PCHD NEWSLETTER  
September - December 2018

My name is Tracy Brookshier, I am the Marketing Coordinator for Pike County Health Department Home Health & Hospice, and the editor of this newsletter that you receive each month.

I wanted to inform our readers that this will be the last newsletter for the 2018 calendar year. I have condensed the September through December newsletters so that we can get all of our upcoming events and information in your hands in a timely manner. Since our last newsletter I have found out that baby #2 may try to make his appearance sooner than his due date in September. With this new information, we decided that we would do one lump “end of year” newsletter with as much information as possible to send you. As you will find, all of the information is mostly upcoming event information, and our celebration of our Hospice program and promoting National Hospice Month in November. I hope that you can hold your excitement on receiving our newsletters monthly again until January 2019. I very much enjoy constructing these newsletters for our community and look forward to being able to continue to do so upon my return from maternity leave. Until then, have a safe Labor Day, Happy Halloween, eat good on Thanksgiving, get some quality family time in for the Christmas season, and have a HAPPY NEW YEAR!

Sincerely,
Tracy Brookshier, Editor, Marketing Coordinator

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Alvin Kaser Memorial Art Auction

Saturday, September 29, 2018  
Doors Open at 6:30 p.m. Auction - 8 p.m.  
Broken P Arena  
(11077 Pike 403, Bowling Green, MO 63334)

Thanks to the generous estate donation to the Home Care & Hospice Foundation of Pike County we are excited to announce the one time Art Auction in memory of Alvin Kaser. This event is open to the public with over 40 prints completed and framed by local artist John Stoeckley and more. Refreshments will be served. If you are interested in viewing the gallery ahead of time, you can do so by picking up a catalog at our office, or following our event on facebook@bgpchd. RSVP is encouraged: jschumacher@pikecountyhealth.org or call 573-324-2111 ext.135.
HILARY HAKENWERTH, RN BSN  RN Case Manager

“I chose to be a hospice nurse because hospice isn’t about giving up hope. As a hospice nurse, I redefine hope and help patients and their families reclaim the spirit of life. I focus on improving the patients quality of life and allowing them to make the most of what time they have left. I believe the end of life deserves as much beauty and care as the beginning.”

KELSEY HENDERSON, RN BSN  RN Case Manager

“I chose hospice because I believe the end of life deserves as much dignity, care & respect as the beginning. I chose Pike County Hospice because long before I was an employee, they treated my family facing the end of life just like their own.”

JUDY RAY  Nurses Aide

“Although it is more enjoyable to celebrate the birth, it is just as important to comfort in death.”

JESSICA STOOPS, RN  RN Case Manager

“There is a lot to be said about hospice. It is such a privilege to be near our patients and their families during their hospice experience, especially when I can help keep them comfortable as they realize that there is no need to be afraid. After all, we are all just walking each other home.”

BECKY CARROLL  Hospice Administrative Assistant

“The passion that our hospice staff has for our program makes my job that much more rewarding. The dignity, grace, humanity and faith that our staff passes on to our patients and their families is beyond heartwarming. This is why I am so passionate about our Hospice Program.”

CAROLYN ORF, RN  Home Health & Hospice Director

“One person caring about another repeats life’s greatest value.”
Since 1993, Pike County Hospice has been your local, not-for-profit, county based hospice provider.

In 2018 we celebrate our 25 years of service to you, our communities and ask you to continue your support for our organization, so that we can continue to care for you and your loved ones.

PAIGE BAKER, RN  RN Case Manager

“No one else can die for us, but we don’t have to die alone, that’s why I am here. Our patients journeys are our journeys too. It is a privilege to be a service to others at a sacred time in their lives.”

SUSAN DeCAMP, RN  RN Case Manager

“I appreciate that hospice is more than the patients comfort and peace, as it is also considerate of the patient’s loved ones. Hospice helps those dear to the patient achieve comfort and peace with the way things are now and they way things will be moving forward.”

BROTHER DON AMELUNG  Hospice Chaplain

“Every person on earth must deal with sickness and eventually death. The wonderful hospice caregivers are some of the most compassionate people I know. As a chaplain, I am blessed to be able to help these caregivers and patients deal with those difficult days.”

CORI SHEPPARD, RN  Hospice Program Clinical Manager

“We are all called to serve one another. What better way to serve than to be able to do everything possible to maintain dignity and respect as someone leaves this world to go be with the Lord. I find it to be nothing short of an honor to be allowed into that intimate place with our patients and their families.”

MELISSA LESLEY  Nurses Aide

“My passion for our hospice program is driven by the smiles of our patients and their families, and the fact that I always feel like they become part of my own family.”

ANNA WILSON, LCSW  Hospice Social Worker

“I am passionate about hospice because I know how deeply our staff and volunteer team cares about our patients and their families. Seeing directly how the care hospice gives others helps families during such a tender time makes it a privilege to be a part of Pike County Hospice. This is not just a job, it is a calling, and we are passionate about it.”
Turkey Trot
5K Run-Walk

Thanksgiving Day
11.22.18

RUN.
EAT.
NAP.

Registration 7a.m. - Race Begins 8a.m.
Bowling Green High School
Course runs through downtown

$25 per person
Get your FREE HOODIE when you register before October 31st!

Sponsored by
Pike County Health Department
Home Health & Hospice

Trophy awarded to fastest male, fastest female, and best TURKEY.
Proceeds go to benefit PCHD’s Public Health Initiatives.

For more information:
www.pikecountyhealth.org
facebook@bgpchd/events
jschumacher@pikecountyhealth.org
573-324-2111

REGISTER ONLINE at GetMeRegistered.com or fill out this form and send to 1 Healthcare Place Bowling Green, MO 63334

Name: ____________________________ M/F: _____
Address: ____________________________________________________
City: ____________________________ State: ______ Zip: ___________
Phone: ____________________________
Email: ______________________________________________________
DOB: ______________

I know that running/walking a race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I agree to abide by any decision of race officials relative to my ability to safely complete the run/walk. I assume all risks associated with running/walking in the Turkey Trot including, but not limited to: falls, contact with other participants, the effects of weather, including low temperatures, high heat and/or humidity, and conditions of the trail and all other such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Pike County Health Department, Home Health & Hospice, the City of Bowling Green, all event sponsors, and their agents, all event volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons names in this waiver. I grant permission to all the forgoing to use any photographs, motion pictures, video tape recordings or any record of this event for legitimate purposes. If I am under the age of 16, I am provided with adult supervision.

Signature: ____________________________ Date: ______________

(Parent or Guardian sign if under 16 years old.)

I will be participating in (circle one) 5K Run / 5K Walk
Adult Hoodie Size (circle one): S M L XL 2XL
Youth Hoodie Size (circle one): S M L XL

Total amount for entry: $_______
Additional donation: $_______
Total amount enclosed: $_______

*Checks payable to PCHD
Pike County Hospice invites you to join us in celebrating our 25th year of Honoring Life.

A community event to celebrate memories of our loved ones and 25 years as your local Hospice provider.

Thursday, October 11th, 2018 - 6:00 p.m.
Church of Nazarene’s Fellowship Hall - 807 S. Court Street, Bowling Green, MO 63334
Dinner · Dessert · Open to the Public · Lantern Release · Gifts & More

We kindly ask that you RSVP by Friday, October 5th, 2018
Becky Carroll or Cori Sheppard: 573-324-2111
bcarroll@pikecountyhealth.org or csheppard@pikecountyhealth.org

Pike County Hospice & The Home Care & Hospice Foundation of Pike County would like to invite you to Camp Horizon.

A time to gather and reflect on loved ones who are facing a terminal illness or have passed.
Children and teens will learn healthy ways to cope, while enjoying crafts, snacks and more.
Our overall mission is to support our community in their grieving process.

- Free to the public -
- Guardians must be present -
- PLEASE RSVP, Walk-ins are also welcome while supplies last -

Please RSVP by Friday, November 2nd to Cori Sheppard or Becky Carroll at 573-324-2111
ENTER TO WIN A HUSQVARNA MOWER!

TICKETS CAN BE PURCHASED AT
PIKE COUNTY HEALTH DEPARTMENT HOME HEALTH & HOSPICE
1 HEALTHCARE PLACE, BOWLING GREEN, MO 63334

Tickets are: $10.00 each or 3 for $25.00

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**Robotic Lawn Mower**

**HUSQVARNA AUTOMOWER® 450X**

- **5/5**
- 1,608 reviews recommend the product

**Write a review**

Meet Automower® 450X, a robotic mower that will give you the perfect lawn and more free time. If you own a medium or large-sized yard up to 1.25 acres, Automower® 450X is a top-of-the-line choice. Featuring smart technology and an intuitive interface, Automower® is the world's most capable robotic mower. Obstacles and tight spaces are no sweat. In fact, thanks to its weather resistance, Automower® works in the rain, too! Plus, as a premium Automower® model in the X-line series, the 450X comes with Automower® Connect! Featuring GPS navigation and theft tracking, along with the special X-line design, including LED headlights, rubber front bumper, and specially painted wheel caps.

- **Working area capacity (±20)**
  - 1.25 acre
- **Battery type**
  - Li-Ion
- **Typical charging time**
  - 60 min
- **Sound level Measured**
  - 58 dB(A)

$3,499.95

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**Zero Turn Mower**

**HUSQVARNA MZ48**

- **5/5**
- Be the first to review this product

**Write a review**

The MZ series zero-turn mower from Husqvarna takes performance, productivity, and comfort to a whole new level. The intuitive operator interface, heavy-duty steel frame, and commercial-grade hydraulic system create the ultimate mowing experience. With a rugged fabricated steel deck that is mulch and collection capable, the MZ is practical for all of your property maintenance needs. The high back seat with armrests and adjustable ergonomic steering levers will provide a comfortable ride time after time.

- **Motor/engine manufacturer**
  - Kohler
- **Motor/engine model**
  - KT730
- **Power output**
  - 23 hp
- **Cutting width**
  - 48 in

$4,649.95

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WINNER WILL BE DRAWN AT THE
8TH ANNUAL VALENTINE GALA, FEBRUARY 9TH, 2019.
HOSTED BY THE HOME CARE & HOSPICE FOUNDATION OF PIKE COUNTY.
1ST TICKET DRAWN WINS THE ZERO TURN MOWER
2ND TICKET DRAWN WINS THE AUTO MOWER
NEED NOT BE PRESENT TO WIN

Proceeds go to benefit The Home Care & Hospice Foundation of Pike County. Helping to meet, as necessary, the gap between the agency’s income and costs, staff education, and training, equipment purchases and maintenance, facility improvements and fundraising costs, with an overall objective to provide high quality hospice and home care to every area citizen regardless of ability to pay.
Heat oil in a large nonstick skillet over medium heat. Add couscous, bell pepper, pistachios, shallot and ¼ teaspoon salt. Cook, stirring frequently, until the couscous is lightly toasted, about 5 minutes. Stir in water. Cover and cook, stirring occasionally, for 5 minutes. Stir in 1 tablespoon each parsley and oregano.

Sprinkle salmon with pepper and the remaining ¼ teaspoon salt. Place the salmon on top of the couscous, reduce the heat to medium-low, cover and cook until the salmon is cooked through and the water is absorbed, 5 to 7 minutes. Serve garnished with herbs, if desired, and lemon wedges.

**Tip:** Look for Israeli couscous (sometimes called “pearl couscous” because of its larger granules) near other couscous or pasta in well-stocked supermarkets.

Pike County Home Health is excited to be recognized with the Mile 2 milestone from HHQI Quality Improvement. This milestone is achieved by analyzing data that is received on the improvement ratings of patients health while on home health services.

The Home Health Quality Improvement (HHQI) National Campaign has been dedicated to improving the quality of care provided to America’s home health patients. Whether you are a home health practitioner directly providing patient care, or an allied partner with a stake in improving the quality of care that home health patients receive, we are here to help you with evidence-based tools, timely data reports and a wealth of ongoing educational opportunities. All of our resources are absolutely free and available to everyone. Working together, we can make a real difference in patients’ health care and ultimately, their quality of life. For more information you can visit their website at www.homehealthquality.org.

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**PIKE COUNTY HOME HEALTH ACHIEVES QUALITY PATIENT CARE MILESTONE RECOGNITION AWARD**

**PIKE COUNTY HOME HEALTH**

**DRIVE THRU FLU SHOTS!**

**WEDNESDAY**

**September 19th**

**1-6pm**

Visitors Center Park

(next to Walmart)

Medicare, Medicaid & most insurances accepted!

Private pay accepted

Get the **SHOT** not the FLU, its as **EASY** as driving **THRU**!
The best preparation for tomorrow is doing your best today.
H. Jackson Brown, Jr.

"My husband lived one half day in hospice care and then expired. What care he received, what I learned, and the support I have had since, has been excellent. I recommend you to everyone. God’s blessing to all. Love in Christ, Carlene Harpole”

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

Welcome
Holly Gilbert!
Please help us welcome our new Billing Manager, Holly Gilbert! “Hi! My name is Holly Gilbert. I am a graduate of Bowling Green High School and have always lived in the Bowling Green area. I have spent over 20 years in medical billing and look forward to continuing my career with Pike County Health Department, Home Health and Hospice. I am married with three daughters who I love going on outings with. In my spare time I enjoy spending time with family & friends.”

www.pikecountyhealth.org
facebook@bgpchd

Ingredients
Salmon with toasted Israeli Couscous
30m Prep/Cook, Ready in 30m

Recipe

1. Combine the water, lemon wedges, oregano, parsley, garlic, black pepper, pistachios, bell pepper, and oil in a large skillet. Cook over medium heat until the oil is hot. Add the salmon and cook for 3 minutes on each side.
2. Add the Israeli couscous to the skillet and stir to coat with the sauce. Reduce the heat to low and simmer for 5 minutes. Divide the couscous and salmon between plates and serve immediately.

3. Enjoy your delicious, healthy meal!