Help us GO GREEN!

Request to cancel your direct mail subscription and sign up for our E-NEWS! Not only will you be helping save the environment, but you will be the first to receive these bi-monthly newsletters and more public announcements, event information and more. E-NEWS allows subscribers to find out more with direct links and downloadable fliers and articles. Visit our website to subscribe today!

Contact Tracy Brookshier to get on the green team with E-NEWS today! 324-2111 ext. 140 or email: tbrookshier@pikecountyhealth.org!

Poster Contest WINNER!

We had many entries for our “Wash Your Hands” poster contest and are proud to announce our winner: Carissa Eckler from Bowling Green Elementary. You will soon start seeing her poster in establishments in the Pike County area. Congratulations Carissa!

Frequently Asked Questions about Hospice Care

How does the hospice work to keep the patient comfortable?

Many patients may have pain and other serious symptoms as illness progresses. Our experienced hospice staff receives special training to care for all types of physical and emotional symptoms that cause pain, discomfort and distress. Because keeping the patient comfortable and pain-free is an important part of hospice care, we have developed ways to measure how comfortable the patient is during the course of their stay in hospice. We will work with the patient’s physician to make sure that medication, therapies, and procedures are designed to achieve the goals outlined in the patient’s care plan. The care plan is reviewed frequently to make sure any changes and new goals are in the plan.

If you have more questions regarding hospice care please call us at 324-2111
ENTER TO WIN!

2019 POLARIS RANGER® 500 UTV

GET YOUR TICKETS TODAY!

$10 EACH OR 3 FOR $25

Get your tickets during office hours at the
Pike County Health Department Home Health & Hospice
1 Healthcare Place, Bowling Green MO 63334

No need to be present to win. Winner will be drawn at our
9th Annual Valentine Gala held on February 8th, 2020.

Proceeds go to benefit
The Home Care & Hospice Foundation of Pike County.
Find out more by following the event on our facebook!
Table Talk (and snacks) with Tracy

Tracy Brookshier, Marketing Coordinator is pictured here showing off her resources and snacks at a recent “Table Talk with Tracy” at the Bowling Green Pharmacy. In an effort to “be there” to answer questions and give information about all of our services (and she has snacks), we are asking to set up at your place of business. Tracy will give information to those requesting it, oh yeah, and she brings snacks! Contact Tracy about setting up a table talk or a presentation today! Tracy Brookshier 324-2111 ext. 140 tbrookshier@pikecountyhealth.org

The 2019 Pike County Missouri Fair is something most of our community looks forward to; it is full of lots of carnival fun, entertainment, great food and more! What the community doesn’t see is the “behind-the-scenes” things that it takes to put on such an event. The Fair Board and volunteers work very hard to ensure a family fun time and they do a great job. Another part of the preparation of such an event is ensuring the safety of all who attend. This includes food safety.

“This year at the Pike County Fair I worked with the vendors to maintain food safety. It’s difficult to follow the food code at temporary events, but all the vendors this year did a good job doing just that. I really appreciate the effort that they put in and hope they all had a good fair experience,” said Stefanie Davis, Environmentalist.

Food inspections are a vital part of what our agency does to prevent public disease among many others. As your public health department we also receive daily and weekly communicable disease reports from local hospitals, clinics and schools which allows us to take measures to prevent outbreaks and protect the public.

If you are interested in learning more about what we do to keep our communities of Pike County safe, please visit our website at www.pikecountyhealth.org > Public Health > Preventing Public Disease.

Get your flu shots during our walk-in clinic hours:
Monday-Friday
8:00am-12:00pm
1:00pm-4:00pm

NO APPOINTMENT NECESSARY!
We did it! We received our fourth and final star partnership level with We Honor Veterans! This pioneering program focuses on respectful inquiry, compassionate listening and grateful acknowledgment. By recognizing the unique needs of America’s veterans and their families, we have learned how to accompany and guide them through their life stories toward a more peaceful ending.

We Honor Veterans provides educational tools and resources in advancing these goals:

- Promote Veteran-centric educational activities
- Increase organizational capacity to serve Veterans
- Support development of strategic partnerships
- Increase access and improve quality

“Our hospice staff and our volunteers are excited for this new journey to help bring joy and healing to our hospice patients who are veterans. We are finding that some of the veterans don’t realize just how much they are truly respected for serving our country,” said Cori Sheppard, RN, Hospice Program Manager.

“We know that once a veteran passes away they are honored in a mightily way. We want to bring that same honor and respect to the veteran and their family before they pass away. We have provided hospice services to over 61 local veterans in our own community in the past 5 years. We are truly honored and blessed to able to be a part of their life at such a vulnerable time and we are willing to do whatever we can to make the last few months to days they have left to be the best it can be for the veteran and their families.”
August was Immunization Awareness Month and our agency helped spread the information about why vaccines are important in the community. You have the power to protect against vaccine-preventable diseases. Here is a basic breakdown of the basic information regarding vaccines.

**Why Vaccines are Important for You**
In the U.S., vaccines have greatly reduced or eliminated many infectious diseases that once routinely killed or harmed infants, children, and adults. However, the viruses and bacteria that cause these diseases still exist and you can still get these diseases if you aren’t vaccinated.

**You May Be at Risk for Serious Disease**
Every year thousands of adults in the U.S. become seriously ill and are hospitalized because of diseases that vaccines can help prevent. Many adults even die from these diseases. By getting vaccinated, you can help protect yourself from much of this unnecessary suffering.

Even if you received the vaccines you needed as a child, the protection from some vaccines can wear off. You may also be at risk for other diseases due to your job, lifestyle, travel, or health conditions. Find out what vaccines you may need based on different risk factors.

**You Can Protect Yourself and Your Loved Ones from Disease**
Vaccines can lower your chance of getting certain diseases. Vaccines work with your body’s natural defenses to help you safely develop immunity to disease. This lowers your chances of getting certain diseases and suffering from their complications. For instance:

- Hepatitis B vaccine lowers your risk of liver cancer.
- HPV vaccine lowers your risk of cervical cancer.
- Flu vaccine lowers your risk of flu-related heart attacks or other flu-related complications from existing health conditions like diabetes and chronic lung disease.

Some people in your family or community may not be able to get certain vaccines due to their age or health condition. They rely on you to help prevent the spread of disease. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to infectious disease. For example, newborn babies are too young to be vaccinated against whooping cough. Unfortunately, whooping cough can be very dangerous or even deadly for them. Pregnant women should get the Tdap vaccine during every pregnancy to help protect their babies from whooping cough. Anyone who is around babies should be up to date with their whooping cough vaccine.

**Vaccines Are Very Safe**
- Vaccines are tested and monitored. Vaccines go through years of testing before the Food and Drug Administration (FDA) licenses them for use. Both the CDC and FDA continue to track the safety of all licensed vaccines.
- Vaccine side effects are usually mild and go away in a few days. The most common side effects include soreness, redness, or swelling where the shot was given. Severe side effects are very rare.
- Vaccines are one of the safest ways to protect your health. Talk with your doctor about the vaccines you should safely receive based on your health or other conditions.
- Vaccines lower your chance of spreading disease.

**You Can’t Afford to Get Sick**
You have a busy life and too much responsibility to risk getting sick. Vaccines can help you stay healthy so you don’t miss work. If you can avoid getting sick, you will have more time for your family, friends and hobbies.

Getting recommended vaccines can give you some peace of mind. You will have the best possible protection available against a number of serious diseases. Learn more about vaccines by visiting www.cdc.gov/vaccines or call our office for more information.
PCHD teams up with Vandalia City Pool to Promote Safe Breastfeeding

Pool water, despite high cleaning standards, can still carry Recreational Water Illnesses (RWIs). These various illnesses are caused by germs that can contaminate the water and can be swallowed. RWIs are killed by chlorine but can live in pools for days. Typical pool activities like splashing makes feeding infants in the water a risky event because of the likelihood they will swallow the potentially harmful water. That is why all patrons, including mothers, are asked to feed in a place where they and their baby can stay dry. Read this full article on our facebook page or website.

The City of Vandalia and The Pike County Health Department remind you that breastfeeding is welcome here and ask that mothers please follow pool rules and feed outside of the pool for the health and safety of their child.

For questions or concerns please contact
Leah Diffey, Breastfeeding Peer Counselor
Pike County Health Department
573-324-2111
“Prepared, Not Scared. Be Ready for Disasters”

September is National Preparedness Month. Here in Missouri the “Ready in 3” program has been developed to assist our citizens to be better prepared for an emergency situation. The three steps are: Create a plan for you, your family, and your business. Prepare a kit for home, car, and work. Listen for information about what to do and where to go during an actual emergency.

Having a plan in place before an emergency is the first step in being prepared. Sometimes people are overwhelmed when trying to make an emergency plan. What information is most important? How much water does your kit need? What medications are you using? Do you have a list of emergency phone numbers somewhere besides your cell phone? There are so many things to think about. This is where the Pike County Health Department can help. We have “Ready in Three” materials provided by the state to make this planning easier by giving you guidance and a place to start. When planning for an emergency it’s important to remember that one plan does not fit everyone. Do you have pets? Do you use Oxygen? Are you part of a family? We have information and checklists for all of these situations.

In every emergency situation the most important thing you can do is stay calm. Having prepared in advance can help you stay calm. For more information or if you would like to see the information that we have for your preparation steps, contact Stefanie Davis, at the Pike County Health Department at 573-324-2111.

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**Recipe:**

**Chocolate Peanut Butter No-Bake Energy Bites**

Ingredients:
- 1 cup peanut butter
- 1 cup honey
- 1 cup oats
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 1/4 tsp salt
- 1/2 cup chocolate chips

Instructions:
1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and chill in the refrigerator for at least half an hour, to make the mix easier to handle and mold.
2. Once chilled, roll into balls of whatever size you would like. (Mine were about 1” in diameter.) Store in an airtight container and keep refrigerated for up to 1 week.
3. If the mix seems too dry, add in an extra tablespoon or two of honey or peanut butter. If the mix seems too wet (which may happen if you use natural peanut butter), add extra oatmeal.

Recipe courtesy of www.gimmesomeoven.com
**Recipe: Chocolate Peanut Butter No-Bake Energy Bites**

*Makes 20-25 balls*

- 1 cup (dry) oatmeal
- 2/3 cup toasted unsweetened coconut flakes
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/3 cup honey or agave nectar
- 1/4 cup unsweetened cocoa powder
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

**Ingredients**

15 minute prep time  
0 minute cook time  
ready in 15 minutes

**Eating Healthy with the Health Department**

[Link to Pike County Health Department website](www.pikecountyhealth.org)  
[Contact information](573-324-2111)  
[Email: admin@pikecountyhealth.org]

**Testimonial Time**

**Our hospice care experience was phenomenal. We are truly blessed to have a facility with such kind and dedicated employees in our area.**  
Michael W. Colbert

**“A very caring staff who were very interested in my wellbeing and improvement. Appreciated the calls a day in advance of when staff would be at my home.”**  
– Anonymous

**“Pike County Hospice was very good with Dorcas. I know with out a doubt that they were the best of the best. They did a great job and we are very thankful!”**  
– Bonnie LeMasters

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

**EMPLOYEE & EVENT SPOTLIGHT**

- Happy Birthday! September 5th  
  Jamie Anderson  
  WIC Coordinator & Nutritionist

- Happy Birthday! September 12th  
  Jessica Tillie  
  RN Case Manager

- Happy Birthday! September 19th  
  Rhonda Stumbaugh  
  Administrator

- Happy Birthday! September 26th  
  Mecia Castagna  
  RN Case Manager

- Happy Birthday! October 1st  
  Rachel Henderson  
  RN Case Manager

- Happy Birthday! October 8th  
  Autumn Attebery  
  Certified Aide

- Happy Birthday! October 15th  
  Rhiannon Terrill  
  Breastfeeding Peer Counselor

- Happy Birthday! October 21st  
  Becky Carrell  
  Nutritionist

- Happy Birthday! October 26th  
  Carol McMorris  
  Finance Director

- Happy 1st Anniversary! October 2nd  
  Shelley Terrell  
  Receptionist

- Happy 1st Anniversary! October 2nd  
  AudraAbbey  
  Administrative Assistant

- Happy 1st Anniversary! October 28th  
  Cori McKenzie  
  Executive Assistant

- Happy 1st Anniversary! October 28th  
  Leanne Holts  
  Breastfeeding Peer Counselor

- Happy 6th Anniversary! October 1st  
  Rhiannon Terrill  
  Breastfeeding Peer Counselor

- Happy 7th Anniversary! October 15th  
  Becky Carrell  
  Administrative Assistant

**Social Media Platforms**

- Facebook: @bgpchd
- Instagram: @bgpchd
- Twitter: @bgpchd

**Home Care & Hospice Foundation of Pike County**

The Home Care & Hospice Foundation was created to assist our not-for-profit Home Health & Hospice Programs. Without the support from our community we would not be able to offer the exceptional services we offer today. We now offer online donations from our website at [www.pikecountyhospice.com](http://www.pikecountyhospice.com)