

NEWS

Pike County Health Department Home Health & Hospice - JUNE 2017

FREE Monthly Newsletter
JUNE 2017



Lifeline Medical Alert: Staying safe at home for older adults

Pike County Health Department, Home Health & Hospice offers Philips Lifeline Medical Alert service to help independent older adults and individuals with chronic medical conditions feel more confident to continue living independently in the one place they feel most comfortable – their own home.

Lifeline gives quick access to help, 24 hours a day. When help is needed, the individual presses the help button that is worn as a pendant. A certified Personal Response Associate responds quickly, assesses the situation and summons help, whether it is a neighbor, relative or ambulance.

We can install your system in as little as 30 minutes within 48 hours of your order. Lifeline Medical Alert service costs as little as one dollar per day that is billed to you directly from Philips. An installation service fee of \$65.00 is required and can be made in monthly payments to help ease any financial burden.

Your safety is our priority. As part of Philips Healthcare, the commitment to innovative, quality care is in everything we do. We are dedicated to improving quality of life for individuals and families everywhere.

Our aging-in-place solutions supports independent living and helping older Americans make the transition from hospital to home. As the leader in medical alert systems in the United States for over 40 years, Philips Lifeline combines a steadfast commitment to innovating with a variety of services for your lifestyle and outstanding customer service.



Meet Becky Carroll, our coordinator for Lifeline Medical Alert

"Having a Lifeline for your loved ones gives their family a peace of mind when they cannot be there and just knowing that someone is available 7 days a week – 24 hours a day."
– Becky Carroll, Hospice Administrative Assistant

Our mission is to transform the aging experience, making it better for older adults, caregivers and clinicians around the world by:

- Delivering personalized services that provide quick, stellar support 24/7
- Keeping customers as healthy as they can be through continual innovation
- Enabling caregivers and healthcare providers with access to the information needed for better outcomes
- We work to create solutions so seniors can live independently with grace and dignity in the place they call home.



June 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, June 19th

1:00pm Maple Grove Lodge, Louisiana
2:00pm Lynn's Heritage House, Louisiana

Tuesday, June 20th

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

Wednesday, June 21st

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

Thursday, June 22nd

3:00pm Bowling Green Housing Authority, Bowling Green

Testimonial Time

"My first experience with Pike County Home Health & Hospice was when a dear friend was dying of cancer. When visiting her I saw first hand the wonderful care and love her and her family was receiving during this very difficult time. Such a comfort this was to me and a memory I have never forgotten. When I retired I was asked to serve on the Home Care & Hospice Foundation Board and could not think of a more worthwhile board to serve and be a part of. Since being on the board my mother required the help of Home Health and soon afterwards hospice care. She so looked forward to the caring employees of PCHH and their smiling faces. Our community is truly blessed to have this service with the dedicated and caring employees who work for PCHH."

– Nellie Wamsley, Board Member

How are we doing?
Send us your testimony on your experience with our services!

1 Healthcare Place, Bowling Green, MO 63334 - admin@pikecountyhealth.org

Recipe:

Tex Mex Meat Loaf Sandwiches

35 minute, easy 4 serving recipe

PER SERVING: 446 CAL, 20.5g FAT (9.6g SAT FAT), 14.1g CHO, 614MG SOD, 33g PRO, 3g DIET 2.6 FIBER

- 1 large egg
- 2 tsp. ground cumin
- Kosher salt and pepper
- 1 oz. tortilla chips, finely crushed (about 1/3 cup)
- 4 cloves garlic, finely chopped
- 1 c. Fresh cilantro, chopped
- 1 lb. Lean Ground Beef
- 1 pint grape tomatoes, halved
- 2 tsp. cider vinegar
- 1 tsp. brown sugar
- Pinch ground cinnamon
- 4 pieces country bread, toasted
- 3 oz. extra-sharp cheddar or Pepper Jack cheese, coarsely grated
- Green salad and sliced avocado, for serving



(cut me out)

(cut me out)

There are two ways of spreading light:
to be the candle or the mirror
that reflects it.
Edith Wharton

JUNE EMPLOYEE & EVENT SPOTLIGHT



Happy Birthday!
June 5th
Kim Reid
Public Health Assistant



Happy Birthday!
June 6th
Happy Anniversary!
June 25th
Chris Deeken
Administrator



Happy Birthday!
June 8th
Happy Anniversary!
June 20th
Bill Crane
Maintenance Man

June 7: Safe Sitter Training
June 16: Safe Sitter Training

Want to Subscribe to the PCHD Newsletter? ITS FREE!
DIRECT MAIL OR EMAIL SUBSCRIPTIONS AVAILABLE
Contact Tracy Brookshier 573-324-2111 tbrookshier@pikecountyhealth.org

WE'RE HIRING!

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

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Bicycle Safety Tips

Get your child fitted for a free helmet!

We are members of the Eastern Quad County Safe Kids Coalition, which has made these free helmets and bike safety education possible.



Riding your bicycle can be great fun, but do you know how to “drive” your bike? Riding your bike is just like driving a car – there are rules of the road for bike driving. Here are a few tips:

1. Wear your helmet the correct way. Do the “Eyes, Ears, Mouth Test” –

- First put on your helmet so it is level and snug – if it slides around you need to insert thicker pads.
- Eyes – you should see the very edge of your helmet when you look up past your eyebrows.
- Ears – the straps should meet right under your ear lobes to form a Y.
- Mouth – the strap should be loose enough so you can breathe and insert a finger between the buckle and your skin, but tight enough that if you drop your jaw you can feel the helmet pull down on the top of your head.

2. Dress bright for safety –

- Wear light or bright-colored clothing so you can be seen.
- Tuck away shoelaces or other strings or cords so they don’t dangle since they can get caught in the moving parts of your bike.
- Loose or baggy clothing can also be dangerous so make sure you wear snug clothes.
- Never wear headphones, you need to be aware of your surroundings, both sight and sound.

3. Check your bike for safety using the ABC quick check -

- Air – pinch the tires, they should be hard.
- Brakes – make sure they work and aren’t rubbing the tire.
- Crank/Chain – if there are problems with your gears or if the chain is loose take your bike to a bike shop.
- Quick – check “quick release levers” and other bolts to make sure they are tight.

4. Obey the rules of the road –

- Ride on the right.
- Ride single file.
- Obey traffic signs, signals, and laws.
- Ride straight, no surprises!
- Look back and signal before turning.
- Yield to people walking.
- Use lights if riding at night (remember to ask your parent’s permission).
- Always stop at the end of your driveway-look left, right, then left again before entering the road.
- Feel unsafe? You can always walk your bike.

The Pike County Health Department provides, free of charge, bike helmets for children. The child is required to be present to be fitted properly by a trained professional. Parents/caregivers may call for an appointment at 573-324-2111. The helmets are provided by the Eastern Quad County Safe Kids Coalition. The Health Department is a member of this Coalition and partners to distribute helmets and provide education.

For more information on bicycle safety contact the Missouri Coalition for Roadway Safety at www.saveMOlives.com or by calling 800-800-BELT or the Bicycle Coalition of Maine at www.BikeMaine.org or by calling 207-623-4511.



BACK TO SCHOOL FAIR! Saturday, August 12th 9am - Noon Pike County Fairgrounds

As a member of Pike Community Care Partnership (PCCP) we are active participants in the annual Back to School Fair. This event offers many services and items for children heading back to school. From free backpacks to face painting this event is packed full of informational and edible goodies for all to enjoy. This event provides school supplies, hair cuts, backpacks, vision and dental screenings, and community resources to those children who are in need is made possible. This event is also funded by community donations.



*Pike Community Care Partnership:
Building Bridges to the Future*

Find out more about PCCP on facebook:
[facebook@PikeCommunityCarePartnershipPCCP](https://www.facebook.com/PikeCommunityCarePartnershipPCCP)

Please call our office at 573-324-2111 if you have any questions regarding this event.

(cut me out)



Tex Mex Meatloaf Sandwiches

1. Heat oven to 425°F. Line a rimmed baking sheet with foil. In a bowl, beat the egg and 2 tablespoons water with the cumin and 1/2 teaspoon each salt and pepper; stir in the tortilla chips. Mix in the garlic and cilantro, then the beef until just incorporated.
2. Shape into two 5 x 2-inch loaves, transfer to the prepared baking sheet and roast until the internal temperature reaches 150°F, 20 to 25 minutes. Remove from oven; increase heat to broil.
3. Meanwhile, in a small saucepan, combine the tomatoes, vinegar, sugar, cinnamon, and 1/4 teaspoon each salt and pepper. Simmer, stirring occasionally, until the mixture thickens, 8 to 10 minutes.
4. Spread the tomato chutney on the toast, top with slices of meat loaf, sprinkle with cheese, and broil until melted, if desired. Serve with a green salad and sliced avocado, if desired.

Eating Healthy with the Health Department



CELEBRATING OUR HOSPICE VOLUNTEERS

Hospice Volunteer Service Awards for May 2017 included Susie Oberdahlhoff for her 15 years of dedication to being a volunteer for our Pike County Hospice program.

Our hospice program would not be the same without the caring individuals we call our hospice volunteers!

HOSPICE IS... WHY WE DO WHAT WE DO

“No one else can die for us,
but we don't have to die
alone, that is why I'm here.
Our patients' journeys are
our journeys too.”

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 has been chosen, please help us congratulate this year's winner:

Jessica Grummel!

