HEALTHY MINDS, HEALTHY LIVES OF PIKE COUNTY RECEIVES THE 2017 MILESTONE ACHIEVEMENT AWARD

(Pictured receiving award is Carrie Wells, Behavioral Health & Substance Abuse Counselor for the Pike County Health Department's Behavioral Health Services program. Carrie is the chairperson for the Healthy Minds, Healthy Lives of Pike County Coalition.)

The Healthy Minds, Healthy Lives of Pike County Coalition was recently awarded the 2017 Milestone Achievement Award at the ACT Missouri prevention conference this November. This award was granted to recognize the coalition for the efforts put forth by its members in increasing mental health and substance use awareness in our county. Healthy Minds, Healthy Lives of Pike County is a partnership of different organizations helping the people of Pike County to recognize the importance of mental health, increase their knowledge and ability to seek help, and lead high quality, meaningful lives. To find out more, visit them on facebook@healthymindshealthylivesofpikecounty.

NURSING SCHOLARSHIP

Applications are now being accepted for the Annual Home Care & Hospice Foundation’s Nursing Scholarship. This year the board approved to increase the amount from $1,500 to $2,000.

The Home Care & Hospice Foundation knows that our amazing nurses are the backbone of Pike County Hospice, and they want to entice more compassionate individuals to pursue nursing and help change the lives of our community members.

It's a very rewarding career, both monetarily and emotionally. Making a difference in people’s lives and making them smile is not something that you can achieve in any career. As a nurse, you’ll make a huge difference in people’s lives. A caring and compassionate nurse is considered as a guardian angel by patients. This can be a very satisfying and gratifying career for the compassionate.

The Home Care & Hospice Foundation of Pike County’s Nursing Scholarship Application is available every January, and will award one $2,000 nursing scholarship this year to a student or adult pursuing a nursing career. Applicants must be a resident of Pike County, and be enrolled as a full time student. For a list of all the criteria and an application, please visit our web page at www.pikecountyhealth.org.
The maternal and child health program provides various services to improve the health and well-being of women and children within the community.

The maternal and child health program focuses on one health priority issue over a three-year contract period. Currently, the Maternal & Child Health staff are working with community stakeholders and residents to determine priority health issues in Pike County surrounding women, infant, and child health. The data and community input will be used to select the priority health issue to be addressed over the next 3-year contract period. The selected priority need will be the focus of system development and community action around the issue. PCHD will work with community partners to develop strategies to address the most pressing health needs of women and children in Pike County.

As a part of this program, immunizations are provided to infants and children in the community at no charge via the Vaccines for Children program for those who are eligible. Children with elevated lead levels are educated and managed with follow-up counseling until levels return to normal. The Child Care Health Consultation program provides advocacy and education to local daycares & facilities to help provide the best care possible to our residents. Health promotions are also done at the centers for the children to learn healthy habits.

Some of the educational classes offered under this program are:

**CAR SEAT SAFETY:**
Learn the proper way to ensure your children’s safety in your vehicle. The Pike County Health Department has three Certified Passenger Safety (CPS) technicians on staff and is a recognized Child Passenger Safety Inspection Station through National Safe Kids. Any member of the community can come and have a technician check their seat(s) for proper installation, correct improper installations, and provide the necessary education needed to ensure future safety. Technicians will also verify if the seat(s) are on the recall list, and if so, will provide the necessary information about what to do in the event of a recall.

Anyone is welcome to attend the Car Seat Safety Class given throughout the year for $15.00. Eligible primary caregivers are given a free car seat for attending the class. Appointments are required for one-on-one classes. Please call our office at 573-324-2111 to make an appointment.

**SAFE SITTER®**
Pike County Health Department joins hundreds of cities across the country that offers Safe Sitter® babysitting training classes. The medically accurate program teaches 6th grade to 8th grade girls and boys how to handle emergencies when caring for younger children. It introduces Preventing Injuries and Behavior Management. Participants will also learn infant and child CPR. The class is 6 ½ hours, or 1 day with CPR, for a fee of $35.00. Scholarships are available to those who qualify. The course is taught by registered nurses that are certified American Heart Association CPR instructors who have successfully completed the Safe Sitter® Instructor training course.

**BABY BASICS**
“Baby Basics” classes are designed for expectant and new parents, foster parents, and even grandparents. Parenthood has its challenges and sometimes we need a little preparation and advice since ‘kids don’t come with instructions’. This course is offered at no cost to parents and grandparents. It covers breast and bottle feeding, including how to prepare a bottle, how much a baby should eat as well as introducing solids. It will cover recommended practices for safe sleep, as well as tips to help your baby sleep. Parents will learn about babies’ temperaments and how to cope with the stress of being new parents. A section on Shaken Baby Syndrome is also included.

**PLEASE CALL OUR OFFICE FOR MORE INFORMATION ON ONE, OR ALL OF THESE COURSES.**

**TAKE A BRIEF SURVEY**
We are asking the community to provide us with information about the health concerns facing residents in Pike County regarding maternal, infant, and child health. This information will help PCHD and other community partners to identify the most pressing issues which can be addressed through community action. You can find this link on our website at www.pikecountyhealth.org.
Preheat the oven to 425 degrees F. Toss the potatoes with 1/2 tablespoon olive oil on a rimmed baking sheet; spread in a single layer and roast 5 minutes. Toss the kale in a large bowl with the garlic, 1/2 tablespoon olive oil, 1/4 teaspoon salt, and pepper to taste. Add to the baking sheet with the potatoes and toss. Roast until the kale is crisp and the potatoes are tender, stirring once, 15 to 20 minutes. Meanwhile, preheat a grill or grill pan to medium and brush with olive oil. Slice the chicken breasts in half horizontally to make 4 cutlets. Coat evenly with 1/2 tablespoon olive oil and season with salt and pepper. Grill the chicken until well marked and cooked through, 2 to 4 minutes per side. Transfer to a plate. Toss the kale, potatoes, the remaining 1/2 tablespoon olive oil, the salad greens, tomatoes, parmesan, lemon juice, and salt and pepper to taste in a large bowl. Divide the chicken among plates and top with any collected juices. Serve with the kale salad.

The Annual Valentine Gala is a fundraiser to assist in raising funds for our Home Care & Hospice Foundation of Pike County. Every February the public enjoys a fabulous prime rib dinner, silent & live auctions, AMAZING desserts, as well as lively entertainment. Since 2011 this formal event has helped raise over $250,000 in donations. This could not be done without the members of our community; whom are as passionate as we are about ensuring the high quality, end of life care that our patients deserve.
Recipe:
Grilled Chicken with Roasted Kale

**Ingredients**
- 1/2 pound small red-skinned potatoes, cut into 1/2-inch pieces
- 2 tablespoons extra-virgin olive oil, plus more for brushing
- 1 large bunch kale, stems removed, leaves torn (about 10 cups)
- 3 cloves garlic, thinly sliced
- 2 tablespoons extra-virgin olive oil, plus more for brushing
- 1 large bunch kale, stems removed
- 1/3 cup grated parmesan cheese
- 1 tablespoon fresh lemon juice

Recipe courtesy of foodnetwork.com

**Eating Healthy with the Health Department**
www.pikecountyhealth.org  573-324-2111
facebook@bgpchd

**Grilled Chicken with Roasted Kale**

**Join us at our next ice cream social!**
Future dates are posted on our calendar of events:
www.pikecountyhealth.org/calendar

**Tuesday, January 16th**
1:30pm  Moore-Pike Nursing Home, Bowling Green
2:15pm  Bowling Green Residential, Bowling Green
2:45pm  Country View Nursing Facility, Bowling Green

**Wednesday, January 17th**
12:00pm Gamma Road Lodge, Wellsville
2:00pm  Tri-County Nursing Home, Vandalia
3:00pm  Country Side Manor, Vandalia

**Thursday, January 18th**
1:00pm  Maple Grove Lodge, Louisiana
2:00pm Lynn’s Heritage House, Louisiana
3:30pm Bowling Green Housing Authority, Bowling Green

**Testimonial Time**

“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”

**January Employee & Event Spotlight**

Happy 44th Anniversary! January 3rd  Lynda Colbert Home Health Administrative Assistant
Happy 1st Anniversary!  January 17th  Carolyn Orf Home Health Coordinator

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

**January 2018 Pike County Health Department, Home Health & Hospice**
1 Healthcare Place - Bowling Green, MO 63334  (573) 324-2111    facebook@bgpchd  www.pikecountyhealth.org
Yes, I would like to donate to the Home Care & Hospice Foundation of Pike County!

I would like my donation to be made in memory of:

_______________________________________

My Information:
Name: ___________________________________
Address: _________________________________
_________________________________
Email: ___________________________________

Payment Information:
I have enclosed a check payable to PCHD in the amount of $____________________________

Monthly Newsletter:
Please send me the PCHD NEWS via ___ Direct Mail   ___ E-Mail

___ Yes, please send a formal acknowledgment card expressing the donation made in memory of their loved one to:
Name:___________________________________
Address: __________________________________
__________________________________

A letter of appreciation will be sent to all those who generously donate to our charitable organization.

The Home Care & Hospice Foundation was created 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 healthcare to every area citizen regardless of ability to pay. The Foundation Board is made up of area citizens and staff, who study needs and opportunities, plan fundraising, and set goals and time tables for implementation of activities.

Why are you passionate about the foundation, and what encouraged you to become a member of the Home Care & Hospice Foundation of Pike County?

“My mother in law. She was our families ROCK! The foundation board helps enrich & encourage the growth of the hospice program. Our family would have been lost without the compassionate care we received during her battle with Cancer.”
– Elisha Koenig, Board Member

“I am so thankful for our agency... for all the things we do for our people in our community, especially the children with the Cookies and Cocoa with Santa, the Easter egg hunt... so many would not be able to see Santa or the Easter Bunny. We are able to meet so many patient's needs for people on hospice or that have come home from the hospital and in need of our care. One of the main reasons i am a member of the board and try to do so much is because when I was little and growing up, my mom was raising seven kids all by herself and if it had not been for this community I am not sure where we would have ended up. We were given baskets of goodies at thanksgiving and Christmas, and given a pool membership every summer. I look back and think that there had to be someone on a board somewhere who wanted to help families like mine in need. So I am here to pass it on.”
– Sonya Gilbert, Vice Chairman

“I think Home Health and Hospice is a great thing for our community personally seen what has been done for our community members as well as my relatives just recently my cousin Mike, as well as my grandmother and father-n-law. Without this great outpour of help people of need with their love ones would be facing a harder and more difficult time. So anytime someone is there to help people in need id like to be apart of it.”
– Kent Betts, Board Member

“My first experience with Pike County Home Health & Hospice was when a dear friend was dying of cancer. When visiting her I saw first hand the wonderful care and love her and her family was receiving during this very difficult time. Such a comfort this was to me and a memory I have never forgotten. When I retired I was asked to serve on the Home Care & Hospice Foundation Board and could not think of a more worthwhile board to serve and be a part of. Since being on the board my mother required the help of Home Health and soon afterwards hospice care. She so looked forward to the caring employees of PCHH and their smiling faces. Our community is truly blessed to have this service with the dedicated and caring employees who work for PCHH.”
– Nellie Wamsley, Board Member
DONATIONS MADE to the HOME CARE & HOSPICE FOUNDATION of PIKE COUNTY
November 2017

In Memory of Nancy Calvin
   Dorothy Brown
In Memory of Frances Danner
   Paul and Mary K. Thomas
In Memory of Paul Dempsey
   Mary Millan
In Memory of Wanda Dietle
   John (Buzz) and Mary Ann Lovell
In Memory of Frank Geujen
   John and Connie Browning
   Ernie and Lee Ann Painter
In Honor of Kevin and Sonya Gilbert's 40th Anniversary
   Charlene McCune
   Jim and Betty Mitchell
In Memory of Gary Gollaher
   Ronnie Kelly
In Memory of Tom Gregory
   Jim and Talley Saucier
In Memory of Irene Griffith
   Jack and Dixie Holland
   Brent and Jill Maher
   George and Cindy Ricks
   Betty Burns
   Kantila Bhakta and Smruti Bhakta Families
   James and Rebecca Wood
   Midwest Independent Bank
   David and Janice Robinson
   Ernie and Lee Ann Painter
In Memory of Marjorie Grote
   Ruby and Shellie Ward
   John and Bobbie Harris
   Elaine Deters
In Memory of Robert “Bob” Harpole
   Linda Ince
In Memory of Jim Harrelson
   Betty Johnson
In Memory of Jim Hubert
   Betty Johnson
In Memory of Bobby Jennings
   Moore-Pike Nursing Home
In Memory of Roberta Kilby
   Linda Ince
   Betty Johnson

In Memory of Dixie Lasater
   David and Janice Robinson
In Memory of Roxie McMillen
   Keith and Martha Scherder
   Richard and Donna Cragen
   Bernard Buckman
   Charlene McCune
   Eugene and Sandy Korte
   Darlene Bruch
   Elaine Lippincott
   Juanita Glascock
In Memory of Arthur Merz
   Madonna Merz
In Memory of Bob Page
   David and Janice Robinson
In Memory of Hurley Penn
   Aubrey and Wanda McFarland
   David and Janice Robinson
   Stanton and Barbara Ehinger
In Memory of Delores (Dodie) Poor
   Stanton and Barbara Ehinger
   Gerry Rutherford
   Charles and Mary Ann Brown
   Kay Rottman
   Nancy Pendzinaki
   Helen Mautor
   Richie Holland
   Marilynn Johnson
   Patricia Quattrocchi
   Michele Lafferty
In Memory of Domonique Powell
   Stanton and Barbara Ehinger
In Memory of Bob Reindl
   Ralph and Markie Niemeyer
In Memory of Georgia Saucier
   Jim and Betty Mitchell
   Carroll and Maxine Grote
   David and Janice Robinson
In Memory of Katy Scott
   Linda Ince
In Memory of Lois Ann Smith
   Betty Johnson
In Memory of Mary Wilhoit
   Linda Ince
General Donations
   Yolanda Maksymiw
   Edward Smith
   Split Rail Animal Clinic
   Bonnie McGeorge
   Arthur Bradley
   Bea Gamm

Donations received by Pike County Hospice will be used to benefit Pike County residents dealing with terminal illness.

Thank You!

Home Care & Hospice Foundation of Pike County - November 2017