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Pike County Health Department
Home Health & Hospice



Pike County Home Health & Hospice

f 573.324.2111 • PikeCountyHealth.org

Check us out! To help spread the exciting word about our recent service area expansion, we put our very own staff in the spotlight to help promote our amazing Home Health & Hospice services! From January to May 2018 you will see this billboard moving around the Pike County and surrounding areas.

Pictured in the above billboard proof is from left: Elaine McDannold, Physical Therapist, Melissa Lesley, Home Health Aide, Hillary Hakenwerth, RN, Cori Sheppard, RN, and Brother Don Amelung, Hospice Chaplain.

FLU ACTIVITY IN THE AREA IS PICKING UP!

Flu activity in the area is picking up. It's not too late to get your flu shot today if you haven't already. While monitoring the outbreak of flu in our area, we have noticed majority of people who are testing positive for flu have not received the flu vaccine. If you get your vaccine and still get the flu, hopefully your symptoms will not be as severe. Majority of reported cases are Influenza A. In a recent CDC Health Advisory (CDC HAN-00409), it was reported that last season, **the vaccination effectiveness against circulating influenza A viruses was estimated to be 32%** in the U.S. CDC expects it could be similar this season, should the same A viruses continue to predominate.



The best way to prevent the flu is to be vaccinated. It is important to try and avoid close contact with sick people. While sick, limit contact with others as much as you can to keep from infecting them. If you are sick with flu-like symptoms such as fever, muscles aches, chills, cough you should stay home for at least 24hrs even after your fever is gone except to get medical care. Cover your mouth and nose when you cough or sneeze. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth. Clean and disinfect surfaces and objects that may be contaminated with germs. - Alyssa Crigger, LPN - Communicable Disease & Public Health Nurse

TRACY BROOKSHIER RECEIVES CHAMBER MEMBER OF THE YEAR



Tracy Brookshier is our Marketing Coordinator and has been representing our agency as the Bowling Green Chamber of Commerce's 1st Vice President. Tracy was honored at this year's Chamber Banquet on Thursday, January 11th with the Chamber Member of the Year Award. "We are so fortunate to have (Tracy) at Pike County Health Department, Home Health and Hospice." said Rhonda Stumbaugh, Administrator. "Her enthusiasm and positivity is what makes her such an amazing person. We thank her for representing our agency so well!"

"It's not hard to find something positive Tracy has done - check out the Downtown Revitalization Page, Pike County Health Department's - well anything that has to do with promoting the department and it's employees, attend one of her Thirsty Canvas parties or just have a chat with her and it won't take you long to figure out she's a breath of fresh air. I wish I had a third of her energy and even a quarter of her talent. Honestly, could go on and on about her all night. The chamber is very lucky to have her and I personally look forward to working with her and seeing the amazing things she's going to do." - Marianne Everhart, 2nd Vice President Bowling Green Chamber of Commerce

PCHD WALK-IN CLINIC ADDS LABCORP AS DRAW SITE OPTION

One of our valued Walk-In Clinic services is our ability to draw and send labs for patients. We can draw these labs and send to the Pike County Memorial Hospital, Quest, and now LabCorp. Most patients whose insurance only covers use of Quest or LabCorp have been forced to drive out of town to get these required labs, now that we are a draw site for these, we are hoping it will make it easier for those within our community. Specimens for LabCorp drawn before 10am will be picked up same day. Please be sure to bring your insurance card along with your physicians orders when requesting labs. If you have any further questions, you may contact Danielle Freie, LPN at 573-324-2111 ext. 134, or Alyssa Crigger, LPN at ext. 122.



About LabCorp:

LabCorp provides leading-edge medical laboratory tests and services through a national network of primary clinical laboratories and specialty testing laboratories. With scientific expertise in esoteric testing, genomics, and clinical and anatomic pathology, LabCorp processes tests on approximately 500,000 specimens each day, applying advances in medicine and science to laboratory testing.

LabCorp operates a sophisticated laboratory network, with corporate headquarters in Burlington, NC, and more than 50,000 employees worldwide. Our 220,000 clients include physician offices, hospitals, managed care organizations, and biotechnology and pharmaceutical companies. Laboratory Corporation of America Holdings is listed on the New York Stock Exchange (NYSE) under ticker symbol LH.

PCHD OFFERS CPR COURSES

We have three certified basic life support instructors through the American Heart Association and are proud to be able to offer these services to our community. Each course is 3 hours long and are open to the public at various times throughout the year. Classes are \$35, to learn more please contact our office 573-324-2111.

Why Learn CPR?

Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 out-of-hospital cardiac arrests occur in the United States. When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby. Almost 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed in the first few minutes of cardiac arrest, can double or triple a person's chance of survival.

Be the Difference for Someone You Love

If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend. 70 percent of out-of-hospital cardiac arrests happen in homes. Unfortunately, only about 46% of people who experience an out-of-hospital cardiac arrest get the immediate help that they need before professional help arrives.

Music Can Help Save Lives

During CPR, you should push on the chest at a rate of 100 to 120 compressions per minute. The beat of "Stayin' Alive" is a perfect match for this.

RESERVE YOUR SPOT TODAY IN ONE OF OUR UPCOMING CLASSES!

Each of the following courses are offered at a **discounted rate of \$30.00** and comes with a book and course completion card.

Tuesday, February 13th

Heartsaver CPR
8:30am - 11:30am
Lunch provided

First Aid Training
12 Noon
Snack provided

Friday, February 16th

Basic Life Support for
Healthcare Providers
8:30am - 11:30am
Lunch provided

Contact Robyn Orf, LPN today to reserve your spot in one or all of these courses! Call her at our office 573-324-2111 ext. 127 or email her at rorft@pikecountyhealth.org! Find out more about these courses by visiting our website at www.pikecountyhealth.org.



The American Heart Association wants to help everyone live longer, healthier lives so they can enjoy all of life's precious moments. And we know that starts with taking care of your health. American Heart Month, a federally designated event, is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Together, we can build a culture of health where making the healthy choice is the easy choice. Why? Because Life is Why.