

Pike County Health Department, Home Health & Hospice

Volume 4, Issue 3

November 2012

Food Power Adventure to Local Public Schools



Don Syferd, MU Extension and Susie Oberdahlhoff, PCHD Volunteer, teach students how pizza comes from the farm.

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 Mis-

souri 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' breastfeed 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, espe-

cially 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.



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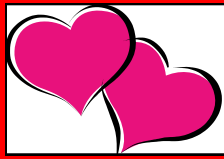
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\$30/person or \$50/couple
\$200/table of 8

Contact Pike County Health Department, Home Health & Hospice at (573) 324-2111 to purchase your tickets today!

**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.



**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!!**



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**Pike County Health Department,
Home Health & Hospice**



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
The agency has a long history of providing pre-
ventive and health care services to Pike County
residents. Public Health services have been pro-
vided since 1948, with Medicare/Medicaid Home
Health services added in 1969. In 1993, Hospice
was founded.