SAFE SITTER COURSES SCHEDULED

Do your children feel ready to stay home alone, watch their brothers and sisters while you are gone, or babysit for younger children? Then maybe it’s time for Safe Sitter®. Safe Sitter® is for young teens in grades 6-8 who are ready to learn the skills they need to care for themselves and younger children.

In addition, Safe Sitter® teaches young teens life and business skills, so that they know how to be prepared, be responsible, and be considerate whether they are babysitting or doing odd jobs for family, friends, or neighbors.

Students learn life-saving skills such as how to rescue someone who’s choking and helpful information like what to do if there’s severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice CPR and choking rescue!

You’ll have fun. You’ll learn a lot. And at the end of the day, you can proudly say, “I am a Safe Sitter®!”

Register TODAY, spots fill fast!

Class fee is $35. Scholarships are available for those who qualify. Students should bring a sack lunch. Pre-registration is required. Register early as classes fill quickly!

Class fee is $35. Scholarships are available for those who qualify. Students should bring a sack lunch. Pre-registration is required. Register early as classes fill quickly!
Mary Jo Barr says Goodbye to PCHD and Hello to Retirement after 40 Years of Service

Since November 7th, 1977 Mary Jo Barr has graced our office with many hats. Always staying loyal to our Public Health programs, she has worked as WIC Coordinator and Public Health Administrative Assistant. She has also assisted in general clerical duties, the Back to School fair, safe sitter program, bookkeeping, payroll, the front desk, “way back when, we had a well child clinic program and we also had a family planning clinic that helped women with their annual visits and more, I also helped with immunizations, and really anything that the nurses needed me to do, mostly working with the WIC program.”

“My most memorable moment was moving into this new building, all of the hard work and dedication that it took to get us here, I never thought it would happen so quickly. I thought I would have retired in the old jail before this happened. The boards really stepped up to the plate and made it happen. It is really awesome. Also, seeing grown children that were on WIC that have done so well, seeing them excel in sports, academics and be leaders. That is a true sense of pride knowing that we have helped these families in their time of need.”

Mary Jo says that once she retires she plans on spending more time at the motel that they own, traveling in their camper, getting involved with a charity or two, and just enjoying life. We wish Mary Jo the best in her retirement, with a card shower in her honor.

CARD SHOWER for Mary Jo Barr

Mary Jo Barr will be retiring on May 29th, 2018 after 40 years of serving our community through the Pike County Health Department and its services. Please help us appreciate all of her hard work and dedication by sending your Congratulatory Retirement card to:

Pike County Health Department
Attn: Mary Jo Barr
1 Healthcare Place
Bowling Green, MO 63334
May 6th - 11th is Nurse Appreciation Week, and we would like to take a moment to spotlight all of our AMAZING nurses we have on our staff, as well as send a THANK YOU to all of the nurses that serve our communities!

Paige Baker RN
Jessica Cunningham LPN
Kelsey Henderson RN, BSN
Jessica Stoops RN

Amy Becker, RN Hospice Coordinator
Susan DeCamp RN
Carolyn Orf, RN Home Health Coordinator
Jeannie Stuckey, LPN Home Health Team Leader

Susan Conner LPN
Hillary Hakenwerth RN, BSN
Cori Sheppard RN
Kim Yoder, RN, BSN Home Health Clinical Manager

NURSE APPRECIATION WEEK!

May 6th - 11th is Nurse Appreciation Week, and we would like to take a moment to spotlight all of our AMAZING nurses we have on our staff, as well as send a THANK YOU to all of the nurses that serve our communities!

We would like to congratulate Carrie Wells on her amazing achievement of receiving her Licensed Clinical Social Worker credentials!

“8 long years ago I found myself very frustrated with where I was professionally. I decided it was time to take action and get to where I wanted to be. Well friends, my dream became reality. I passed my state licensing test and can now call myself a Licensed Clinical Social Worker. Only through the grace of God and an amazing support system was I able to accomplish this. I am blessed beyond what I deserve but I am very thankful.”

Help us congratulate Carrie, by sending a congratulatory card to:
Pike County Health Department
Attn: Carrie Wells
1 Healthcare Place
Bowling Green, MO 63334

573-324-2111 • pikecountyhealth.org • /BGPCHD
ATTENTION PARENTS!
Do you know what vaccines are required for your child?

THURSDAY, MAY 24TH
8:00 a.m. - 12:00 p.m.
1:00 p.m. - 4:30 p.m.
No appointment necessary!

We were honored to sponsor a putt-putt-golf hole at the BGMS golf tournament last week. Just LOOK at how creative these middle schoolers were in creating this mini-golf hole!

This project was created to help the students practice for their MAP testing in a fun way. They did this by creating a mini golf hole in their classroom. We spent some time with the students and explained what our role is in the community. We also had the opportunity to assist them with the creation of their golf hole that was made to represent what our agency offers. On the evening of the event, students came with their parents and played the course by going classroom to classroom playing each hole and answering a MAP question. We had staff members present to interact with the community and the kids during the tournament offering agency information, goodies, as well as free toothbrushes! We would like to thank BGMS for including us and making us feel so special!

Take a moment to complete a 3 question Case Study Survey by following the link on our home page at www.pikecountyhealth.org and be entered to win a $50 Visa Gift Card!

You can view these reports on our webpage at pikecountyhealth.org/public-health/food-safety/

You can request information on any past food establishment inspection reports by calling our office 324-2111.
We have recently delivered complimentary hand sanitizing stations to our community parks. Be on the look out for these during ball season! This is just another one of our efforts to promote a healthier community.

Anyone who has been in a child’s play area has witnessed it. As the children come off of the play equipment, the mothers reach into their purse to grab their hand sanitizer. Each child gets a dab of sanitizer to rub into their hands in order to eliminate the germs that have been transferred to their skin. The hope is that this practice will keep the children, and therefore their families, healthier.

Hand sanitizers can now be found in the entrances to nursing homes and hospitals and in many public washrooms. We all know the importance of proper hand-washing in reducing harmful germ transmission. However, there are times when there is no access to soap and water or not enough time to wash thoroughly. Can a hand sanitizer serve as a suitable alternative to hand washing? Will using a hand sanitizer decrease your chance of getting sick?

How they work
Hand sanitizers were developed for use after washing hands or for those times when soap and water are not available. They are gels that contain alcohol in order to kill the germs present on the skin. The alcohol works immediately and effectively in order to kill bacteria and most viruses. Alcohol can be very drying to the skin, so most brands of sanitizers also contain a moisturizer to minimize skin dryness and irritation.

How much should you use?
To use hand sanitizers effectively, place a small amount, the size of your thumbnail, on the palm of your hand and rub it over your entire hand, including in your nail beds. If the gel completely evaporates in less than 15 seconds, you have not used enough product.

Studies have begun to discover the benefits of hand sanitizers as well as their limitations.

Benefits:
• Hand sanitizers are convenient, portable, easy to use and not time consuming.
• Several studies have concluded that the risk of spreading gastrointestinal (stomach) and respiratory infection is decreased among families who use hand sanitizers.
• Commercially prepared hand sanitizers contain ingredients that help prevent skin dryness. Using these products can result in less skin dryness and irritation than hand-washing.
• Studies show that adding hand sanitizers to classrooms can reduce student absenteeism due to illness by 20%. What’s more, many kids think instant hand sanitizers are fun to use.

Limitations:
• Not all hand sanitizers are created equally. Check the bottle for active ingredients. The alcohol content may be in the form of ethyl alcohol, ethanol or isopropanol. All of those are acceptable forms of alcohol. Be certain that no matter which type of alcohol is listed, its concentration is between 60%-90%. Any alcohol content of less than 60% isn’t enough to be effective.
• Alcohol does not cut through grime. All dirt, blood and soil must be wiped or washed away first for the alcohol in the sanitizer to be effective. In such cases, hand-washing with soap and water is advised.
• Hand sanitizers are not cleaning agents and are not meant as a replacement for soap and water, but as a complementary habit. Sanitizers are most effective when used in conjunction with diligent hand-washing.

The use of hand sanitizers is a habit that can help keep us all exposed to fewer germs, and therefore may decrease our chance of illness. Whether you are on the playground, using someone else’s computer or visiting a friend in the hospital, take the time to rub some on your hands. It is an easy step toward a healthy community.

BY: LAINA SHULMAN
DONATIONS MADE to the HOME CARE & HOSPICE FOUNDATION of PIKE COUNTY
March 2018
In Memory of Mr. Glen Clark
Stanton and Barbara Ehinger
In Memory of Kate Giltner Cantrell
Stanton and Barbara Ehinger
In Memory of Terry Dean
David and Janice Robinson
In Memory of Ralph Porter Elliot
Stanton and Barbara Ehinger
In Memory of Darline Frankum
Moore-Pike Nursing Home
Happy 70th Birthday Phyllis Gladney
The Sauciers
In Memory of Joyce Jamison
David and Janice Robinson
In Memory of Linda McClellan
David and Janice Robinson
In Memory of James Osborne
Stanton and Barbara Ehinger
In Memory of Jim Pratt
Tom and Mary C. Brown
In Memory of Pat Radford
Stanton and Barbara Ehinger
David and Janice Robinson
Jeff and Cindy Browning
In Memory of Betty Rutherford
Sandy Harrelson
In Memory of Laura Belle Turpin
David and Janice Robinson
In Memory of Claudia Wells
Ladies Breakfast Group of First Christian Church
Larry and Brenda Chamberlain
David and Janice Robinson
Jim and Talley Saucier
Lillie Straube
Poulette Feldmann
Cecil and Lorraine Harness
Frank and Carol Fanning
Fred and Mary Carol Niemeyer
Merline Barley
Joyce Scherder
Fern Grote
Gordon and Judy Voss
Paul and Bonnie Stone
Terry and Mary Jarboe
Jon and Michelle Larson
Rodney and Diane Todd
Buddy and Peggy Bibb
Jerry and Shirley Brauer
Florence Dameron
Mark and Margaret Goodin
Joyce Megown
Lem Wells and family
Donald and Ann Harness

General Donations:
Doris Lindsay
Calumet
Providence Presbyterian Church
Haw Creek Friendly Neighbors
Amy Deters
Daniel Edmond
Justin Walters
Rick Nation
Donald Meyer
Mike Schuckenbrock
Damon Liebrecht
Randy Boots
Clyde Korte

Mail to: 1 Healthcare Place - Bowling Green, MO 63334

Yes, I would like to donate to the Home Care & Hospice Foundation of Pike County!
I would like my donation to be made in memory of:____________________________________

My Information:
Name:___________________________________________________________
Address:_______________________________________________________
Email:_________________________________________________________

Payment Information:
I have enclosed a check payable to PCHD in the amount of $_____________________________

Monthly Newsletter:
Please send me the PCHD NEWS via ___ Direct Mail ___ E-Mail

___ Yes, please send a formal acknowledgment card expressing the donation made in memory of their loved one to:
Name:_________________________________________________________________________
Address:_____________________________________________________________________

A letter of appreciation will be sent to all those who generously donate to our charitable organization.
Eating Healthy with the Health Department

- Preheat oven to 350 degrees F (175 degrees C). Slice cookie dough and arrange on greased pizza pan, overlapping edges. Press dough flat into pan. Bake for 10 to 12 minutes. Allow to cool.

- In a large bowl, soften cream cheese, then fold in the whipped topping. Spread over cooled crust. You can chill for a while at this point, or continue by arranging the fruit.

- Begin with strawberries, sliced in half. Arrange in a circle around the outside edge. Continue with fruit of your choice, working towards the middle. If bananas are used, dip them in lemon juice so they don’t darken. Then make a sauce to spoon over fruit.

- In a saucepan, combine sugar, salt, corn starch, orange juice, lemon juice and water. Cook and stir over medium heat. Bring to a boil, and cook for 1 or 2 minutes, until thickened. Remove from heat, and add grated orange rind. Allow to cool, but not set up. Spoon over fruit. Chill for two hours, then cut into wedges and serve.

Nutrition Facts Per Serving: 535 calories; 30 g fat; 62.9 g carbohydrates; 5.5 g protein; 49 mg cholesterol; 357 mg sodium

Pike County Health Department

PUBLIC HEALTH AWARENESS FOR TEENS

On April 6th the Bowling Green High School hosted a Health Fair. Some of our public health staff participated by displaying information on our public health services, and behavioral health services. Pictured top left is Alyssa Crigger, Robyn Orf, Rolando Vazquez, and Kim Gamm. Pictured right Carrie Wells pictured with Probation and Parole’s Carmen Charlton. Carrie and Carmen set up a booth for the Healthy Minds, Healthy Lives of Pike County that our agency is an active member of. This coalition promotes the awareness of mental health and substance abuse issues in Pike County.

CLINICS IN OUR SCHOOLS

On April 13th, Robyn Orf, LPN and Alyssa Crigger, LPN visited the Louisiana School grades 7th and 11th to give meningitis and Tdap shots. The same shot clinics were scheduled with Clopton and Bowling Green Schools.

BLOOD PRESSURE CLINICS

Robyn Orf, LPN, Public Health Nurse visits the Bowling Green Housing Authority once a month to give free blood pressure checks to those residents who request it. Robyn recently visited on April 25th and plans to be there again on May 23rd, and June 20th at 10 a.m. For more information, please contact Robyn at 573-324-2111 ext. 127.

HOSPICE VOLUNTEER APPRECIATION DINNER

Each April is Volunteer Appreciation Month and Pike County Hospice has made this known by holding an appreciation dinner each April for our Hospice Volunteers. Our patients and their families are always so incredibly grateful for our volunteers and what they do for them in their time of need and we are honored to have them as a part of our team. Each volunteer and their plus one were invited to our office for a Wood’s Smoked Meats catered dinner and gifts. If you or someone you know may be interested in becoming a Pike County Hospice Volunteer, please contact our office at 573-324-2111. Find out more on our webpage at www.pikecountyhealth.org.

BLS TRAINING DATE RESCHEDULED

The Basic Life Support for Healthcare Providers course that was scheduled for July 17th will be switched to July 19th.

BREASTFEEDING FRIENDLY WORKSITE AWARDED TO ELEMENTARY SCHOOL

Congratulations to A.D. Stowell Elementary in Hannibal for becoming a Breastfeeding Friendly Worksite!

Quote from Alix Denish- “I returned to work in September, after having my first baby. Juggling work and being a new mom comes with a lot of challenges. Working at a place that values and supports my decision to breastfeed my child makes the transition so much easier.”

Interested in becoming a Breastfeeding Friendly Worksite? Contact our Breastfeeding Peer Counselor, Leah Diffey at 573-324-2111 ext. 136
**PUBLIC HEALTH WEEK ANOTHER SUCCESS**

We recently celebrated Public Health week by offering select free and discounted services to the public. We also celebrated with a raffle basket, which included PCHD goodies and some of our local Spring Hollow Coffee!

**PCHD GARDEN Gnomes Win 2nd Place in Local Living Windows Contest**

We recently entered into the Living Windows Contest, which was a part of the Bowling Green Downtown Revitalization’s Spring on the Square Event. Our Garden Gnomes (Danielle Freie, LPN and her daughter Darcci) spent the time watering flowers. Our theme was “Growing the Health of our Community since 1948.” We are pleased to announce we won second place in the contest and we were glad that we had the opportunity to be a part of the community event! Check out our Window Display in the Ben Franklin building right on the square!

**Testimonial Time**

“Pike County Home Health employees are very well trained, polite, helpful and accommodating. Mom could never be out of her house so many times to receive OT/PT or a doctor’s visit without PCHH’s help. The therapy and attention she received made the difference in her recovery!” - Anonymous

How are we doing?
Send us your testimony on your experience with our services!
1 Healthcare Place, Bowling Green, MO 63334 - admin@pikecountyhealth.org

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**MAY EMPLOYEE & EVENT SPOTLIGHT**

**Welcome!**

Please help us welcome our newest staff member, Jessica Tredway! Jessica recently accepted our open position as part time WIC Clerk, and will be assisting our WIC staff and clients.

**WELCOME!**

Please help us welcome our newest staff member, Jessica Tredway! Jessica recently accepted our open position as part time WIC Clerk, and will be assisting our WIC staff and clients.

**Recipe:**

**Fruit Pizza**

- 1 (18 ounce) package refrigerated sugar cookie dough
- 1 (8 ounce) package cream cheese, softened
- 1 (8 ounce) container frozen whipped topping, thawed
- 2 cups sliced fresh strawberries
- 1/2 cup white sugar
- 1 pinch salt
- 1 tablespoon cornstarch
- 1/2 cup orange juice
- 2 tablespoons lemon juice
- 1/4 cup water
- 1/2 teaspoon orange zest

8 Servings - 535 Calories - 30 min prep time

Ready in 30 min

Eating Healthy with the Health Department

www.pikecountyhealth.org 573-324-2111 facebook@bgpchd