Avoidable Deaths

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.

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@pcchs

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@healthy mindshealthylivesofpikecounty

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.

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**May Employee & Event Spotlight**

Happy Birthday!
Jennifer Schumacher
Social Services Coordinator
Monday, May 8th
Truman’s Birthday

Monday, May 15th
Lynn’s Heritage House, Louisiana
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

**Testimonial Time**

“Not only do I have the pleasure to work at PCHD, I have also had the unfortunate opportunity to use the hospice programs. 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
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 proud to provide 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 @BGPHCHD.

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

Rhonda Stumbaugh, Hospice Coordinator
Carolyn Orf, RN, Home Health Coordinator
Amy Becker, RN, Director of Nursing

Hillary Gamm, RN, Maternal & Child Health Coordinator & Public Health Nurse
Kim Gamm, RN, Maternal & Child Health Coordinator & Chronic Disease Coordinator
Diana Williams, LPN, Maternal & Child Health RN
Laura Worrell, RN, Home Health Team Leader
Danielle Freie, LPN, Maternal & Child Health RN
Jessica Cunningham, LPN
Kimberly Yoder, RN

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.

In April, we 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.

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! ...

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! ...

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.

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!

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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!

Lemon & Herb Chicken

For the Chicken: Preheat your oven to 450 degrees F. Place 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 the seasoning. Deglaze pan with the sauce, if desired, and serve with the chicken.