Rhonda Stumbaugh, RN
Accepts Administrator Position

After the resignation of our previous administrator, Chris Deeken, we were quick on the hunt for an administrator with the qualifications, and understanding of our programs. Numerous applications were received and processed… one being from within, Rhonda Stumbaugh, RN. Rhonda recently celebrated her 25 year anniversary with our company, and was currently serving our agency as Community Health Coordinator and Director of Nursing. We are excited that we could fill this important position from within, with someone that is already extremely knowledgeable about the numerous services we offer, and most importantly, someone who is very passionate about what we do for our community.

“Hi! My name is Rhonda Stumbaugh and I am the Community Health Coordinator and the Director of Nursing (D.O.N) at Pike County Health Department, Home Health & Hospice and recently named the Interim Administrator as of July 1, 2017. I earned my RN in 1991 and started working with the Pike County Home Health Agency in 1992. I began as a field staff nurse case manager for Home Health and Hospice in 1992 and became the Home Health Coordinator in 1996. I served as the Agency Interim Administrator in June of 2008 until November of 2009. In December of 2008, I took the position of Public Health Coordinator and I was named the D.O.N. in June of 2011 when we moved into our new building.

I truly love my job because I work for a wonderful agency that gives me the opportunity to serve my community in a way that helps people in their time of need. I have been able to experience through my years all of our programs from starting in Home Health and then Hospice as a field staff nurse case manager and taking care of patients in their home to now being in the Administrative role in Public Health, Home Health and Hospice. I feel every position that I have held has been beneficial and has made me a better leader because of my experiences.

Another reason I love my job is that it has given me the opportunity to continue to work for the agency in different capacities. My role under the Health Department is much different but just as rewarding. I am now gaining knowledge and focusing on prevention which has enabled me to get out into the public to educate and collaborate with partners in our community to help us become a safe, healthy community. I serve on two community partnerships groups as well as a regional committee in Marion County. Having my BLS instructor certification as well as my Safe Sitter instructor certification, has made it possible for the health department to offer more programs and educational classes. I feel very blessed to work for this Agency with my wonderful co-workers and look forward to continuing to serve this community.”

Diaper Bank Shelves Being Restocked
Thanks to Generous Donors

We would like to thank all of those who generously answered our call for help to stock the nearly empty shelves of our diaper bank. In a short time our stocks are back to over 50% full. We will continue to accept donations all year long of diapers and wipes. These donations help our WIC clients who are in need of help, and they are extremely appreciative of the community support!

Breastfeeding Awareness Success!

On Monday, August 7th our Pike County WIC department hosted a Breastfeeding Awareness Walk to support Breastfeeding Awareness Week. We had a great turn out, Leah Diffey, Breastfeeding Peer Counselor spoke to the parents in attendance about the benefits to breastfeeding, and all attendees walked away with something special. The event held in Hannibal was also a success. Our Breastfeeding Peer Counselors from Hannibal Regional Hospital, Rhiannon Terrill and Leanne Hinds assisted in this fantastic event that was put on by the Hannibal Hospital Honeysuckle Cafe breastfeeding group!

Bereavement Support Group to Meet

Our Bereavement Support Group typically meets on the first Monday of each month, at 6pm in our Community Conference Room. For the month of September, the date of this group has moved to the following Monday, September the 11th due to the holiday. If you or a loved one is experiencing grief in any way, consider joining us. It is free to the public, and our Hospice Chaplain Don Amelung is there to show our bereaved compassion, mutual support, understanding, diversity, integrity and allow our families to feel safe and supported in a nurturing environment. If you have more questions, please call our office at 573-324-2111 or visit our website at www.pikecountyhealth.org.

Hospice Volunteers Honored

We were pleased to present awards to our Hospice Volunteers for their service to Pike County Hospice at our August Volunteer meeting. We thank Sue Raufer & Dorothy Flowers for their 13 years of compassionate dedication to our patients.
The World Health Organization estimates that approximately 1 million people die each year from suicide. What drives so many individuals to take their own lives? To those not in the grips of suicidal depression and despair, it's difficult to understand what drives so many individuals to take their own lives. But a suicidal person is in so much pain that he or she can see no other option.

Suicide is a desperate attempt to escape suffering that has become unbearable. Blinded by feelings of self-loathing, hopelessness, and isolation, a suicidal person can't see any way of finding relief except through death. But despite their desire for the pain to stop, most suicidal people are deeply conflicted about ending their own lives. They wish there was an alternative to suicide, but they just can't see one. Here are some tips and common misconceptions about suicide. -Source: helpguide.org

**Common misconceptions about suicide**

**MYTH:** People who talk about suicide won't really do it.

**FACT:** Almost everyone who attempts suicide has given some clue or warning. Don't ignore even indirect references to death or suicide. Statements like “You'll be sorry when I'm gone,” “I can't see any way out,” — no matter how casually or jokingly said, may indicate serious suicidal feelings.

**MYTH:** Anyone who tries to kill him/herself must be crazy.

**FACT:** Most suicidal people are not psychotic or insane. They must be upset, grief-stricken, depressed or despairing, but extreme distress and emotional pain are not necessarily signs of mental illness.

**MYTH:** If a person is determined to kill him/herself, nothing is going to stop them.

**FACT:** Even the most severely depressed person has mixed feelings about death, wavering until the very last moment between wanting to live and wanting to die. Most suicidal people do not want death; they want the pain to stop. The impulse to end it all, however overpowering, does not last forever.

**MYTH:** People who die by suicide are people who were unwilling to seek help.

**FACT:** Studies of suicide victims have shown that more than half had sought medical help in the six months prior to their deaths.

**MYTH:** Talking about suicide may give someone the idea.

**FACT:** You don’t give a suicidal person morbid ideas by talking about suicide. The opposite is true—bringing up the subject of suicide and discussing it openly is one of the most helpful things you can do.

-Source: SAVE - Suicide Awareness Voices of Education

**Level of Suicide Risk**

**LOW**
Some suicidal thoughts. No suicide plan. Says he or she won’t attempt suicide.

**MODERATE**
Suicidal thoughts. Vague plan that isn't very lethal. Says he or she won't attempt suicide.

**HIGH**
Suicidal thoughts. Specific plan that is highly lethal. Says he or she won't attempt suicide.

**SEVERE**
Suicidal thoughts. Specific plan that is highly lethal. Says he or she will attempt suicide.

If you or someone you know needs help that is not posing a severe suicide risk; Call our Behavioral Health Services program and find out what services are available for you to seek the help you want.

573-324-2111

--Source: Metanoia.org

**When talking to a suicidal person...**

**DO**

Be yourself. Let the person know you care, that he/she is not alone. The right words are often unimportant. If you are concerned, your voice and manner will show it.

Listen. Let the suicidal person unload despair, ventilate anger. No matter how negative the conversation seems, the fact that it exists is a positive sign.

Be sympathetic, non-judgmental, patient, calm, accepting. Your friend or family member is doing the right thing by talking about his/her feelings.

Offer hope. Reassure the person that help is available and that the suicidal feelings are temporary. Let the person know that his or her life is important to you.

Take the person seriously. If the person says things like, “I’m so depressed, I can’t go on,” ask the question: “Are you having thoughts of suicide?” You are not putting ideas in their head, you are showing that you are concerned, that you take them seriously, and that it’s OK for them to share their pain with you.

**DON’T**

Argue with the suicidal person. Avoid saying things like: “You have so much to live for,” “Your suicide will hurt your family,” or “Look on the bright side.”

Act shocked, lecture on the value of life, or say that suicide is wrong.

Promise confidentiality. Refuse to be sworn to secrecy. A life is at stake and you may need to speak to a mental health professional in order to keep the suicidal person safe. If you promise to keep your discussions secret, you may have to break your word.

Offer ways to fix their problems, or give advice, or make them feel like they have to justify their suicidal feelings. It is not about how bad the problem is, but how badly it’s hurting your friend or loved one.

Blame yourself. You can’t “fix” someone’s depression. Your loved one’s happiness, or lack thereof, is not your responsibility.

Source: Metanoia.org

**SEPTEMBER IS SUICIDE PREVENTION MONTH**

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Source: Metanoia.org

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September is National Childhood Obesity Awareness Month

Since 1980, childhood obesity rates have more than doubled. Childhood obesity puts kids at risk for health problems that were once seen only in adults, like type 2 diabetes, high blood pressure, and heart disease. Until recently, young children and teens almost never got type 2 diabetes, which is why it used to be called adult-onset diabetes. Now, about one-third of American youth are overweight or obese, a problem closely related to the increase in kids with type 2 diabetes, some as young as 10 years old.

The good news is that childhood obesity can be prevented. In honor of National Childhood Obesity Awareness Month, the Pike County Health Department encourages your family to make healthy changes together. Parents can do a lot to help their kids prevent obesity. Set a new normal as a family – healthy changes become habits more easily when everyone does them together...

For tips on how to get started; read the full article in your local papers, visit our webpage, or our facebook page. www.pikecountyhealth.org. facebook@bgpchd.

Registration Now OPEN for our GLOW 5K Run/Walk & Kids Fun Run!

Registration is now open for our GLOW 5K Run/Walk & Kids Fun Run! Our annual 5K will be held on Saturday, October 28th, 2017 at the Pike County Fairgrounds starting at 6:00pm.

Get registered online and/or download the registration form and event flyer from our web site at www.pikecountyhealth.org.

Look for the official flyer in next month’s edition of the PCHD News!

New Web Page is Now Mobile Friendly! www.pikecountyhealth.org

In an effort to keep up with today’s technology, and keep the community informed on the amazing amount of services we have to offer, we have upgraded our web page. This new web page can still be accessed with the same web address at www.pikecountyhealth.org, but will boast a newer, more user friendly format. Take a moment to check it out and tell us what you think!

Take our Customer Satisfaction Survey and Be Entered to WIN!

WE WANT TO HEAR FROM YOU! Complete our PCHD satisfaction survey, and leave a testimony... and you will be ENTERED TO WIN a $10 Gift Card to THE SUGAR SHACK!

The quick and simple survey, and the contest rules are available on our web page as well as our facebook page. You can also fill out a survey in our office lobby during our office hours of Monday-Friday 8am-4:30pm.

SHOP LOCAL! Support our community!
Recipe: Cheese Tortellini in Light Broth

Ingredients:
- 8 cups low-sodium chicken broth
- Freshly ground black pepper
- Two 9-ounce packages refrigerated cheese tortellini
- 2 tablespoons chopped fresh Italian parsley leaves
- Parmesan Crisps

Parmesan Crisps:
- 1/2 cup grated Parmesan cheese

Recipe courtesy of Giada De Laurentiis
www.foodnetwork.com

Cheese Tortellini in Light Broth
Getting Healthy with the Health Department

September

Recipe courtesy of Giada De Laurentiis
www.foodnetwork.com

Get your newsletter via e-mail!
Request your monthly newsletter via e-mail today and help us be more environmentally friendly!

Benefits to getting your newsletter via e-mail:
- News first and faster!
- Special articles
- Emergency alerts
- Full page event flyer's
- Less paper waste
- Direct web links to more information

Call our office at 573-324-2111 or message us on facebook@bgpchd to sign up!