For National Nutrition Month® 2018, the Pike County Health Department would like to remind you to...

**ADD COLOR TO YOUR MEALS!**

Fruits and vegetables add color, texture and taste to just about any dish. They are great by themselves or make a smart addition to any meal. Eating more fruits and vegetables is a worthwhile goal. Eating a variety of different colors every day is a new way of thinking about meeting the goal.

**GREEN Fruits and Vegetables**
contain varying amounts of potent phytochemicals, such as lutein and indoles, as well as varying amounts of vitamins A, C, E and K, beta-carotene and B vitamins. These substances can help lower cancer risk, improve eye health, and keep bones and teeth strong. Vitamin K, perhaps the star of all vitamins found in green vegetables, is important for blood clotting, keeping bones strong, and may help prevent hardening of the arteries, which can cause a heart attack. When selecting green vegetables, keep in mind that the darker the green, the more nutrients they contain.

**BLUE and PURPLE Fruits and Vegetables**
These vibrant foods get their color from natural plant pigments called “anthocyanins” which have been shown to reduce the risk of cancer, stroke and heart disease. Anthocyanins in blueberries, grapes and raisins act as powerful antioxidants that protect cells from damage. Other studies have shown that eating more blueberries is linked with improved memory function and healthy aging.

**ORANGE Fruits and Vegetables**
These nutrient all-stars offer a lot of antioxidants, vitamins, fiber and phytonutrients, which are good for your skin, eyes and heart, and may decrease your risk of cancer. Beta-carotene is a powerful antioxidant. It gives these sunny fruits and vegetables their bright color. Experts say beta-carotene is not only good for eye health, but it can also delay loss of mental sharpness and protect skin from sun damage. Choose at least one orange fruit or vegetable every day to get the folate and vitamin A your body needs to maintain good health.
Our diaper bank consists of over 7 cabinets within our office organized by diaper sizes. Once the cabinets are full, we have designated space for “overstock” of donations as well. The overstock is filtered into the respective cabinets when space is available. Our overstock is currently non-existent, which means what you see in the pictures above, is what our diaper bank currently has in stock. Since the start of our diaper bank in 2016, we have given out over 23,000 diapers to local families in need. This is made possible by gracious donors such as yourself.

Our WIC Staff stands proudly with Ethan Colbert from the Bowling Green Times and the donations received through their diaper drive this year. A total of 2235 diapers were donated to help cover our community baby bottoms. Our office currently houses a diaper bank, which is used to help those families in need. Each month, a mother that is registered with our WIC program is able to pick up a package of diapers for their little one.

“We are excited to see so many diapers being donated” said Jamie Anderson, WIC Coordinator. “Some families depend on that one package of diapers they are able to receive each month. Diapers are not cheap, and they go fast, which is why these donations are extremely appreciated by these families. This is also why we continue to stress throughout the year that our diaper bank is continuously accepting donations, as they move quickly onto the bottoms of those babies in need.”
Kim Yoder’s Mission Trip to Haiti

Kim Yoder, Registered Nurse and our Home Health Clinical Manager recently jumped at the opportunity to use her nursing skills outside of Pike County Missouri to help those in Haiti. Mission of Hope was established in the early 1990’s with an overall goal of helping the Haitians get to where they are able to sustain themselves. Right now, Mission of Hope in Haiti has organized orphanages, multiple schools, medical clinics, and serves over 91,000 children at least one meal a day.

Kim is a member of Clover Road Christian Church in Hannibal, MO who has helped to organize a volunteer based trip to assist Mission of Hope in their efforts. Kim was one of the 15 volunteers from her church. The church collected donations of necessary items to take to Haiti which included medical supplies, solar lights, water filters, cash donations and more.

From January 10th through 17th, Kim and the other volunteers helped the residents by finding good water sources, and performing minor surgeries. “My favorite part was being able to assist the surgeons with minor surgeries. We worked in a very small “ER” with two different patients being cared for at the same time.” said Kim. “On the last day I decided to skip the optional Beach Day, to help in the OR again, because of the amazing opportunity it gave me to use my nursing skills for a worthy cause.”

Kim also had the opportunity to spend some time with the people of the village they were assisting, and added that “it was an overwhelming and amazing feeling to witness the amount of gratitude and excitement they showed towards us being there and helping them.” For more information on Mission of Hope, visit their website at www.mohhaiti.org.
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Poison Prevention Week is March 18th-24th. We would like to remind our community the importance of being prepared in a poison related emergency. The Missouri Poison Center receives a call every 7 minutes – 7 days a week, 24 hours a day. Poisoning is not just for small children, it can happen at any age, at any time of year. Visit their website for important tips and helpful resources at www.missouripoisoncenter.org.

Please utilize this complimentary poison help sticker below and attach to your telephone to be prepared in an emergency.
1. Rinse pasta under cold water in a colander then drain and add to a saucepan with milk, salt, and cayenne pepper. Turn heat to medium then stir constantly until milk comes to a simmer.

2. Turn heat down to low then stir constantly until noodles are tender, adding an additional 1/4 cup milk if noodles have absorbed all the liquid but aren’t tender yet. There should be a bit of milk left in the saucepan to create the cheese sauce.

3. Add cheese to pan then stir until smooth, adding a splash of milk if necessary to help smoothen the consistency. Place a lid on top for 5 minutes before serving.

**Gluten Free Mac and Cheese**

Pictured above presenting to the Middle Schoolers are from left, Carrie Wells and Rolando Vazquez

15 classes regarding stress management and positive choices were presented recently at the Bowling Green Middle School. Presenting to the students were Rolando Vazquez, Licensed Clinical Social Worker, and Carrie Wells, Behavioral Health and Substance Abuse Counselor, along with Public Health Coordinator, Kim Gamm.

These classes were provided for all 6th, 7th, and 8th graders. Each class worked on identifying stressors, learning about how stress affects your body (physically, emotionally, and cognitively), developing strategies for positive coping skills, and reviewing the consequences of negative coping skills and unhealthy choices.

“It is so important to provide educational programs for the youth in our community that gives them the knowledge and resources that they need to develop and maintain a healthy lifestyle while also giving them the confidence to make healthy choices and decisions.” - Carrie Wells

Carrie, Kim, and Rolando also used information and stories initially presented during “The Awaken Project” assemblies to send a continuous message to the students about the power of positive choices and consequences of substance use.

Pike County Behavioral Health Services was established in 2015 thanks to a grant from the Missouri Foundation for Health. This grant made Behavioral Health Services available to those who are under-insured or underserved within our community. For more information please call our office, or visit our website www.pikecountyhealth.org

Social Workers confront some of the most challenging issues facing individuals, families, communities and society and forge solutions that help people reach their full potential and make our nation a better place to live. We would like to thank those Social Workers within our agency that are successfully helping to care for our community through the programs we have to offer.
April
Ice Cream Socials

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

Tuesday, March 20th
1:30pm Moore-Pike Nursing Home, Bowling Green
2:15pm Bowling Green Residential, Bowling Green
2:45pm Country View Nursing Facility, Bowling Green

Wednesday, March 21st
12:00pm Gamma Road Lodge, Wellsville
2:00pm Tri-County Nursing Home, Vandalia
3:00pm Country Side Manor, Vandalia

Thursday, March 22nd
1:00pm Maple Grove Lodge, Louisiana
2:00pm Lynn’s Heritage House, Louisiana
3:30pm Bowling Green Housing Authority, Bowling Green

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Recipe
Gluten Free Mac and Cheese

Ingredients

- 2 cups gluten-free shells (or other short-cut pasta, 6oz)
- 2 cups skim milk
- 1 teaspoon salt
- 1 dash cayenne pepper
- 1 cup shredded cheese (freshly)

Directions

1. Cook pasta as directed on package.
2. Add milk, salt, and cayenne to a medium saucepan. Bring to a boil.
3. Add cheese and stir until cheese is melted.
4. Add pasta and stir until cheese is evenly distributed.

5 Ingredients
210 Calories
20 Minutes
3 Servings

Recipe courtesy of yummly.com

The way we talk to our children becomes their inner voice.

APRIL EMPLOYEE & EVENT SPOTLIGHT

Happy 2nd Anniversary!
March 15th
Elaine McDonald
Physical Therapist

Happy Birthday!
March 20th
Jessica Cunningham
Lpn Field Staff Nurse/ WIC Certifier

Happy Birthday!
March 23rd
Kimberly Yoder
Home Health Clinical Manager

Happy 20th Anniversary!
March 30th
Jeannie Stuckey
Home Health Team Leader

Happy Birthday!
March 30th
Leah Diffey
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Eating Healthy with the Health Department

www.pikecountyhealth.org  573-324-2111

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Testimonial Time

“I appreciate all of you who came out to take care of me. You are truly a blessing and I thank you very much.” – Orville Worley, Home Health Patient

National Doctors Day is a holiday which is celebrated on March 30th in the United States. It is a holiday that honors physicians for the work they do for their patients, the communities they work in and for society as a whole. It is their hard work and devotion that keeps all of us healthy and this day thanks them for doing that for us and our loved ones.

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

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

Facebook @bgpchd

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

April 2018 Pike County Health Department, Home Health & Hospice
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