Pike County Health Department, Home Health & Hospice

Volume 4, Issue 3

November 2012

Food Power Adventure to Local Public Schools

Pike County Health Department, Home Health & Hospice hosted the Food Power Adventure to the local public schools during National Farm to School month.

Students from Bowling Green, Clopton, Louisiana and BONCL Elementary traveled the path from the farmer’s field to the playing field when University of Missouri Extension’s Food Power Adventure came to town October 1st through the 4th. Along the way, students learned answers to the questions, “Where does food come from?” and “How does it give me energy to help me grow?”

Food Power Adventure, a popular traveling exhibit, gives elementary students an inside look at how the body turns food into energy.

Students start at the pizza farm to learn where farmers grow ingredients like wheat and tomatoes. At the food packaging and labeling area, students inspect labels on milk cartons for nutrition facts. After a stop at the cafeteria to select healthy foods, students make their way into the digestive system so they can change their food into the power they test at the muscles and bones stations.

“Food Power Adventure is the kind of active learning experience students need to help them see how the food they choose gives them the energy they need to play and grow,” said Jennifer Schumacher, with Pike County Health Department, Home Health & Hospice. “In addition to being a fun way for kids to learn about nutrition, the school is also meeting its wellness policy goals and state education standards.”

The MU Department of Nutritional Sciences created Food Power Adventure with partial funding from USDA’s Supplemental Nutrition Assistance Program.

Breastfeeding Support Group Initiated

Pike County Health Department, Home Health and Hospice is supporting breastfeeding through a new support group that meets monthly at the agency. The support group’s goal is to help mothers’ breastfeeding through mother-to-mother support, encouragement, information, education and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

“Breastfeeding is one of the best things a mother can do to keep her baby healthy, and yet it is often done with little to no support, especially in rural areas like ours. We want to provide a welcoming and informative place for women to come and get the support and information they need to succeed in reaching their personal breastfeeding goals,” said Brittany Dain, Breastfeeding Peer Counselor.

The support group is open to anyone in the Pike County area who is pregnant or breastfeeding. Breastfed children are welcome, as well as other family members who desire to learn more about breastfeeding and how they can support the breastfeeding women in their lives. The group offers snacks, discussion, and free information about breastfeeding in a supportive environment, and meets the fourth Wednesday of every month at 5:00pm in the agency’s conference room.

Anyone with questions about the support group is encouraged to call Brittany Dain at (573) 324-2111.
In Memory of Doris Allison
Pike County Courthouse
David and Wanda Hunter
Kate and Karen Kiefel
Doris Scherder
Bruce and Stephanie Meyer & family
Brandi and Robby Groe & family
Earl and Zella Eilson
Pike County Circuit Clerk's Office
Judge Ash
Louise Hunter
Jim and Judy Wells
Elaine Henderson
Bob and John Cannon
Karen Shin
Nadine Lawson
Buz and Mary Ann Lovel
In Memory of Brenda Beer
Linda Shade
In Memory of John Benning
Wiley and Trent Hsewa
Bob and Barbara Tsewa
Gracie Phillips, Family
Billy and Julie Benson Family
Lisa Phillips, Emily and Jenny
Sara and Meghan Cunningham
In Memory of John Brewer
Bill and Betty Richardson
In Memory of Joy Ann Brice
Nadine Formby
In Memory of Carroll Brown
Richard and Donna Adams
James and Louise Mayes
Joyce and Dale Memmey
David and Janice Robinson
Dan and Susan Brown
Judy Brown and family
Ruby Taylor and family
Richard and Phyllis LaRitzer
Richard and Carolyn McPike
John and Carol Lovel
Gabe and Holly Hotop
In Memory of Ella Brown
Joyce McGovern
In Memory of Alex Campbell
Averon and Mary Lou Love
In Memory of Marvin Colbert
Margaret Sauerwine Family
Jr and Dorothy Hubert
Bob and Teresa Orf
Rich and Sue Edmund
Matt and Kim Chance & family
Danny and Karen Lewis
Harold and Susan Brewer
In Memory of Paul Earley
David and Janice Robinson
Clara Tinsley
In Memory of John Eisenhower
Kenneth and Angela Silvey
Lucie Curin
In Memory of Dorothy Fisher
David and Janice Robinson
Clara Tinsley
In Memory of Richard Flynn
Dr. Stephen & Mignon Chishormich
In Memory of Robert Fosler
Ann and Carolyn Sauer
Art and Lori Stoddard
Randall and Pam Stoddard & family
Jeffrey Stoddard
Gina Sunderson Stephenson
In Memory of Helie Glen Fry
Bea Goodin
Stanton and Barbara Elninger
In Memory of Dr. Jack Griffin
David and Janice Robinson
Frank and Carol Fanning
In Memory of Joyce Gruntman
Keith Wescott
Budcly and Peggy Bibb
In Memory of Mary Jane Hayden
Aubrey and Wanda McFarland
In Memory of Nellie Hearn
Karen Kiefel
David and Janice Robinson
Jerry and Laura Stambaugh
In Memory of Jim Houghton
Bob and Barb Phillips
In Memory of Mabel Helman
William Worthington
In Memory of Pearl King
Gerry Rutherford
Jim and Rita Remmer
Richard and Phyllis LaRitzer
Mr. and Mrs. Louis Andreas
Ed and Jane McGee
William and Betty Richard
Frances Beck
Stanton and Barbara Elninger
Carolyn Smith
Trimble House Wed Morning Coffee Group
Irene Miles
Rose Marie Wells
Mike Lee
Becky and Jim Woods & family
Bob and Barb Phillips
David and Janice Robinson
In Memory of Lois Korte
Dr. Stephen & Mignon Chishormich
In Memory of Ray Lawson
Joyce McGovern
Bill and Betty Richardson
Kent and Billie Jo Betts
John Durkee
Ralph and Marie Niemeyer
Ed Korte
Linda Leopold
David and Kim Leabeercht
Linda Fenn Grote
Bobby and Theresa Shorton
Robert and Diane Deaney
Shannon and Darin Whoie
Amber and Luke Shaffer
Eagle Business Products
Keith and Karen Kiefel
Mary and Gary Oberman
Jennifer Asquith
Chase Hoige
John and Judy Francisco
Bob and Debra Ingram
Angi and Ann Ellison
Les and Judy Wells
Buddy and Peggy Tewel
In Memory of Sarah Leverington
Janet Meyers
Sarah Berg
Brett Yukich
Trimble House Wed Morning Coffee Group
Kurt and Tina Dreyer
Irene Miles
Rose Marie Wells
Mike Lee
Dink and Cindy Asquith
Jasie King
John and Barbara Trounter
Ellie Kite
Elaine McDougal
Karen Willis
Fred Trounter
In Memory of Clarence Leabeercht
John and Janie Peabody
Benah Copenhauer
In Memory of Anna Ludwig
Stanton and Barbara Elninger
In Memory of Frank McGrayter
George and Cindy Ricks
Greg and Kathy White
In Memory of Lenora Merrill
Lillian Blackwell
In Memory of Marilyn Millan
Chris and Kathy Gamm
Chase and Geert Pope
Don and Sherry McCarty
Pamela Cole
William and Betty Richardson
Jim and Talley Saucer
James Saucer
Linda Grote
Mark and Margaret Goodlin
Stephanie and Matt Brockmier
Dorothy Brown
Joy Freeman
Keith Wescott
Jane Powell
Buddy and Peggy Bibb
Paula Feldman
Joe and Stephanie Klett
Bonham and Joyce Bibb
In Memory of Clara Mckinley
Lillian Gamm
In Memory of Dorothy McGrayter
Ralph and Marie Niemeyer
Ray and Nadine Lawson
Ryan and Leisha Kent
George and Viola Hoblitzel
Mr. and Mrs. James Mitchell
Fred and Mary Carol Niemeyer
Paul and Bonnie Stone
Pike County Fair Association
Lisa and Joseph Grohhol
Steve and Barb Gamm
Scott and Ellen Meyer
Eugene and Sandy Korte
George and Cindy Ricks
Lisa Sarcher
Jasie Mckee
Doug and Sheila Storti
Millie Kelly
Karen Kiefel
Douglas Huffman
Joyce McGovern
David and Janice Robinson
Charlotte and Gladys Love
Jim and Helen Pratt
Frank and Ann Long Miller
Steven Best, D.D.S.
Tony and Doris Toothman
Robert and Diane Dampney
Randall and Rose Ratliff
Clayton and Jefflyn Sherrard
Mel Mcghee
Mike and Lisa Blue
Pat and Charlie Blue
Marsha Ruby
Richard and Phyllis LaRitzer
Phillip and Annette Taylor
Elaine and Marie Niemeyer
Brian, Jennifer and Avery Schumacher
Rick Oehlschlaffer
Dick and Joan Grote
Bruce and Betty Scherder
Bob and Pat Schumacker
Ruby Freeman
Joe and Rosie Lewis
Bill and Marilyn Wilson
Valle Tepfer
The E. Rex Bradley Law Firm
Willard and Nelle Wansley
Jerry and Laura Stambaugh
Craig and Amy Brown
Greg and Kathy Whyte
Jimmie and Helen Turpin
Clara Tinsley
In Memory of Dorothy Miller
Averon and Mary Lou Love
debbie and Bobbi Brown & families
Kim, Cyndi and Max Family
Ed Miller
David and Gail Anderson
Bob and Mark Riebold & Janice
Pike County Courthouse
Patti Blackmore, DFM
James and Preston Buzz and Mary Ann Lovel
In Memory of Charlotte Moore
Wiley and Annette Tewell
In Honor of Audrey and Frances Morrison’s 50th Anniversary
Bob and Marcia Tepen
Fred and Mary Carol Niemeyer
In Memory of Billy Stambaugh
David and Janice Robinson
In Memory of Rose Ann Niemeyer
Class of 1933
In Memory of Effie Rolf
Jim and Talley Saucer
Ed and Jane McGeorge
In Memory of Lyle Ruby
Marsha Ruby
In Memory of Anna Shum
Margaret Jennings
Vera Mur
In Memory of Frances Skirvin
Moores-Fike Nursing Home
David and Janice Robinson
In Memory of Lindie Smith
Mark and Carolyn Studko
Bonham and Joyce Bibb
In Memory of Thelma Sparks
Sue and Pam Moie
Moores-Fike Nursing Home
Nannie Elder
Lake and Amber Shafer
The family of Thelma Sparks
Hope and Cliff Gibbons
In Memory of Lavene Stambaugh
Charlie and Gerri Pope
Frank and Carol Fanning
Buz and Mary Ann Lovel
Kim and John Pletier
Nina Long and family
Robert and Betty Minor
Terry Saucer
Jim and Patti Cruse
Erv and Judy Grote
The Staff and Pike County Health Dept.
Dora Sapp
George and Pauline Topkhome
Betty and Bill Richard
Larry and Debbie Sarcher
Bowling Green Class of 1961
Keith and Louann Lawrence
Ed and Mary Jo Jennings
Scott Family
Fred and Mary Carol Niemeyer
AJ Scherder Family
Carroll and Theresa Cannon
Frances Beck
Gerry Rutherford
Mary and Gary Oberman
Patty Brumwell
Bob and Barb Phillips
Sara Cunningham
Jim and Libby Flaherty
Millie Bet
Doris Flood
Betty Walters
Betty Johnson
Pike County Courthouse
NFCAG
Linda Grote
Ed and Vickie Feldman
David and Wanda Hunter
Bill and Wanda Sisson
Robert and Marie Niemeyer
Mr. and Mrs. Charles Price
OATK, Inc.
Patti Feldman
David and Janice Robinson
Jerry and Laura Stambaugh
In Memory of Helen Turpin
Jimmie and Helen Turpin
Eugene and Sandy Korte
Bentura Privett
Dale and Rue Brown
Tim and Jean Andrews
Mike and Sherry Grote & family
Gale Knight
Frank and Tammi Schumbauch
Darrell, Linda, Jason and Audrey Hunter
Mary and Barry Wadler
Bill and Anne Keller
Dorothy Righi
Bob, Pati, Devan and Tara Schumbauch
Leroy and Marjorie Vogel
Jerry and Lary Oberspan
Mel and Robie Orf
Richard and Evelyn Butler
Frank and Kathy Cash
Pam Moier Meiro
Ben and Jayne Toder
Bob and Sandy Niemeyer
Bob and Carolyn Shaw
Cindy Hoage
Bill and Joyce Richardson
Cindy Walker
Mary and Tim Niemeyer
James and Suzanne Worthington
Clara Tinsley & family
Mrs. and Mrs. Drake and Linda Drake
Gerald and Mary Ann Drake
General Donations
Angela Silvey
Church of Christ
The late Marie Martinez
Lloyd and Loyda Schambach
Building Fund Donations
In Memory of Doris Allison
David and Phyllis Lafferty
In Memory of Roy Lee Baker
Bonnie Ingram
In Memory of Gavin Bruch
Bonnie Ingram
In Memory of Randi Ostrouch
Bonnie Ingram
In Memory of Carolyn Ostrouch
Bonnie Ingram
In Memory of Happy Mother’s Day to Sonya Gilbert
Terry Saucer
In Memory of Joyce Gruntman
Frank and Carol Fanning
In Memory of Dora Hoffman
Bonnie Ingram
In Memory of Kay Lawson
Jim and Talley Saucer
In Memory of Gertrude Leabeercht
Bonnie Ingram
In Memory of Joseph Moss
Sue Rauder
Helen Worrell
In Memory of Marilyn Millan
Jame and Marie Leverenz
Shirley Freeman
Sue Oehlschlaffer
Happy Mother’s Day to Betty Mitchell
Terry Saucer
In Memory of Joseph Miller
Susan Cunningham
Dorothy Brown & family
Donald Sheber
Bonnie Ingram
In Memory of East West
Jim and Talley Saucer
In Memory of Josephine Worthington
David and Janice Robinson
Nancy Raufer
Shirley Freeman
Alice Tilkenberg
Bonnie Ingram
General Donations
Jim and Cindy Hansen
Carolyn and Brazil Brown
Save the Date…
2nd Annual Valentine Gala

Thursday, February 14, 2013
Doors open at 5:30 p.m.
Dinner at 7:00 p.m.

Pike County Fairgrounds
Enjoy an evening full of food, an auction and entertainment!

Moving with the Future...

The Pike County Health Department Home Health and Hospice recently purchased eight acres of land adjoining their current property behind Wal-Mart. “The land is an investment for the future of Pike County residents and this organization,” said Justin Selle, Administrator of the Pike County Health Department Home Health and Hospice. “We have dreams to create new programs such as an adult day care or some other programs to enhance the lives of Pike County residents and this land will help put us one step closer to those dreams,” said Selle. The land was previously owned by developer GJ Grewe. After several months PCHD and GJ Grewe representatives came to an agreement. “Since our foundation is a non-profit organization GJ Grewe worked with us and we were able to get a major portion of the land donated. CD rates are still very low and land isn’t something you can make more of, so if we wouldn’t have moved forward with this deal we would have been doing a disservice to the residents of Pike County,” said Selle. The Pike County Health Department Home Health and Hospice has provided services for the residents of Pike County since the 1950’s. In 2011, PCHD moved out of two older buildings which did not fit their needs or growing staff and into a new energy efficient building behind Wal-Mart. “We are an organization that is moving forward during a down economy because of the support from local residents and businesses. We hope to continue to receive the support of the community so we can continue to implement new programs for the residents of Pike County,” said Selle. The Pike County Health Department Home Health and Hospice currently provides twenty different services for the residents of Pike County and they hope increase their services and quality of care as they continue to grow.

100 Mile Walking Club in the Schools

Four local schools in Pike County have agreed to take the 100 mile walking club challenge. Bowling Green, Clopton, Frankford and Louisiana elementary schools are participating in the “100 Mile Walking Club” sponsored by the Pike County Health Department, Home Health and Hospice.

The program entitled the “100 Mile Walking Club” challenges students to increase physical activity by walking and accumulating miles. Each student is encouraged to walk 100 miles over the course of the school year. The Pike County Health Department introduced the program to Frankford students in 2010 and was amazed that the school accumulated a total of 3,284.2 miles. The success of the Frankford program has encouraged other local schools to participate in the program. Bowling Green elementary initiated their program during the 2011-2012 school year and added designated times for walking club on Thursdays each week. The administration offered gift cards for a new pair of shoes to the girl and boy that walked the most miles during the school year.

In the current school year both Clopton and Louisiana schools have agreed to participate and incorporate walking club into their daily school routines.

“These students are really getting into this program and doing an excellent job increasing their physical activity. The administration and staff at the local schools have been great role models in encouraging and promoting walking for health. This program helps students realize how important it is to get enough physical activity for both wellness and academic success.” states Kim Gamm RN BSN CDE, Maternal & Child Health Coordinator-Pike County Health Department.

The “100 mile walking club” will continue throughout the school year. The health department is looking at a county wide school competition with a traveling trophy given yearly to the school that walks the most miles.

National Rural Health Day

Thursday, November 15th
8:00 a.m. to 11:00 a.m.
at Pike County Health Department, Home Health & Hospice

- Free Blood Pressure
- Free Cholesterol Screening *(f)
- Free Cardiac Risk Assessment *(f)
- Free A1C *
- Free Blood Sugar (f)
- Flu Shots $17
- Diabetes Education
- LifeLine
- Home Health & Hospice Information

*Screenings are available to the first 20 participants
(f) Please fast for these screenings

“Cookies and Cocoa with Santa”

Wednesday, December 5th
4:00 p.m. to 6:00 p.m.

** Bring your camera and take your child’s picture with Santa Claus!!
Pike County Health News
Enclosed!

www.pikecountyhealth.org

Providing a lifetime of care to you and your family.

Mission Statement
To ensure the safety, wellness and comfort of the citizens of Pike County through the delivery of exceptional care and preventive services.

History
Health services added in 1969, with Medicare/Medicaid Home Health services since 1994. Hospice was founded in 1993. Home Health services have been pro-active in providing patient and health care services to Pike County residents.

Home Health & Hospice
1 Health Care Place
Bowling Green, MO 63334
Phone: 573-324-2111
Fax: 573-324-5517
E-mail: schumj@lpha.mopublic.org

Pike County Health Department
1 Health Care Place
Bowling Green, MO 63334

To ensure the safety, wellness and comfort of the citizens of Pike County through the delivery of exceptional care and preventive services.