chil-
dren (VFC) Program; educating health care professionals, medical
providers and the public on the importance of vaccinations; and
ensuring that children who are in child care and school are adequately
immunized against diseases that are harmful and sometimes deadly.

Top 10 Reasons to Immunize:

1. Immunizations can save lives – they provide you and
your family protection against more vaccine-preventable
diseases than ever before. Some vaccine-preventable diseases
that once injured or killed thousands have been eliminated and
others are close to being eliminated. Polio was once the most
fearful disease, causing death and paralysis, but today, thanks
to immunizations, there are no reports of polio in the United
States.

2. Immunizations protect you and your children from seri-
ous diseases – immunizations help the body fight off dis-
eases such as Hepatitis B, Diphtheria, Tetanus, Pertussis, Po-
lio, Haemophilus Influenzae type b, Measles, Mumps, Rubella,
Varicella, Meningococcal, Pneumococcal, Influenza, Hepatitis
A, Rotavirus and Human Papillomavirus (HPV). New vaccines are
available for adults against common illnesses such as Per-
tussis and Shingles.

3. Immunizations are safe and effective – immuniza-
tions are only given to children and adults after a long and
careful review by scientists, doctors and health care profes-
sionals. The most comprehensive scientific studies and reviews
have found no link between vaccines and Autism. The Amer-
ican Academy of Pediatrics, the Institute of Medicine, the Na-
National Institute of Health, the Centers for Disease Control and
Prevention and other federal agencies also agree that vaccines
are not responsible for the number of children now recognized
to have Autism.

4. Immunizations are required for school and child
attendence – for child care enrollment children must be
immunized against Diphtheria, Tetanus, Pertussis, Pneumonia,
Polio, Hepatitis B, Haemophilus Influenzae type b, Measles,
Mumps, Rubella and Varicella. Kindergarten through twelfth
grade attendance requires the Diphtheria, Tetanus, Pertussis,
Polio, Hepatitis B, Measles, Mumps, Rubella and Varicella
vaccines. The Pertussis vaccine is required for adolescents
entering eighth grade.

5. Immunizations can save time and money – a child
with a vaccine-preventable disease can be kept out of school
or child care for long periods of time. A prolonged illness can
take a financial toll because of lost time at work, medical bills,
or long-term disability care. In comparison, vaccination against
these diseases is a good investment and is usually covered
by insurance. Missouri’s VFC Program is federally funded and
provides immunizations to children and adolescents, at no cost,
who might not otherwise be immunized because of inability to pay.

6. It is easy to get immunizations – if you have a doctor
for an appointment. You can also contact your local public
health agency to schedule an appointment.

7. Immunizations protect others you care about – seri-
ous vaccine-preventable diseases still occur. Unfortunately,
some babies are too young to be completely immunized, and
some people may not be able to receive immunizations due to
allergies, illness, weakened immune systems, or other reasons.
To help keep these individuals safe, it is important that you
and everyone else in your family be immunized. This not only
protects your family, it also helps prevent the spread of these
diseases to your friends and loved ones.

8. Immunizations protect future generations – immuni-
izations have reduced and eliminated many diseases that killed
or severely disabled people just a few generations ago. For
example, the smallpox vaccination helped eradicate the dis-
ease worldwide. Today children and adults do not have to get a
smallpox vaccination routinely because the disease no longer
exists.

9. Immunizations only hurt for a few seconds yet give
your child the best protection from these diseases – tell
your child the truth – it will be a quick sting but will help them
stay healthier for a long time. Immunizations will involve some
discomfort and may cause pain, redness or tenderness at the
injection site, but this is minimal compared to the pain, discom-
fort and trauma of the diseases these vaccine prevent.

10. The best reason – you love your children and want
to protect them. Hugs, kisses, and story times are gifts of love.
Giving your children the gift of protection from disease is anoth-
er. Take them for all their immunizations.

The Pike County Health
Department offers all of the
above required immunizations
through the VFC program,
private insurance, and other
resources.

We are happy to check your child’s immunization record and
advise you if any immunizations are needed. The school year is
fast approaching so now is a good time to get them immunized
before the rush.

Call the Health Department at
573-324-2111 for an appointment or
to check your child’s record.
Yes, I would like to donate to the Home Care & Hospice Foundation of Pike County!

I would like my donation to be made in memory of:

My Information:
Name: ____________________________________________
Address: _________________________________________
Email: ___________________________________________

Payment Information: I have enclosed a check payable to PCHD in the amount of $_________________________

Monthly Newsletter: Please send me the PCHD NEWS via ___ Direct Mail ___ E-Mail

Yes, please send a formal acknowledgment card expressing the donation made in memory of their loved one to:
Name: __________________________________________
Address: _________________________________________

A letter of appreciation will be sent to all those who generously donate to our charitable organization.

The Home Care & Hospice Foundation was created to meet, as necessary, the gap between the agency's income and costs, staff education, and training, equipment purchases and maintenance, facility improvements and fundraising costs, with an overall objective to provide high quality healthcare to every area citizen regardless of ability to pay. The Foundation Board is made up of area citizens and staff, who study needs and opportunities, plan fundraising, and set goals and time tables for implementation of activities.

Struggling with grief after losing a loved one?
You are not alone.

"Grief, I’ve learned, is really just love. It's all the love you want to give but cannot. All of that unspent love gathers up in the corners of your eyes, the lump in your throat, and in that hollow part of your chest. Grief is just love with no place to go."

If you or someone you know is struggling with the loss of a loved one, and are interested in seeking support, please join us. We are here for you, and you are not alone.

Our Bereavement Support Group meets the first Monday of every month at 6:00 p.m. in our Community Conference Room (side entrance). The group is facilitated by our Hospice Chaplain. This group is free of charge and open to the public.

We aim to assist people, without charge, in learning to live with this “new normal” by:

- Providing a safe space in which to explore grief in whatever ways that works best for the person.
- Reducing the isolation of bereaved people by facilitating connections with other bereaved people.
- Normalizing the grief experience.
- Nurturing the resiliency of people to identify their own inner resources and coping strategies.
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We strive to assure our bereaved compassion, mutual support, understanding, diversity, integrity and allow our families to feel safe and supported in a nurturing environment.

Meet Brother Don Amelung our Hospice Chaplain who facilitates the Bereavement Support Group.

“At Pike County Hospice we know that everyone must deal with grief and bereavement, but we also believe you do not have to do it alone. It is our honor and joy to help in the time of struggeled questioning”

- Brother Don Amelung, Hospice Chaplain

PCHD in the Community...

Every year we are asked to participate in numerous community events. We are not always capable to attend them all, but we sure do try! We take pride in our community, and we love being able to support all of the great causes! Here is a preview of just some of the latest events we have assisted in.

Kim Yoder, RN and Hillary Hakenwerth RN at our FIRST AID station at the Pike County Fairgrounds.

Kim Gamm, RN during Safe Kids Day held in Louisiana. A fun filled day of games and goodies to help teach kids about safety.

Kim Gamm, RN gives a presentation at the Bowling Green Elementary Summer School program. The children got to watch the puppet show and learn about how to safety interact with farm animals and more!

The third year of the TONS OF TRUCKS event was held in July. Tracy Brookshier, Marketing Coordinator is shown facepainting and Robyn Orf representing Car Seat safety!

Keep your eye out! We will be at Heritage Days in Bowling Green, MO on September 9th with our FIRST AID tent, free blood pressure checks, selling Circle of Hope bracelets, giving flu shots (tentative), and more!

We also had the opportunity to teach children about bicycle safety. With this presentation we were able to give away free bike helmets for the second year in a row. We received many “Thank You” cards from these children that were very appreciative of their new bike helmets that were proudly displayed in our office.
PCHD upgrades services with Quest Diagnostics

Our Walk-In clinic offers lab services to the members of our community with physicians’ orders. The public will now have the choice of having their labs sent to Pike County Memorial Hospital or Quest Diagnostics. Our agency has previously been a pick-up site for Quest Diagnostics labs, and will now be able to send labs from our clinic as well.

“There are some insurances that only accept Quest for labs, so this will make it easier on people who are not able to drive out of town to a Quest lab. They can now come to our walk-in clinic with their physician’s orders and we can take care of the rest.” said Alyssa Crigger, LPN, Walk-in clinic nurse.

At this moment, the closest Quest labs are located in Mexico and Wentzville, MO. Quest will bill those with private insurance. The uninsured or underinsured may receive a quote for pricing for this service. A physician’s order or Quest requisition obtained by the physician is required. For more information on pricing and lab fees, please contact our office at 573-324-2111.

What is Quest Diagnostics?

Quest Diagnostics empowers people to take action to improve their health outcomes. Derived from the world’s largest database of clinical lab results, our diagnostic insights reveal new avenues to identify and treat disease, inspire healthy behaviors and improve health care management. Quest annually serves one in three adult Americans and half the physicians and hospitals in the United States, and our 43,000 employees understand that, in the right hands and with the right context, our diagnostic insights can inspire actions that transform lives.

What is WIC?

WIC (Women, Infants and Children) is a nutrition education, health promotion and supplemental food program to assist pregnant, postpartum and breastfeeding women, infants up to 12 months, and children up to age five, who have nutritional needs.

Applying for WIC is easy, and those who are unsure if they would qualify are encouraged to apply. To be eligible for WIC in Missouri, participants must be a resident of Missouri, meet income guidelines, and medical/nutritional guidelines. If eligible, participants will be given nutrition education, referrals and checks for nutritious foods to buy at local participating grocery stores.

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Pork Loin Meal - $9
Pork Burger Meal - $7
Hot Dog Meal - $5

All meals include:
- baked beans, coleslaw, chips, dessert and drinks w/ PCHD coolie cup!
- delivery available on pre-orders of 10 or more, by Friday August 25th

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For more information please contact Jennifer Schumacher at (573) 324-2111 or by email jschumacher@pikecountyhealth.org

All proceeds will go towards Pike County Health Department, Home Health & Hospice Glow Run 5K and Public Health Initiatives.

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BBQ

FRI

DAY

AUGUST 25H

11AM-6PM

VISITOR’S CENTER PARK PAVILION

(Next to Wal-Mart)

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PORK BURGER MEAL - $7
HOT DOG MEAL - $5

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