



NEWS

Pike County Health Department Home Health & Hospice

GLOW 5K RUN & Kids Fun Run WALK

SATURDAY October 29th
Pike County Fairgrounds

REGISTRATION
6 PM



REGISTER EARLY FOR GLOWING GOODIES!
FOR MORE INFORMATION:

Call 324-2111 - email: jschumacher@pikecountyhealth.org
facebook @bgpchd - www.pikecountyhealth.org

WALK-IN FLU SHOTS

Pike County Health Department, Home Health & Hospice is urging residents to protect themselves, co-workers, family and friends by being proactive and getting vaccinated this flu season. The single and best way to prevent the flu is to get a flu vaccine every year. CDC now recommends that everyone 6 months of age and older receive an annual influenza "flu" vaccination. The Pike County Health Department is now offering the vaccinations during our Walk-In Clinic hours Monday-Friday 8:00AM - 12:00PM & 1:00PM - 4:00PM. In addition, PCHD offers employee flu clinics at work sites. For more information on how to schedule a flu clinic at your work place, or information on the influenza disease, recommendations, vaccinations, or flu clinics please call Rhonda Stumbaugh RN; Community Health Coordinator at 573-324-2111 or visit our website www.pikecountyhealth.org. Facebook@bgpchd



Healthy Minds Healthy Lives of Pike County Presents...

A very important awareness and educational event with Tina Meier. She is a nationally acclaimed cyber safety speaker whose daughter took her own life at age 13 following a severe cyberbullying attack provoked by an adult neighbor.

Tina is the Founder and Executive Director of the Megan Meier Foundation (www.meganmeierfoundation.org). Following the loss of her daughter, Tina made it her personal mission to speak out about her daughter's experiences with bullying, cyberbullying, and suicide. She has presented to over 247,000 students, parents, educators, and professionals since 2008 and has participated in national anti-bullying campaigns including the Presidential Conference on Bullying Prevention at the invitation of The White House and the U.S. Department of Education.

This event is scheduled for October 27th, 2016
Bowling Green High School- 9am
Louisiana High School - 1pm

Megan Meier FOUNDATION
515 JEFFERSON STREET, SUITE A
SAINT CHARLES, MO 63301
P: 636-757-3501 | F: 636-757-3504
WWW.MEGANMEIERFOUNDATION.ORG
f o s t i n

653 NATIONWIDE SPEAKING ENGAGEMENTS.
221,686 STUDENTS, PARENTS, EDUCATORS AND PROFESSIONALS IMPACTED.
8 YEARS OF CELEBRATING LIFE

"TO PROMOTE AWARENESS, EDUCATION AND POSITIVE CHANGE TO THE ISSUES SURROUNDING BULLYING, CYBERBULLYING AND SUICIDE."

20% OF CYBERBULLIED TEENS THINK ABOUT SUICIDE. THAT'S 1 IN 5. IT'S CLOSER THAN YOU THINK.

For more information please contact
facebook@healthymindshealthy livesofpikecounty
hmhpikecounty@gmail.com

FARM SAFETY FOR JUST KIDS

The Hunter Behlmann Memorial Farm Safety for Just Kids chapter was established in 2006 and is part of the national Farm Safety for Just Kids organization. Our farm safety chapter provides educational opportunities to children and youth about safe practices on and off the farm and addresses the hazards that come with living in a rural community. Chapter activities include a farm safety day camp, school presentations and community events. We will be presenting for Calumet 4-H Club in early October, if you are interested in hosting a Farm Safety presentation please call our office at 573-324-2111 or visit our website for more information www.pikecountyhealth.org.

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



WE'RE HIRING!
www.pikecountyhealth.org [facebook@bgpchd](https://www.facebook.com/bgpchd)

TUMBLER TRIVIA!!



Facebook@BGPCHD

Want to know how YOU can WIN your very own fancy PCHD Tumbler!? Make sure to LIKE us on facebook@bgpchd. Every Tuesday we post a new "Tumbler Trivia" question, just look for the image above. Each question is based off of the many services we offer here at Pike County Health Department, Home Health & Hospice. All of the answers can be found from our website, our facebook page, newspaper ads, or our PCHD newsletter. Here are the rules for playing:

- > You must have LIKED our Facebook page to win!
- > Guesses must go in the comment section of the original post!
- > One guess per person, the first person to guess the correct answer (closest without going over if a number question) wins!
- > Winner will be announced on each Wednesday, and must contact us to claim their prize!

We are excited to hear your guesses, Good Luck!

OCTOBER IS NATIONAL BREAST CANCER AWARENESS MONTH

Did you know...While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same. According to the World Health Organization, breast cancer is the most common cancer among women worldwide, claiming the lives of hundreds of thousands of women each year and affecting countries at all levels of modernization. In recent years, perhaps coinciding with the decline in prescriptive hormone replacement therapy after menopause, we have seen a gradual reduction in female breast cancer incidence rates among women aged 50 and older. Death rates from breast cancer have been declining since about 1990, in part due to better screening and early detection, increased awareness, and continually improving treatment options. Find out more about breast cancer, and what you can do to help aid in the fight against it by visiting www.nationalbreastcancer.org

The best protection is early **detection**



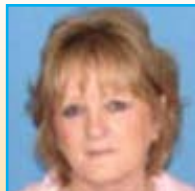
OCTOBER EMPLOYEE SPOTLIGHT



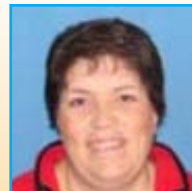
Happy 3 Year Anniversary
October 1st
Rhiannon Terrill
Breastfeeding Peer
Counselor



Happy Birthday
October 7th
Michelle Shouse
RN Case Manager



Happy 24 Year Anniversary
October 26th
Becky Carroll
Hospice Administrative
Assistant



Happy 24 Year Anniversary
October 26th
Carol McMorris
Finance Director



Happy 2 Year Anniversary
October 29th
Leanne Hinds
Breastfeeding Peer
Counselor

Not all pain is physical and not all wounds are visible.

This group is to encourage positive mental health awareness. This group is open to individuals experiencing depression, anxiety, relationship issues, substance issues, grief issues, difficulties managing/coping with stressors, etc. It is open to ALL individuals who are interested in bringing awareness to their own mental health, searching to find support and encouragement while gaining this awareness, and to those that are willing to support us in this journey.

Mental Health Awareness Support Group

6PM on the 1st Tuesday of each month
Pike County Health Dept., Home Health & Hospice
Community Room - Side Entrance
1 Healthcare Place - Bowling Green, MO 63334

Break the Silence
Break the Stigma

BE THE CHANGE

For more information or questions please contact
facebook@healthymindshealthy livesofpikecounty
email hmh@pikecounty@gmail.com

Want to Subscribe to the PCHD Newsletter? ITS FREE!
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