



Pike County Health Department Home Health & Hospice - MARCH 2017

## March is National Nutrition Month!

Each meal is a stepping stone in your healthy life style. Fruits, vegetables, grains, dairy, and protein should all be a part of your daily meals and snacks. Make sure to include all food groups and do your best to limit added sugars, saturated fat, and sodium. In honor of national nutrition month remember these ten tips to building a healthy meal; make half of your plate fruits and veggies, include whole grains, don't forget the dairy, add lean protein, avoid extra fat, get creative in the kitchen, take control of your food, try new foods, satisfy your sweet tooth in a healthy way, and remember that everything you eat and drink matters.

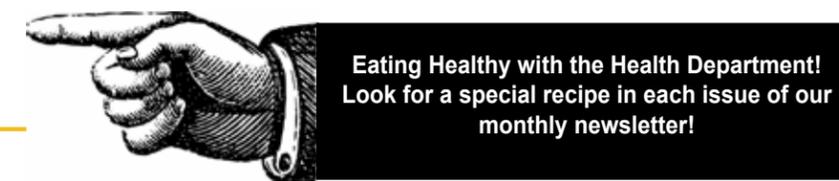


Working eight or more hours a day can make it difficult to eat healthfully unless you plan ahead. Research shows that eating every four hours helps to keep your metabolism charged and your energy level high. Before you dig in your drawer for spare change and head to the vending machine, plan ahead and stash low-calorie, nutritious snacks in a cabinet, drawer, or your briefcase. Each of these snacks are low in calories and are sure to satisfy when the p.m. cravings hit.

**Try some of these healthy snack options;** Frozen Grapes, String Cheese, Bananas, Frozen Banana (peel it first, stick in the freezer overnight- it's like a yummy popsicle), Low-fat Yogurt, Dried Fruit and Mixed Nuts, Apple dipped in Peanut Butter (or spread peanut butter on top of apple slice and top with pecans . . . so good!), 100-calorie bag of Popcorn, Applesauce, Raw Veggies with Hummus.

**Chunky Monkey Shake**  
It's time to get funky, monkey! Blend 1 medium banana, 1 tablespoon of peanut butter, and 1 cup of chocolate milk with 1 cup of ice for a protein-packed pick-me-up.

*A healthy lifestyle for one, can lead to a healthy lifestyle for all. For more information on nutrition, recipes and more please visit [www.choosemyplate.gov](http://www.choosemyplate.gov)*



**Eating Healthy with the Health Department!**  
Look for a special recipe in each issue of our monthly newsletter!



Pike County Health Department  
Home Health & Hospice

*Eating Healthy with  
the Health Department*

[www.pikecountyhealth.org](http://www.pikecountyhealth.org) 573-324-2111  
facebook@bgpchd

## March ice cream social



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

**Monday, March 20th**

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

**Tuesday, March 21st**

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

**Wednesday, March 22nd**

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

**Thursday, March 23rd**

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, 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, 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](mailto:admin@pikecountyhealth.org)

## 21 years as one of our hospice volunteers

For the month of February we honored Hazel Worrell for her 21 years of volunteer service to our hospice program. Being a hospice volunteer takes a special kind of person, and we are thankful to have Hazel as one of our passionate caregivers!

### Recipe:

*Delicious Gluten-Free Pancakes*

#### Ingredients

- 35 m 10 servings 147 cal
  - 1 cup rice flour
  - 3 tablespoons tapioca flour
  - 1/3 cup potato starch
  - 4 tablespoons dry buttermilk powder
  - 1 packet sugar substitute
  - 1 1/2 teaspoons baking powder
  - 1/2 teaspoon salt
  - 1/2 teaspoon xanthan gum
  - 2 eggs
  - 3 tablespoons canola oil
  - 2 cups water
- (COOKING INSTRUCTIONS ON BACK)



## MARCH EMPLOYEE & EVENT SPOTLIGHT



Happy 2 year Anniversary!  
March 4th  
Diana Williams  
LPN Field Staff Nurse



Happy Birthday!  
March 20th  
Jessica Cunningham  
LPN Field Staff Nurse & WIC Certifier



Happy Birthday!  
March 23rd  
Kimberly Yoder  
RN Case Manager



Happy 19th Anniversary!  
March 30th  
Jeannie Stuckey  
Home Health Team Leader



Happy Birthday  
March 30th  
Leah Diffey  
Breastfeeding Peer Counselor

No scheduled closings or events for March

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

**WE'RE HIRING!**

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# Thank you, Social Workers!

March is National Social Work Month

Here at the Pike County Health Department, Home Health & Hospice, we have the opportunity to serve our community residents in many ways. This is done with the help of our social workers we have on staff that help make up the great caring staff here at the agency; they are the kind of people that are dedicated to you, and your mental and emotional health. Both of our social workers are active in our Behavioral Health Services program, as well as our Hospice Program. In honor of National Social Work Month, and National Social Worker Day (March 20th) we would like to introduce our two amazing social workers, Rolando Vazquez and Carrie Wells, and thank them for their outstanding service to our community.

### Rolando Vazquez, MSW, LCSW

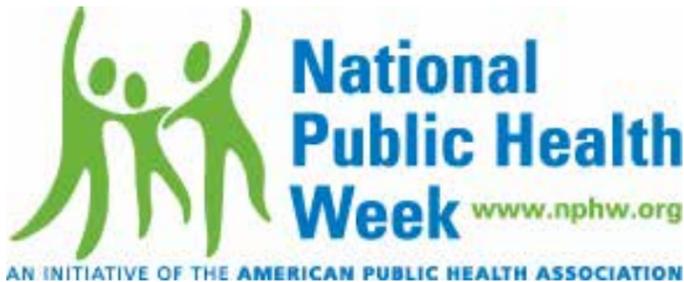


Rolando has been a Licensed Clinical Social Worker since 1992 and has worked in Pike County since 1985. He has worked with a variety of diverse populations including those with developmental disabilities, children, veterans, and individuals in the re-entry process and he is able to provide bi-lingual services.

### Carrie Wells, LMSW, CRADC



Carrie is a Licensed Master's Social Worker and a Certified Reciprocal Alcohol and Drug Counselor with the State of Missouri. She has experience with several populations including people coping with mental illness/co-occurring disorders, those struggling with substance use concerns, and individuals in the re-entry process.



Join us in celebrating National Public Health Week 2017 and become part of a growing movement to create the healthiest nation in one generation. We're celebrating the power of prevention, advocating for healthy and fair policies, sharing strategies for successful partnerships and championing the role of a strong public health system.

The first week of April each year we celebrate National Public Health Week, and this year is no different. Help us celebrate our Public Health Department and all we do to help keep our community healthy!

This year you can expect our office to have special discounted preventative screening services such as Blood Sugar & Blood Pressure checks for FREE, and Lipid profile & A1C checks for half price at \$10.00! These discounts will be available to the public during our walk-in clinic hours during public health week:

**April 3rd - April 7th**  
Monday - Friday  
8am - noon  
1pm - 4pm

Along with discounted services, we will be hosting a safe kids day, an open house day, as well as giveaways, and goodies all week in our office for all to enjoy! Watch for the official flyer in next month's newsletter, and in your local papers.



### Lucky You!



- GREEN CLOVER LUCKY POT GOLD**
- RAINBOW CANDY SPRING FLOWERS**

happy  
**St. Patrick's**  
day!

(cut me out)

### Recipe: Delicious Gluten-Free Pancakes

Prep Time: 20 minutes  
Cook Time: 15 minutes  
Ready In: 35 minutes

- > In a bowl, mix or sift together the rice flour, tapioca flour, potato starch, dry buttermilk powder, sugar substitute, baking powder, baking soda, salt, and xanthan gum. Stir in eggs, water, and oil until well blended and few lumps remain.
- > Heat a large, well-oiled skillet or griddle over medium high heat. Spoon batter onto skillet and cook until bubbles begin to form. Flip, and continue cooking until golden brown on bottom. Serve immediately with condiments of your choice.  
(Recipe from allrecipes.com)  
(Ingredients on back)

(cut me out)

### Happy Teeth demonstration at local daycare



Recently Kim Gamm, RN our Maternal & Child Health & Chronic Disease Coordinator visited one of Bowling Green's local daycares for a dental health education. Kim brought the toddlers hard boiled eggs with washable marker on them, and taught the children how to clean the marker off; the eggs representing their teeth, were "happy teeth" once brushed. Kim also explained to them foods that keep their teeth happy, and foods that make their teeth sad. The children were left with a complimentary tooth brush to help keep their teeth happy.