FREE Quarterly Newsletter
2020 QUARTER 2

PCHD NEWS
COMMUNITY EVENTS - FREE STUFF - PROGRAM UPDATES - HEALTH ADVISORIES - MONTHLY SPOTLIGHTS - & MORE!

NEWS

Pike County Health Department Home Health & Hospice - Q2

Dental Services now offered at PCHD

Clarity Healthcare

Pike County Health Department Home Health & Hospice has teamed up with Clarity Healthcare Dental to offer a full time dentist to our facility.

Good dental care is important for overall health and well-being and these services can often be difficult to find in a rural area for those with limited or no insurance. We are excited to announce that Clarity Healthcare will be providing the following on-site dental services for patients with Medicare, Medicaid and who are un-insured.

- Cleanings
- Checkups and X-rays
- Fluoride Treatments
- Sealants
- Fillings
- Extractions
- Healthy Gum Care
- Restorative Services

Their Service Hours will be:
Monday – Wednesday 8:00 a.m. – 5:00 p.m.
Thursday 8:00 a.m. – 1:00 p.m.
(office staff available until 5:00 p.m.)
Friday 8:00 a.m. – 2:00 p.m.

If you or someone you know is interested in learning more or to schedule an appointment, please call Clarity at 573-324-2200 or visit their website at www.clarity-healthcare.org

PUBLIC HEALTH WEEK 2020

APRIL 6-12, 2020

JOIN US

as we celebrate
National Public Health Week!

Looking Back, Moving Forward.

The week is designed to promote public health with daily themes:

Monday: Mental Health
Advocate for and promote emotional well-being

Tuesday: Maternal and Child Health
Ensure the health of mothers and babies throughout the lifespan

Wednesday: Violence Prevention
Reduce personal and community violence to improve health

Thursday: Environmental Health
Help protect and maintain a healthy planet

Friday: Education
Advocate for quality education and schools

Saturday: Healthy Housing
Ensure access to affordable and safe housing

Sunday: Economics
Advocate for economic empowerment as the key to a healthy life

STAY UP TO DATE WITH EVENTS AND UPDATES:
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

www.pikecountyhealth.org
facebook@bgpchd

A Testimony for the Books

By Tracy Brookshier, Pike County Hospice
February 24, 2020

Hospice can be a difficult field to work in; especially for our nurses, social worker and aides who become attached to our patients and their families; feeling as a part of the family themselves. So when a patient passes away we feel that agonizing grief alongside the family. Our social worker, Carrie Wells said it best when she said this: "Knowing that we can provide such crucial support at a very difficult time is what we live for and we have a passion for doing anything and everything within our power to make sure our patients and families feel this love during their hospice journey".

I work with such an amazing group of hospice staff; now picture me saying that with sincere tears in my eyes *(because they were there for me with my own hospice experiences; but that is a whole other conversation I will save for a later blog)*. As the marketing coordinator here at Pike County Hospice, I get the pleasure to read the testimonials that we receive from the families we have served. With permission, I upload these testimonials and comments to our website and will use them in other promotional materials to share with our community, so that they can see the positive impact hospice has on patients' and their families.

Many of these testimonies are short, sweet and full of thanks; with each of them holding a special place in our hearts. Then on occasion we will get testimonies in letter form like the one I am about to share with you. When we receive words like these *(again, only with permission)*, it is an amazing reminder that we are doing something right. This letter was given to us on February 10th, 2020 from the loving wife of a hospice patient that recently passed away. This letter made us all tear up in gratitude; they let us into their home, let us care for both of them and let us show them in person; that hospice is SO much more than death and dying; it's about living with all we have.

The Letter:

February 10, 2020

My husband, Boyd went on hospice December 5, 2019 after several months of care with Pike County Home Health and left this earth to be with his savior on February 9, 2020. We didn't know what to expect but I think, like so many people, simply thought of hospice as that last level of care just prior to death. Which I suppose often is, but at least with Pike County Hospice, it was so much more.

What we experienced was a level of compassionate, loving care and concern we never expected nor anticipated. Having already lost two siblings with a third in ill health and some distance away, and aging parents, I found myself in a situation of having limited additional practical help or assistance. Pike County Hospice staff fully stood the gap always striving to meet our needs, often before we realized what was needed. Besides providing medical and personal supplies, we were so often lifted up with words of encouragement, comfort, moral support…and a shoulder to cry on was always available. They also held a deep respect for our faith which we appreciated.

Let me give you some examples:

We woke up on Christmas morning to a chilly house having discovered that during the night, the furnace had stopped working. It was an unusually mild few days so we were able to get by with portable radiant heaters and were told the price for the repairs was going to be very costly. Already dealing with stress of the current situation, with Christmas, tax time, and bitter cold weather anticipated, it was certainly not the time of year for an unexpected large expense. A few days later, the furnace repairs were made and we were ready to bite the bullet and pay the bill…only to be told it had been taken care of – that Pike County Hospice had contacted the installer to let him know we were *not* to be sent a bill. We were both overwhelmed with tears of gratitude.

Another day, staff noticed one of our Christmas trees was covered in mouse ornaments and that this had always been Boyd's tree. The next thing we know, they've talked among themselves and presented Boyd with, yes, another mouse ornament.

With Valentine's Day fast approaching, Boyd had already mentioned to me that he felt bad about not being able to give or do anything else to celebrate. Without either one of us saying anything about it, once again the girls had talked and, on February 5th, they delivered fresh flowers, a flickering candle, a full meal served on heart shaped plates, with strawberry cheesecake for dessert; all as an early Valentine's Day celebration. That day turned out to be a cold, heavy snow day but they were not deterred and it is a memory I will always cherish…as it was also the last day my beloved was truly fully cognizant. He passed away four days later.

I mention these examples but there are countless others...

I speak of the loving care and compassion that Boyd received but that also extended to myself as his caregiver. I would never have considered doing it any other way but perhaps I hadn't anticipated the exhausted toll it would take on me physically and emotionally. I was amazed at the support I received personally in that regard with support always only a phone call away if needed. They treated me as if I were just as important and deserving of attention as they did my husband.

We always knew that God would meet our every need… even before we might become aware of that need. I am confident that Pike County Hospice was fully part of His plan for us. I now understand why so many people become passionate about supporting Pike County Hospice and I now stand among them.

My use of the word Pike County Hospice "staff" sounds cold and impersonal… which couldn't be further from reality – it would be more appropriate to say they are "angels among us".

At the risk of failing to mention someone, a special thank you to Hillary Hakenwerth, Judy Ray and Rachel Henderson. You will each always have a special place in my heart.

Sincerely,

Mrs. Brenda Haddock

—

**Photo of Mr. & Mrs. Haddock at their Valentine Dinner. A big THANK YOU to Mrs. Brenda Haddock for giving us her gracious permission to share with you her personal letter and photo; because of people like her we push through our own grieving tears and continue to reach deeper into our hearts for each family we serve.*

The unfortunate fact of life is that it comes to an end for each and everyone one of us, but by choosing hospice care when we are nearing our end, we can leave this world with quality care and the comforting grace we all deserve. We don't get a second chance at this; when you choose Pike County Hospice you get all of us; our compassion, our expertise, our love and a piece of our hearts.

If you are interested in learning more about hospice care or reading more informational blogs visit our website or contact us anytime: 573-324-2111.

EATING HEALTHY WITH THE HEALTH DEPARTMENT

EGG PEPPER RINGS WITH CARROT SALSA

Recipe

Slice the peppers into eight 1/2-inch-thick rings. Dice the remaining peppers and transfer to a medium bowl.

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add the pepper rings and cook until they begin to soften and turn golden brown, 3 to 4 minutes per side.

Meanwhile, in a bowl, toss the diced peppers, carrots, tomatoes and garlic with the remaining tablespoon oil and a pinch each salt and pepper, then fold in the cilantro.

Crack 1 egg into each pepper ring; sprinkle with oregano and 1/4 teaspoon each salt and pepper. Cover and cook until the whites are set, 4 to 5 minutes for soft yolks. Top with the carrot salsa and serve on English muffins (if using).

Pike Community Care Partnership's Community Resource Guide now online!

The Pike County Community Resource Guide was originally created in 2013 by the Pike County Community Partnership (PCCP) so members of our community have easy access to resources they may need to live high quality lives. In 2019, the Pike County Health Department took the print version and transferred it online. With this new online Community Resource Guide, users can easily find more information regarding the resources listed by clicking on the links provided.

PCCP's ultimate goal with this guide is for our community members to be aware of and have easy access to resources in our area. If you have a local resource you would like added, or see something listed that needs to be updated please contact us today!

The Pike County Community Partnership is a collaborative of organizations and community partnerships in Pike County. PCCP strives to achieve the vision of Pike County as a prosperous, welcoming community where all people are valued and have the opportunity to work together to achieve common goals. The Pike County community has a commitment to ensure that its children are prepared for a bright future through strong parental involvement and support. PCCP is also the organizer for the annual Back to School Fair held each year. Find the list of organizations involved in PCCP on our website and follow them on facebook to stay up to date!

View, print, submit/update resources:
www.PikeCountyHealth.org>Resources>Community Resource Guide

Recipe

EGG PEPPER RINGS WITH CARROT SALSA

Ingredients

- 1 each medium red and yellow pepper
- 2 tbsp. Extra virgin olive oil
- 2 large carrots, coarsely grated
- 1 pint cherry or grape tomatoes, quartered
- 1 clove garlic, finely chopped
- 1/2 c. fresh cilantro, roughly chopped
- 8 large eggs
- 1/2 tsp. dried oregano
- Kosher salt and pepper
- Toasted English Muffins (optional)

4 Servings - 20 Min. Prep Time

PER SERVING 251 CAL, 16.5 G FAT (4 G SAT FAT), 372 MG CHOL, 322 MG SOD, 14 G PRO, 11 G CAR, 3 G FIBER

Recipe courtesy of Woman's Day

PCHD Pike County Health Department Home Health & Hospice

EATING HEALTHY WITH THE HEALTH DEPARTMENT

www.pikecountyhealth.org 573-324-2111
facebook@bgpchd

COMING SOON: WIRELESS MEDICAL ALERT SYSTEMS

We are excited to announce that we will soon be able to offer Philips Lifeline HomeSafe and GoSafe wireless products! At home or on the go, landline or cellular service; we can help ensure you have that piece of mind to live safely starting at $43.95 per month.

We are Philips Lifeline Certified Installers and can typically have your device installed within 48 hours. Stay tuned for more information in the next newsletter, E-NEWS article or online at our website: ***pikecountyhealth.org***

$2,000 NURSING SCHOLARSHIP

Deadline for applications is April 17th

The Home Care & Hospice Foundation of Pike County's Nursing Scholarship Application is now available! It will award one $2,000 nursing scholarship this year to a student or adult pursuing a nursing career. Deadline is April 17, 2020 and the application can be found on our website. For questions please contact Jennifer Schumacher 573-324-2111 ext.135

Becoming a mom℠

FREE PRENATAL CLASSES

The Pike County Health Department is partnering up with March of Dimes to bring prenatal education classes to the expecting families in Pike County.

Prenatal education is an important component of supporting healthy pregnancies. Prenatal education promotes the maintenance of healthy lifestyles during pregnancy, helping expectant mothers manage stress, support a healthy diet, avoid harmful chemicals and situations, recognize warning signs and symptoms that mean something may be wrong with their pregnancy, and prepare for labor and delivery.

We will be offering these classes free of charge throughout the year and they will be posted on our website and facebook events page. Each class will cover a different topic and we encourage those wishing to attend to pre-register.

To pre-register for these classes or learn more please contact Kim Gamm, RN BSN CDE at 573-324-2111 ext. 117, kgamm@pikecountyhealth.org

www.pikecountyhealth.org
Educational Services/Becoming a Mom

Be sure to subscribe to our PCHD E-NEWS for more up to date information, more often and with additional resources that don't make it in our quarterly newsletter! Just visit our website to subscribe: **www.pikecountyhealth.org**

FREE HEALTH EDUCATION FOR OUR COMMUNITIES

Our goal at the Pike County Health Department is to increase the quality, availability, and effectiveness of our health education programs to our community. We strive to educate our communities on how to:

- Prevent Disease and Injury
- Improve Health
- Enhance Quality of Life

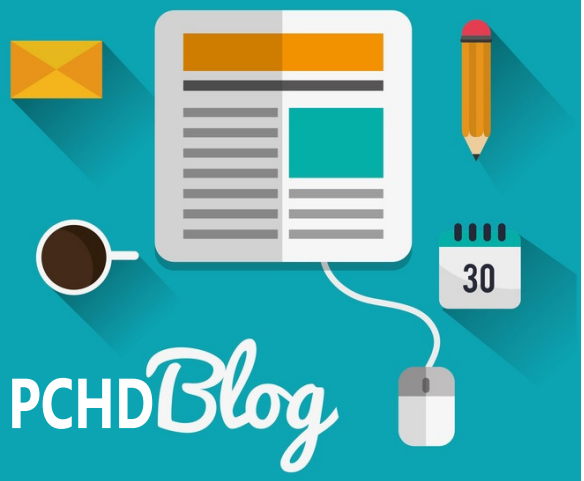
Who can benefit from these programs?
These FREE programs are designed to reach people outside of traditional health care settings including;

- Schools
- Health Care Facilities
- Work Sites
- Communities

What are some of the Educational Topics?
We encourage and enhance health and wellness by educating our communities on topics such as:

- Chronic Diseases
- Public Disease Prevention
- Emergency Preparedness
- Food Safety
- Injury and Violence Prevention
- Mental Illness/Behavioral Health
- Pregnancy & Childcare
- Oral Health
- Hand Hygiene
- Substance Abuse
- Physical Activity
- Obesity Prevention
- Workplace Blood Borne Pathogens
- Nutrition
- Heart Health
- Diabetes
- Work-site Wellness

Ready to schedule your FREE Health Education Program? Your place or ours? We have a large community conference room we can utilize for your training, or our staff will come to you. These programs are free of charge for our community, contact us to schedule your program today! 573-324-2111.



CHECK OUT OUR NEW BLOGS!

A blog is a type of website that focuses mainly on written content, also known as blog posts. In popular culture we most often hear about news blogs or celebrity blog sites and ours will focus on anything and everything happening within our agency.

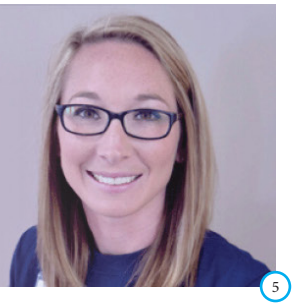
Our new blogs will allow us to write articles and updates in a more personal perspective that will also allow us to connect directly with our readers. They also have a “comments” section where readers can correspond with us. Interacting our readers in the comments section helps to further the connection between us and our community.

Overall, these blogs will be very user friendly for both our readers and our staff who is creating them. They will be easier to search, share and converse over.

Visit our new blogs:
www.pikecountyhealth.org
www.pikecountyhospice.com

Pike County Hospice
Caring for our Communities since 1993
573-324-2111 - PikeCountyHospice.com

Our services are...
Un-Measurable
Hillary Hakenwerth, RN BSN
RN Case Manager



WRAPPING OUR VETERANS IN WARM THANKS

Pike County Hospice works with the We Honor Veterans Program and our Veteran to Veteran Volunteer program to present our veteran service men and women who are on our services with a special ceremony. We recently had the pleasure of showing our gratitude to Mr. Cannon who served in the US Army with a special certificate of appreciation, challenge coin, veteran blanket and some sweets.

Pictured above presenting the blanket to Mr. Cannon is Tom Smith & Carrie Wells. Tom is one of our volunteers who is also an active member of the local VFW Post 5553 in Bowling Green. Carrie is our Hospice Social Worker who helps to orchestrate these intimate ceremonies for our patients. Mr. Cannon was joined with some of his family in attendance and graciously gave us permission to share his photo with the community.

We have a soft spot in our hearts for our local veterans and these ceremonies are barely scratching the surface of the gratitude we owe them for our freedom. We continue to work hard on ensuring that veterans in our hospice care are getting the benefits they deserve and understand how their sacrifices for our country do not go unnoticed.

We would also like to give a big thank you to our local veteran organization: Bowling Green VFW Post #5553. This group of men have been the pillar of our success with the recent Veteran programs we have implemented and their willingness to help us continue to improve the life of veterans in our communities are extremely appreciated.

DRUG TAKE AWAY PROGRAM

Proper disposal of prescription drugs is the most immediate way to directly avoid disastrous results. Simple to access and anonymous to use, with this Drug Takeaway envelope you can prevent Rx abuse and protect the environment through proper disposal of your unused medications.

The Bowling Green Rotary Club is giving away a limited supply of DEA-compliant drug takeaway envelopes (postage paid) that will be available to the public while supplies last.

Pick yours up today at our office:
1 Healthcare Place, Bowling Green, MO 63334.

Please welcome our new Hospice Chaplain Cole Branstetter, BA.Min.

"My name is Cole Branstetter and I am the lead pastor at the Bowling Green Church of the Nazarene. I was born in 1987 in Hannibal, MO and raised in Bowling Green, MO. I graduated from Bowling Green High School in 2006, and then went to Kansas to attend MidAmerica Nazarene University. I graduated from MNU in 2010 with a Bachelor of Arts degree and majored in Ministry with a focus in Youth and Family. Shortly after graduating college, I married my middle school sweetheart, Rachelle, in 2010. We have three beautiful children and another one arriving this July! I enjoy hunting, fishing, and anything that relates to the great outdoors. I love baseball, hockey, golf and am a huge fan of anything involving my kids. I am honored to be the new Hospice Chaplain and to offer spiritual care and support to those in need. This community raised me, and I want to give back in every way that I know how. Serving as Hospice Chaplain is one way in which I can do that. I look forward to working alongside the great people at PCHD!"

Quilts for Patients

Our community is full of amazing people who are willing to volunteer their talents and our agency is blessed to know them. We have local volunteers who make beautiful quilts for us to give to our patients as a gift. These quilts put a big smile on our patients' faces and we are thankful to be able to offer these cozy gifts. A big thank you to the Pike Linn Quilting Group, Frankford Ladies Quilting Group, Donna Calicott and the many others who have donated their beautiful quilts over the years.

Missouri Department of Health & Senior Services

THE LATEST DHSS UPDATES

Mar. 03, 2020
DHSS releases draft rule revisions and new FAQs for medical marijuana

Feb. 28, 2020
CDC releases revised COVID-19 guidance for health care professionals

Feb. 27, 2020
DHSS Director meets at White House to discuss federal, state and local health officials' strategic alignment on COVID-19

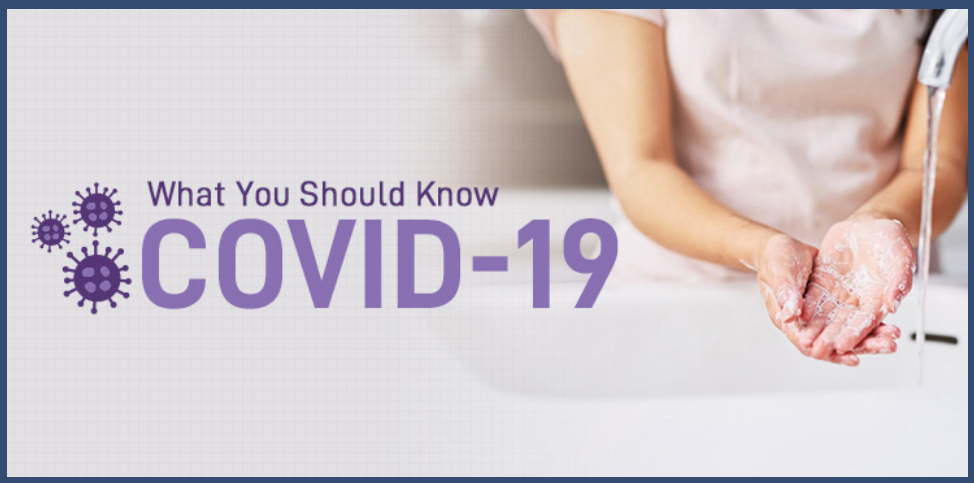
Feb. 11, 2020
Missouri is 'high performer' in public health emergency preparedness

Feb. 10, 2020
Missouri DHSS and partners continue planning and preparing for novel coronavirus

Jan. 31, 2020
DHSS issues certifications for medical marijuana seed-to-sale entities

Jan. 31, 2020
State seeks organizations to provide nutritious meals to children during summer month

Read these articles and more by visiting Missouri Department of Health & Senior Services website: www.health.mo.gov/news.



As your public health department we 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. In the event of a disease outbreak or natural disaster we assist other local emergency response teams in the coordination of medical care such as mass dispensing medications, vaccines and other nursing services.

"We can assure you that we are monitoring changes of information very closely on the coronavirus and receive updates from the Missouri Department of Health with information and guidance from CDC", states, Rhonda Stumbaugh, Administrator.

We urge the public to learn what to do if you have concerns about an illness during this outbreak. DHSS encourages people to call their health care provider or local health department if they are at risk for COVID-19 to inform them of travel history and symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people and delay any travel to reduce the possibility of spreading illness to others.

There are simple everyday preventive actions to help prevent the spread of all types of respiratory viruses. These include:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

For more information, visit our website for updates and links to CDC, Missouri Dept. of Health & Senior Services and more.

The Home Care & Hospice Foundation of Pike County
Pike County Health Department Home Health & Hospice
1 Healthcare Place, Bowling Green, MO 63334

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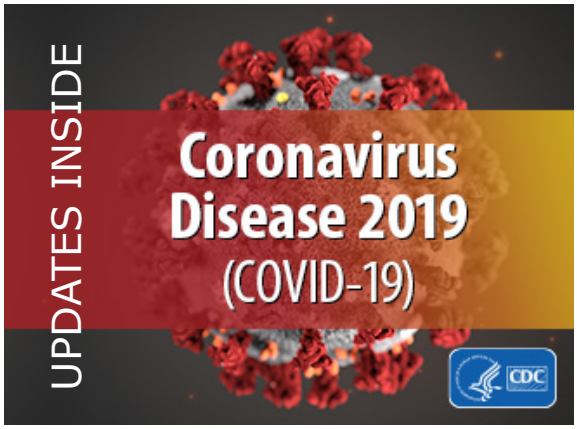
PCHD NEWS

NEWS

Pike County Health Department Home Health & Hospice - 2020 - Q2

UPDATES INSIDE



Fight the Flu
It starts with you

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

NO APPOINTMENT NECESSARY!

Stay up to date on all our closings,
events and more online:
find us on these Social Media Platforms!

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

www.pikecountyhealth.org
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