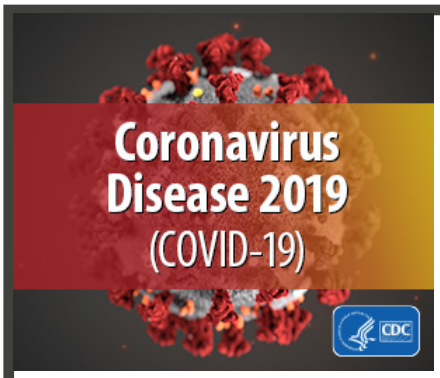
FREE Quarterly Newsletter
2020 QUARTER 4

PCHD NEWS

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

NEWS

Pike County Health Department Home Health & Hospice - 2020 Q4



Our agency has been working hard to give guidance to those in our communities affected by the COVID-19 pandemic. We continue to update our website every weekday afternoon so that Pike County residents can see how the situation is currently within our county. We continue to work with our businesses and schools to recommend guidelines to keep them open as well as remind the community of the importance of preventative measures they can take to keep themselves safe.

The best way to prevent illness is to avoid being exposed to this virus. Learn how COVID-19 spreads and practice these actions to help prevent the spread of this illness.

To help prevent the spread of COVID-19, everyone should:

- Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
- Avoid close contact with people who are sick.
- Put distance between yourself and other people (at least 6 feet).
- Cover your mouth and nose with a mask when around others.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces daily.
- CDC recommends that people wear masks in public settings and when around people outside of their household, especially when other social distancing measures are difficult to maintain.
- Masks may help prevent people who have COVID-19 from spreading the virus to others.

Public Health
Prevent Promote Protect
PIKE COUNTY MO
Since 1918

Pike County Health Department
Home Health & Hospice

NOT A COVID-19 TESTING LOCATION

Amended Sewage Ordinance

On August 27, 2020 the Pike County Health Department Board of Trustees voted to rescind part of the new On-Site Sewage Disposal System Ordinance 2020. The three-acre exemption was put back into the ordinance. They also chose to make this change retro-active to the implementation date of the new ordinance. This means that properties over 3 acres are not required to have a permit and inspection from the Health Department. All other changes made to the ordinance were left in place.

For the order and full ordinance visit our website at pikecountyhealth.org > Public Health > Sewage & Septic. A physical copy can be found at the County Clerk's office, or the Health Department.

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

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

What to know about our WALK-IN CLINIC Services

Walk-In Clinic Services offered:

All prices subject to change per market value.
Please call our office to verify pricing.
This fee schedule was last updated 9/2020

PUBLIC HEALTH/ VITAL RECORD SERVICES:

Food Service Permit (Annual: Jan.-Dec.) – $100
Temporary Food Stand Permit (1-3 days) – $10
Seasonal/Farmers Market Permit (May-Oct.) – $25
Sewage Permit – $115
Birth Certificate (1920 to present) – $15
Death Certificate (Back to 1981 – first/additional) – $14/$11

NURSING SERVICES:

(Patient will be billed any extra cost of any required medical supplies)

Blood Pressure Screening – Free
Blood Sugar Screening – $5
Cholesterol/Lipid Profile with Glucose – $20
Dressing Changes/Wound Care Free$ – 10*
Fill Medi-Set and/or Insulin Syringes Free- $5*
Hemoglobin A1C – $20
Injection Administration – $5*
IV Care (Peripheral/PICC/Central/Port-a-Cath) – $10**
Lead Screening (Non-Medicaid) – $10
Lab Draw – $10*
INR Check – $10*
PKU Screening – $105
Pregnancy Test – $5
Public Health Home Visit – $20
STD Testing (Gonorrhea, Syphilis, Chlamydia, HIV, Hep C) – $10
Suture/Staple Removal Kit – $10
TB Screening – $15
* Doctors Orders are Required
** RN service only, please call ahead to ensure an RN.

IMMUNIZATIONS:

Adacel (Tdap) – $45
Hepatitis A (2 Dose Series) – $85
Hepatitis B: 3 Dose Series – $75 Pediatric Dose – $40
Influenza – $25 /High Dose – $58/Flublok – $58
Pneumovax (PPSV23) – $120
ProQuad (MMRV) – $230
Menactra (Meningitis) – $120
MMR – $90
Prevnar 13 (PVC 13) – $210
Kinrix (Dtap/IPV) – $70
Typhoid – $110
Trumenba (Meningitis B) – $160
Shingrix – $5.00 injection fee.
Required Childhood Immunizations *(Free within VFC guidelines)*
Adult Immunizations *(Free within Section 317 Program guidelines)*

Pike County Health Department
Home Health & Hospice

1 Healthcare Place
Bowling Green, MO 63334
Phone: 573-324-2111
Fax: 573-324-5517
www.pikecountyhealth.org
facebook@bgpchd

Hours of Operation

Monday - Friday
8:00 a.m. - 12:00 p.m.
(Closed daily for lunch)
1:00 p.m. - 4:00 p.m.

Bloodwork/Labs

Doctors Orders are REQUIRED and appointments preferred.
We charge a $10 Clinical Lab Fee.
Test costs can be billed to insurance.
Patients using LABCORP need to arrive before 9:30 a.m. for same day labs.
We can send labs for QUEST, LABCORP and PCMH.

STD Testing

These tests can be done during walk-in clinic hours.

Call Ahead for RN Services

Services such as IV Care require an RN on duty.

Children under 7 Immunizations

Should schedule an appointment with our Maternal & Child Health Nurse.

V.9.2020

WELCOME!
ASHLEY BAKER, RN!

Hi, my name is Ashley Baker, I am newly employed to Pike County Home Health and Hospice as an RN Case Manager. I earned my associates degree in nursing from Hannibal LaGrange University. I am currently continuing my education for a bachelor's degree in nursing at HLGU. I absolutely love nursing, helping patients and their families is so rewarding. Nursing is more than a profession for me, it's a calling. As my career progresses I plan on attending medical mission trips. Outside of work, I enjoy spending time with my family and friends, attending my kids sporting events, going to the lake and watching demolition derbys.

WE ARE HIRING!

We are currently searching to hire compassionate individuals to our amazing Home Health & Hospice team! Learn more about these benefit eligible positions and get your application on our website at pikecountyhealth.org under the ABOUT tab!

RN CASE MANAGER
Full-Time

HOSPICE SOCIAL WORKER
Full-Time

Looking for resources that are available in our community? Visit our website to find an online Community Resource Guide!
www.pikecountyhealth.org

Recipe: Spiced Apple Pancakes

Mix flour, baking powder, 1 teaspoon cinnamon, sugar, and salt in a medium bowl. Melt 2 tablespoons of the butter. In a large bowl, whisk to combine egg yolk, vanilla, milk, and melted butter. Gently fold dry ingredients into wet ingredients until just combined, then fold in 1½ cups of chopped apple.

In another medium bowl, using a hand mixer, beat egg white until stiff peaks form. Fold egg white into batter gently with a rubber spatula until just combined.

Make apple topping: in a small saucepan over medium heat, melt remaining 2 tablespoons butter. Add remaining apples, brown sugar, remaining 1/2 teaspoon cinnamon, and a 1/4 cup water. Cook, stirring occasionally, until apples have softened and mixture is jammy, 10 to 15 minutes.

In a large skillet over medium heat, melt 1 tablespoon butter. Pour about 1/4 cup pancake batter into pan. When little bubbles appear, about 1 to 2 minutes, flip and continue cooking until both sides are lightly golden. Repeat with remaining batter, adding more butter to pan as needed. Serve pancakes topped with apple mixture.

Eating Healthy with the Health Department

PCHD Pike County Health Department Home Health & Hospice

Hospice Family Testimonies

Pike County Hospice | Caring for our Communities since 1993

"Like I tell a lot of people I had never worked or know anything about hospice. I have to say we had the best care our family could have asked for. The two nurses my mother-in-law had they were wonderful. Our family has no complaints at all."

– Leslie McMillen

PCHD 2020 Events Canceled

Events around the nation have been canceled in order to keep communities safe from COVID-19. Our agency is no different. Our BBQ Fundraiser, Veteran Appreciation Fair, Turkey Trot 5K and Cookies and Cocoa with Santa are currently being considered canceled at this time. If any changes to these events happen you can find them on our website, social media outlets and by signing up for our PCHD E-NEWS!

Recipe

Spiced Apple Pancakes

Ingredients

- 1 1/3 c. all-purpose flour
- 1 1/2 tsp. baking powder
- 1 1/2 tsp. cinnamon, divided
- 1 tbsp. granulated sugar
- 1/2 tsp. kosher salt
- 4 tbsp. butter, divided, plus more for cooking
- 1 large egg, separated
- 1 tsp. pure vanilla extract
- 1 1/4 c. milk
- 4 large apples, peeled, cored, and finely chopped (about 5 to 6 cups)
- 1/2 c. brown sugar

24 Servings - 15 Min. Prep Time - 45 Min. Total Time

Recipe courtesy of delish.com

Eating Healthy with the Health Department

Pike County Health Department Home Health & Hospice

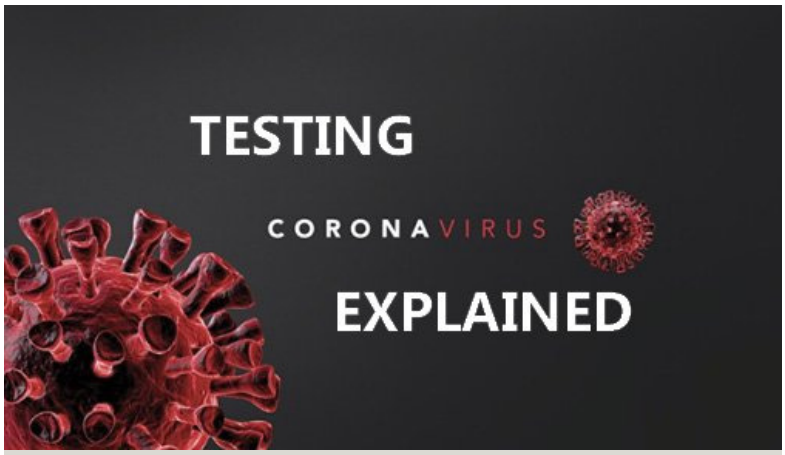
www.pikecountyhealth.org 573-324-2111
facebook@bgpchd

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.



COVID-19 Testing: PCR, Antigen, and Antibody Tests Explained

At this time, there are three types of tests available for COVID-19: polymerase chain reaction (PCR), antigen, and antibody (serology) testing. PCR and antigen tests detect whether a person is currently infected, and serology detects whether a person had an infection in the past.

We have created a document that is designed to explain the differences between PCR, antigen, and serology testing, and when one test might be used over another. You can find this document on our website blog @pikecountyhealth.org

Diabetes Counseling Program

The sessions are perfect if you are new to diabetes and have lots of questions. It's also great even if you have had diabetes for years. There is always new information to learn. The group setting allows you to share with and learn from others just like you!

What is Diabetes, Blood Sugar Monitoring, Setting Goals, Diabetes Medications, Meal Planning, Physical Activity, High & Low Blood Sugar, Long–Term Complications, Sick Days, Stress Management, and Behavior Changes. Classes are offered in a group setting or individually with a Certified Diabetes Educator (CDE). Medicare and most private insurance companies cover this service. Call the customer service number on the back of your insurance card to see if diabetes education is covered or contact us to help.

Contact our office to sign up or for more information 573-324-2111.

DEATH CERTIFICATE PRICE INCREASE

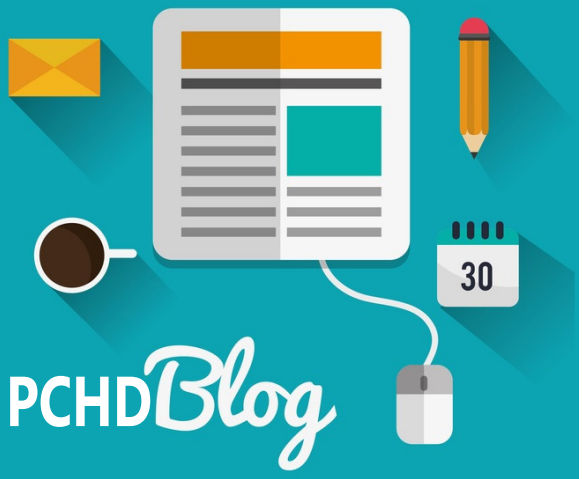
Effective August 28th, 2020, with the Governor's recent signing of HB 2046, the fee collected for each death certificate will increase by $1.00 to $14.00 for the first certified copy. The fee for each additional certified copy, ordered at the same time, will also increase by $1.00 to $11.00.

The Missouri Funeral Directors and Embalmers Association has been notified of this change in fees. In future correspondence, the Department of Health and Senior Services will provide guidance on the process for remitting the $1 increase for each death certificate to the Missouri State Coroners' Training Fund.

Our agency offers vital record services during our walk-in clinic hours, learn more about this service on our website at pikecountyhealth.org under the *resources* tab.

BECOME A PIKE COUNTY HOSPICE VOLUNTEER

People often imagine themselves becoming a hospice volunteer and being able to make a difference helping those nearing the end of their life journey, yet too many people never follow through because they are nervous of what may be expected and unsure of what it entails. Volunteers can serve as much or as little as they choose and can be involved in direct patient volunteering, administrative duties and more. Learn more about how to get involved by visiting our website **WWW.PIKECOUNTYHOSPICE.COM**



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 with 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

Celebrating 25 YEARS
Your only not-for-profit, county-based hospice provider since 1993

We Honor Veterans
Caring Professionals on a Mission to Serve.

Missouri Hospice & Palliative Care Association

National Hospice and Palliative Care Organization

NEW!
WIRELESS MEDICAL ALERT SYSTEMS

Lifeline gives quick access to help, 24 hours a day. When help is needed, the individual presses the help button that is worn as a pendant. A certified Personal Response Associate responds quickly, assesses the situation and summons help, whether it is a neighbor, relative or ambulance.

Our agency is a certified installer and business partner with Philips Lifeline and offers these medical alert services to help independent older adults and individuals with chronic medical conditions feel more confident to continue living independently in their home or on the go. In most cases our staff can have your system installed in as little as 30 minutes and within 48 hours of your order. Monthly subscriptions, installation/equipment fees vary depending on the device you choose. Learn more by calling our office 573-324-2111.

CURRENT LIFELINE SUBSCRIBERS: Our agency will be taking over the billing for your Philips Lifeline Services beginning October 1, 2020. All subscribers have been sent a letter regarding this change.

We offer 3 types of medical alert services:

1. HomeSafe Standard

Get access to the help you need 24/7 at the push of a button. The HomeSafe Standard medical alert system delivers peace-of-mind at home, at an exceptional value. This service comes in a landline or wireless option that is perfect for those who are home bound.

Pricing:

Landline: $29.95 per month
Wireless: $43.95 per month
One time Installation/Equipment fee of $75.00 that can be made in payments

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2. HomeSafe with Auto Alert

This option provides the benefits of a classic medical alert system, but is enhanced with AutoAlert, a highly tested fall detection technology. Having AutoAlert means if a loved one falls, and is unable to press their button, a help call will still be sent to our Response Center. HomeSafe with AutoAlert allows help to get dispatched quickly. Offered with Landline and Wireless connections, this option is also great for those who are home bound.

Pricing:

Landline: $44.95 per month
Wireless: $56.95 per month
One time Installation/Equipment fee of $75.00 that can be made in payments

3. GoSafe2

This product is the newest addition to the Philips Lifeline mobile alert service family. This single piece system includes multiple, advanced locating technologies, fall detection capabilities and two-way voice communication all in a light, comfortable, easy-to-wear pendant. GoSafe 2 provides fast access to help whenever and wherever you need it. This product is completely wireless and runs off of its own AT&T cellular signal so it is perfect for those adults who are still on the go, away from their home but prefer to have the extra level of safety when out-and-about.

Pricing:

$49.95 per month
One time Installation/Equipment fee of $100.00 that can be made in payments

PHILIPS Lifeline

SAVE A LIFE
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.

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. During CPR, you should push on the chest at a rate of 100 to 120 compression per minute. The beat of "Stayin' Alive" is a perfect match for this.

The Pike County Health Department has four 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 2-3 hours long and are open to the public at various times throughout the year. These public courses can be found on our website on our events calendar.

The following American Heart Association courses are offered. Visit our website for more information on what each class entails.

Heartsaver® First Aid - $45

Heartsaver® CPR AED - $45

Family & Friends CPR - $20

Basic Life Support (BLS) for Healthcare Providers - $50

Heartsaver® Pediatric CPR AED - $45

Heartsaver® Pediatric First Aid - $45

Skills Practice and Testing Session - $35

American Heart Association®

Home Care & Hospice Foundation of Pike County

Donate

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**

Pike County Health Department
Home Health & Hospice

FOOD SAFETY INSPECTIONS

As your local Public Health Department, we work hard at inspecting all local food establishments, and ensuring all measures are being taken to prepare and keep food properly.

"The food supply in the United States is among the safest in the world. However, when certain disease-causing bacteria or pathogens contaminate food, they can cause food-borne illness, often called "food poisoning." The Federal government estimates that there are about 48 million cases of food-borne illness annually – the equivalent of sickening 1 in 6 Americans each year. And each year, these illnesses result in an estimated 128,000 hospitalizations and 3,000 deaths." - FDA

All food service establishments are inspected every 4-6 months. All reports & violations are available for public knowledge either on our website or by request.

You can view food inspection reports, submit a food safety complaint as well as find the latest food recalls on our website at **www.pikecountyhealth.org> Public Health>Food Safety.**

If you have any questions regarding current or past inspections, please contact our Environmental Specialist, Stefanie Davis at 573-324-2111 ext. 113, or sdavis@pikecountyhealth.org

FOOD RECALL ALERTS
foodsafety.gov

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

ADDRESS SERVICE REQUESTED

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Pike County Health Department
Home Health & Hospice

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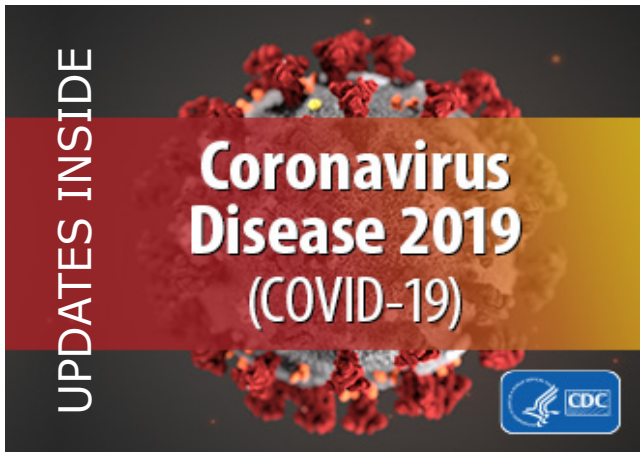

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