Since 1948 when our first public health nurse took her position making home visits to our community, our agency, 70 years later has grown to be one of the most unique Health Department’s in the state of Missouri. In 1969 services expanded to offer Home Health Services, in 1976 the Women, Infants, and Children (WIC) program was established, and in 1993 Pike County Hospice was born. Now in 2018, we are excited to be able to offer more than 24 programs offered to benefit the overall health of our community. In addition to these many programs, we have also grown our reputation for giving back. As our agency is a not-for-profit, and we are partially funded by your tax dollars, we have many events, programs, immunizations and more that are offered at no cost to the public to show our dedication to returning profits back to the community. We are where we are today because of the amazing members of this community who understand the value of our services, and we could not be more grateful. To show gratitude we are hosting a 70th Anniversary Celebration with an open house at our office and we hope you are able to attend. This event will be held at our office on Thursday, February 22nd from 4:00 PM - 6:00 PM.
Our History – Wow How We Have Grown!

1948 – Pike County Health Department becomes and official Public Health Department
1969 – Pike County Home Health services are now offered
1976 – WIC services begin
1993 – Pike County Hospice is born
2001 – The Home Care & Hospice Foundation of Pike County is established
2006 – The Hunter Behlmann Memorial Farm Safety for Just Kids Chapter is created
2006 – Lifeline Medical Alert Services are now offered
2008 – Diabetes Support Group is started
2010 – Diabetes Counseling Program begins
2011 – Agency officially moves into new building at Healthcare Place
2011 – Safe Sitter Training is now offered
2011 – The first annual Valentine Gala fundraiser event is introduced
2012 – Cookies and Cocoa with Santa initiates the annual holiday event for children
2013 – Became a Breastfeeding Friendly Worksite
2013 – The annual 5K run/walk is established
2014 – Healthy Minds, Healthy Lives of Pike County Coalition is established
2015 – Our Home Health & Hospice services expand into portions of Audrain and Montgomery Counties
2015 – Agency staffs a full time walk-in clinic nurse
2015 – Behavioral Health services are now provided
2016 – Ice Cream Socials began
2016 – The first Veterans Appreciation Fair and Flag Dedication Ceremony was orchestrated
2017 – Home Health & Hospice Services Expands!

NECAC Closes Clinic To Pike County Women

By March 31 The Northeast Community Action Coalition (NECAC) Family Planning Clinic in Bowling Green will be closed, providing services to Pike County women.

Charles Thomas, current director of NECAC, says some services had to be dropped due to a NECAC budget cut, and the Family Planning Clinic was not getting the cooperation from Pike County doctors that it expected and if the Public Health Service was not willing to pay for family planning services, then the place to cut services was in Pike County.

Mrs. Lois Schumacher, Pike County Health Department public relations specialist, was present to announce the closing of the clinic.

She said Pike County will still be set up through the Missouri Division of Health, Mrs. Schumacher says, “We are going to maintain strict guidelines like NECAC has.”

Until the Pike County clinic is closed, family planning services to women in Pike County are unable to pay for the services, The Pike County clinic will be supported by the Missouri Division of Health and will be set up through the Missouri Division of Health.

Services to be provided are: pregnancy examination, pre- and post- contraceptive services, counseling, teaching client to use contraception, instruction in family planning, and genetic counseling.

Although the Public Health Nurses’ Office plans to have services available by July 1, they have not been able to secure a doctor, Mrs. Schumacher says, “But the Public Health Nurses’ Office will be available for the needs of the community.”

In 1978 the agency moved to a new building.

Do your bargain hunting the easy way, read The Ad.

Bowling Green Times Wednesday, March 24, 1976

Bowling Green Times
Wednesday, March 24, 1976

Bowling Green Times
Wednesday, April 28, 1976

County Health Office Offers Special Diet

The Pike County Nursing Service would like to acquaint the public with some of the nutritional services being given in this county. The WIC Program will provide a financial assistance to people who are nutritionally at risk and are unable to afford an adequate diet.

The program is designed to provide nutritional education and support to those who are nutritionally at risk and are unable to afford an adequate diet.

OATS Bus Trips Scheduled In May

Plans for the OATS bus No. 67 have been completed for the month of May.

On May 1, there will be a meeting in Moberly of 15 northeast Missouri Arts, Crafts and Talent show and should be an interesting trip. On May 3 A trip is planned to Quayto to see the Inukshuks in Alaska. There will be a medical trip to Columbia on the 10th, and a sightseeing trip to the Land of Lincoln on May 7.

The Northeast theater Guild will be presenting “Silent Night” on May 8, 9, and 10. There will be a medical trip to Mexico on May 15, and there will be a trip to St. Louis for the ball game. This will be an all-day trip, St. Louis, and Los Angeles, and a Senior Citizens Day.

There will also be a trip to the Brookville Inn on May 19. A trip is planned to attend the Farm Dinner Theater, with Glenn Miller. May 19, on the 10th, the Brookville Inn in Charlevoix for a medical trip, to Zinemead Mall in the 15th, and to St. Louis on May 25 for a medical.

Anyone interested in any of these trips may call their contact person in their area.

Sally Lindsay Induced Into Honor Society

Sally Lindsey, 12, of Bowling Green was inducted into the National Honor Society on the first floor of the school on the north side. Sally will be inducted into the National Honor Society on the first floor of the school.

The National Honor Society at the University of Nebraska in Lincoln on the first floor of the school on the north side. Sally will be inducted into the National Honor Society on the first floor of the school.

Mrs. Myrlie Stahl of Lexington expects the weekend with her daughter, Mrs. Lawrence and Mr. and Mrs. Carrol Hammet.

Bowling Green Times Wednesday, April 28, 1976

Bowling Green Times March 17, 1993

"Home Care At It’s Best"

Pike County Home Health Agency announces HOSPICE service

Pike County Home Health Agency is pleased to announce the addition of HOSPICE CARE to their services.

For more information call 324-2111

Bowling Green Times Wednesday, February 5, 1969
You are invited to the 7th Annual
Home Care & Hospice Foundation of Pike County’s

Valentine Gala

Saturday, February 10, 2018 - K of C Hall, St. Clement, Missouri
Doors open at Five O’Clock - Formal Dinner at Seven O’Clock

SOLD OUT EVENT!!!
LIVE ENTERTAINMENT with DUELING PIANOS
PRIME RIB DINNER
SILENT & LIVE AUCTION
RAFFLES

2018 Valentine Gala Raffles
1 Ticket - $1.00
6 Tickets - $5.00
25 Tickets - $20.00

- Browning Silver Black Lightning 12G

- 50/50 Raffle -
The winner of the 50/50 raffle will receive half of the funds that are raised.

Tickets on sale now! Get yours during business hours at:
Pike County Health Department, Home Health & Hospice
1 Healthcare Place, Bowling Green, MO
Winner does not have to be present to win.
All proceeds go to benefit the Home Care & Hospice Foundation of Pike County.

Recipe:
Amish Roast

1. Melt margarine
2. In a very large bowl, pour melted margarine over bread cubes. Stir thoroughly to distribute margarine through the bread cubes.
3. In another mixing bowl, combine chopped celery and onion, milk, egg substitute, and seasonings.
4. Pour mixture over bread cubes. Add diced chicken and mix well.
5. Place in greased roasting pans or casseroles. Cover each one.
6. Bake for 1 hour at 250 degrees, stirring every 15 minutes. Continue baking until heated through.

PLEASE HELP US WELCOME OUR NEW RN CASE MANAGER - PAIGE BAKER!

“Hi my name is Paige Baker, I have been a resident of Bowling Green all of my life. I graduated from Bowling Green High, spent time in the Army National Guard and Reserves for 3 years, obtained my LPN in 2009, and went on to receive my RN in 2017 from Hannibal LaGrange University. I am excited to be a part of PCHD’s Home Health and Hospice team as an RN Case Manager. I am passionate about health and foods and I love to share that with others. I love to not only be able to care for others but to educate them on ways to better care for themselves. I am a wife and mom and love spending time with my family and friends. I enjoy the outdoors, cooking, and traveling. I am proud to be serving others as a nurse in my home town community.”

Order Yours Today! Due by Friday, Feb. 2nd
Send this form and payment to:
PCHD - Tracy Brookshier
1 Healthcare Place, Bowling Green, MO 63334
*Checks payable to PCHD*

Name:
Address:

Phone #:

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Total Cost: ____________________

Orders will be ready for pick up at our office by mid-February. You will be notified.

Choice your color:
BLACK  LVR  PRT  ORN  HLR  GRN  HBN  HTY  RSE  PPL  WHT

Choice your size and style:
T-Shirt (S-XL) $10.00 / (2XL) $12.00 / (3XL) $13.00
Long Sleeve T-Shirt (S-XL) $15.00 / (2XL) $17.00 / (3XL) $18.00
Hoodie (S-XL) $20.00 / (2XL) $22.00 / (3XL) $23.00

Shirt design shown will be a full back design in white; PCHD Logo will be on the front left chest.
Ingredients:
- 1/2 stick (1/4 cup) 65% vegetable oil margarine
- 25 slices of bread, cubed
- 1/4 cup celery, chopped
- 3 small onion, chopped
- 2-3 cups fat-free milk
- 1 1/4 cups egg substitute
- 1/2 tsp. pepper
- 1 1/4 tsp. garlic salt
- 5 cups cooked, cubed chicken

Recipe courtesy of “Fix-It and Enjoy It Diabetic Cookbook = Eating Healthy with the Health Department www.pikecountyhealth.org 573-324-2111 facebook@bgpchd

Testimonial Time

"For the second time in my life, Pike County Hospice has gone above and beyond what I expected to care for my family and loved ones. - Clay Koenig"

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

PCHD Christmas Elves volunteer for Toys for Tots - Pike County

On Friday, December 22nd, Toys for Tots came to the Pike County Fairgrounds in Bowling Green. Our agency was able to round up some “ELF” volunteers to help parents from the community shop for free gifts for their children. This Toys for Tots Unit serves multiple counties and serves children from newborns to seniors in high school. Last year, 808 children received a brighter Christmas because of these efforts. Our office has regularly been a Toys for Tots drop off location. If you would like more information on how to donate or how to volunteer for the next holiday season contact Stacey Nicholas at rsvp@douglassonline.org
Check us out! To help spread the exciting word about our recent service area expansion, we put our very own staff in the spotlight to help promote our amazing Home Health & Hospice services! From January to May 2018 you will see this billboard moving around the Pike County and surrounding areas.

Pictured in the above billboard proof is from left: Elaine McDannold, Physical Therapist, Melissa Lesley, Home Health Aide, Hillary Hakenwerth, RN, Cori Sheppard, RN, and Brother Don Amelung, Hospice Chaplain.

Flu activity in the area is picking up.

It's not too late to get your flu shot today if you haven’t already. While monitoring the outbreak of flu in our area, we have noticed majority of people who are testing positive for flu have not received the flu vaccine. If you get your vaccine and still get the flu, hopefully your symptoms will not be as severe. Majority of reported cases are Influenza A. In a recent CDC Health Advisory (CDC HAN-00409), it was reported that last season, the vaccination effectiveness against circulating influenza A viruses was estimated to be 32% in the U.S. CDC expects it could be similar this season, should the same A viruses continue to predominate.

The best way to prevent the flu is to be vaccinated. It is important to try and avoid close contact with sick people. While sick, limit contact with others as much as you can to keep from infecting them. If you are sick with flu-like symptoms such as fever, muscles aches, chills, cough you should stay home for at least 24hrs even after your fever is gone except to get medical care. Cover your mouth and nose when you cough or sneeze. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth. Clean and disinfect surfaces and objects that may be contaminated with germs. - Alyssa Crigger, LPN - Communicable Disease & Public Health Nurse

Tracy Brookshier is our Marketing Coordinator and has been representing our agency as the Bowling Green Chamber of Commerce’s 1st Vice President. Tracy was honored at this year’s Chamber Banquet on Thursday, January 11th with the Chamber Member of the Year Award. “We are so fortunate to have (Tracy) at Pike County Health Department, Home Health and Hospice.” said Rhonda Stumbaugh, Administrator. “Her enthusiasm and positivity is what makes her such an amazing person. We thank her for representing our agency so well!”

“It's not hard to find something positive Tracy has done - check out the Downtown Revitalization Page, Pike County Health Department's - well anything that has to do with promoting the department and it's employees, attend one of her Thirsty Canvas parties or just have a chat with her and it won't take you long to figure out she's a breath of fresh air. I wish I had a third of her energy and even a quarter of her talent. Honestly, could go on and on about her all night. The chamber is very lucky to have her and I personally look forward to working with her and seeing the amazing things she's going to do.” & Marianne Everhart, 2nd Vice President Bowling Green Chamber of Commerce
PCHD OFFERS CPR COURSES
We have three certified basic life support instructors through the American Heart Association and are proud to be able to offer these services to our community. Each course is 3 hours long and are open to the public at various times throughout the year. Classes are $35, to learn more please contact our office 573-324-2111.

Why Learn CPR?
Cardiac arrest – an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs – is a leading cause of death. Each year, more than 350,000 out-of-hospital cardiac arrests occur in the United States. When a person has a cardiac arrest, survival depends on immediately getting CPR from someone nearby. Almost 90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed in the first few minutes of cardiac arrest, can double or triple a person’s chance of survival.

Be the Difference for Someone You Love
If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love: a child, a spouse, a parent or a friend. 70 percent of out-of-hospital cardiac arrests happen in homes. Unfortunately, only about 46% of people who experience an out-of-hospital cardiac arrest get the immediate help that they need before professional help arrives.

Music Can Help Save Lives
During CPR, you should push on the chest at a rate of 100 to 120 compressions per minute. The beat of “Stayin’ Alive” is a perfect match for this.

RESERVE YOUR SPOT TODAY IN ONE OF OUR UPCOMING CLASSES!
Each of the following courses are offered at a discounted rate of $30.00 and comes with a book and course completion card.

Tuesday, February 13th
- Heartsaver CPR
  8:30am - 11:30am
  Lunch provided
- First Aid Training
  12 Noon
  Snack provided

Friday, February 16th
- Basic Life Support for Healthcare Providers
  8:30am - 11:30am
  Lunch provided

Contact Robyn Orf, LPN today to reserve your spot in one or all of these courses! Call her at our office 573-324-2111 ext. 127 or email her at rorft@pikecountyhealth.org! Find out more about these courses by visiting our website at www.pikecountyhealth.org.

About LabCorp:
LabCorp provides leading-edge medical laboratory tests and services through a national network of primary clinical laboratories and specialty testing laboratories. With scientific expertise in esoteric testing, genomics, and clinical and anatomic pathology, LabCorp processes tests on approximately 500,000 specimens each day, applying advances in medicine and science to laboratory testing.
LabCorp operates a sophisticated laboratory network, with corporate headquarters in Burlington, NC, and more than 50,000 employees worldwide. Our 220,000 clients include physician offices, hospitals, managed care organizations, and biotechnology and pharmaceutical companies. Laboratory Corporation of America Holdings is listed on the New York Stock Exchange (NYSE) under ticker symbol LH.

The American Heart Association wants to help everyone live longer, healthier lives so they can enjoy all of life’s precious moments. And we know that starts with taking care of your health. American Heart Month, a federally designated event, is a great way to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. Together, we can build a culture of health where making the healthy choice is the easy choice. Why? Because Life is Why.