ANNUAL 5K ANOTHER SUCCESS!

2016 marks year 4 of the annual 5k Run/Walk that we have held with hopes of helping get our community active and healthy. In years past the 5K Run/Walk was a “Run for your Life!” zombie theme where runners had to avoid the zombies along the course. This year it was decided to change it up and do something different. The idea lead to a GLOW RUN, and boy was it amazing! It was a beautiful day for it, and participants were very vocal on how much they enjoyed themselves. A total of 87 participants for the 5k, and 14 kids that entered the “Kids Fun Run” made for an evening of GLOWING FUN! A live DJ and BBQ were also offered to participants along with GLOW items that could be purchased, and free t-shirts for those who registered early. The GLOW 5K Run/Walk & Kids Fun Run was hosted at the Pike County Fairgrounds on Saturday, October 29th, and is already set for next year at the same location on Saturday, October 14th, 2017! A big THANK YOU to all those who helped put this event together. Proceeds from this event go to PCHD’s Public Health Initiatives Program “Our effort to a healthy community through education and health services.”

1st Place male runner was Lathyn McMorris 
2nd Place female runner was Angela Matlock
Prize for best glow was Ryan Bowen
Pike County Health Department, Home Health & Hospice recently constructed a new flag pole on our property. In honor of this new flag pole we thought it would be appropriate to dedicate it in honor of our Veterans. From this, the idea lead into a Ceremony dedicating the flag, and then even further into a Veteran Appreciation Fair. Attendees enjoyed a complimentary breakfast after the ceremony, free resources, a keepsake photo for Veterans and more. The flag was flown over the US Capitol for a day in honor of our Veterans. The second time this flag has been flown was when we raised it for the first time on our new flag pole on Thursday morning, November 10th. We look forward to doing this again next year, with a new flag to dedicate, at another great ceremony and fair.

Thank you to all who helped in making our first Veteran Appreciation Fair & Flag Dedication Ceremony a great one! It could not have been done without all the wonderful food donations, vendors, staff, volunteers, and of course our Veterans! This year we served roughly 30 veterans and their families, and we hope that with each year we will get the opportunity to serve even more! Thank you for helping us serve our local veterans!

For photos and more information, please visit our facebook page!
PIKE COUNTY HOSPICE HOSTS GRIEF RECOVERY SEMINAR

Jim Chapman speaks to the community on Wednesday, November 9th. Jim is a speaker, author, and Certified Grief Recovery Specialist. Guests learned how to help people cope with loss in many different ways.

In honor of November being National Hospice and Palliative Care month, the Pike County Hospice team organized a seminar featuring speaker and author, Certified Grief Recovery Specialist, Jim Chapman. Jim experienced the grief recovery method and then realized there was hope for those who are struggling with grief, and has since been speaking, training, working with teenagers, and training professionals who work with students and adults experiencing loss for 20 years. This event was offered free of charge to area healthcare workers, pastors/clergy, emergency responders, counselors, and other professionals that their day job could expose them to families experiencing a recent loss. Heading up the event was our very own Rhonda Stumbaugh, RN, Community Health Coordinator and Director of Nursing. Rhonda orchestrated the teaming up of Pike County Health Department, Home Health & Hospice, along with Bibb-Veach, Collier, and Waters Funeral Homes to help make this event possible. Attendees also enjoyed a free box lunch after the seminar and given the opportunity to ask questions. “I have been so excited to get this opportunity to bring Jim to our community, I have heard him speak before and I thought others could benefit from it as I did. I look forward to finding more ways to bring this type of help to the community in the future,” said Rhonda. To find out more about The Grief Recovery Method, please visit www.griefrecoverymethod.com

If you are grieving a loved one you are not alone. We offer two support groups that can help, join us in our community room (side entrance) each month. Call us for more information 573-324-2111
- Bereavement Support Group: First Monday of each month 6:00pm
- Mental Health Awareness Support Group: First Tuesday of each month 6:00pm

Circle of Hope Bracelets is a community-service not-for-profit organization that offers its dedicated volunteers opportunities to raise money for the fight against cancer. Volunteer activities include making and selling bracelets. Profits from these activities are donated to cancer causes, particularly cancer research, education, treatment and care. Pike County Health Department, Home Health & Hospice has been one of those dedicated volunteers for over 6 years and has had the opportunity to raise funds to help fight cancer. We currently have stock of these beautiful bracelets in our lobby and will no longer be carrying them in stock once they are gone. Consider giving a bracelet as a gift, it is perfect...
- For someone who has been diagnosed with cancer
- For family, friends, caregivers, bridesmaids, teachers...
- For birthdays, anniversaries graduations, achievements...
- In memory or appreciation of someone
- As a thank you, or for an incentive or service award

For more information call our office: 573-324-2111
ANNUAL GIVING CAMPAIGN
Enable Pike County Hospice to provide hospice care to patients and families regardless of their ability to pay. We are a not-for-profit 501(c)3, charitable organization. Any donations designated for hospice care are issued to assist patients and families served by Pike County Hospice. Making a donation to the Home Care & Hospice Foundation of Pike County is easy, just mail this form along with your generous donation to: Home Care & Hospice Foundation of Pike County 1 Healthcare Place - Bowling Green, MO 63334

Donations are also Tax Deductible and are accepted many sorts including appreciated assets such as securities or real estate.

Yes, I would like to donate to the Home Care & Hospice Foundation of Pike County!
I would like my donation in Memory of:

My Information:
Name: ____________________________  ____________________________  ____________________________
Address: ____________________________  ____________________________  ____________________________
Email: ____________________________  ____________________________  ____________________________

Please Apply my donation to:
__ Foundation for Patient Care  __ Assisted Living Facility Fund

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  __ Email

What other services would you like to see us provide or how could we improve? Other Comments?

Local Schools learned about the serious impact of bullying on October 27th. Tina Meier has been speaking around the US for eight years to children and teens after her daughter took her own life at the age of 14 due to cyber bullying. Consistent bullying leads young kids to suicidal thoughts, who just “want the pain to stop.” Tina is the executive director of the Megan Meier Foundation which is based out of St. Charles, Missouri. Tina was contacted and funded by the “Healthy Minds, Healthy Lives of Pike County” Coalition. The coalition is made up of area citizens and professionals that are attempting to reduce the stigma that is alongside mental health. We have proud, active members of the coalition right here in our office, along with our “Behavioral Health Services of Pike County” program that offers mental health & substance abuse counseling to those who are uninsured or under insured. To find out more about mental health help that is available in our community please visit our website www.pikecountyhealth.org or these facebook pages: facebook@healthymindshealthylivesofpikecounty facebook@pcbhs

In addition, PCHD hosts a monthly Mental Health Awareness Support group that is free and open to the public on the first tuesday of each month at 6pm in our community room.

DECEMBER EMPLOYEE SPOTLIGHT
Happy 3 Year Anniversary December 2nd Danielle Frese LPN Field Staff Nurse
Happy Birthday December 12th Tracy Brookshier Marketing Coordinator
Happy Birthday December 19th Melissa Lesley Home Health Aide

DECEMBER EVENTS
Dec. 3rd Cookies & Cocoa with Santa!
Dec. 23rd OFFICE CLOSED
Dec. 26th OFFICE CLOSED