PCHD NEWS

FREE QUARTERLY NEWSLETTER | Pike County Health Department Home Health & Hospice | 2022 Q2

COVID-19 UPDATES

2 years of COVID-19 in Pike County; Where are we now?

Since the beginning of the COVID-19 pandemic the Pike County Health Department has continued to implement mitigation strategies to help keep our communities safe and informed. Since 2020, our agency staff has worked hard to keep up with the ever-changing data, information and education in order to ensure we are giving the most up-to-date recommendations per CDC guidelines and apply them to our current county level situation.

We continue to address many other public health issues with education and prevention strategies. We believe these last two years have prepared us to be even better at responding to any future COVID-19 surge and other public health emergencies. We continue to promote and protect the health, safety, and well-being of all through the many services we have to offer. Our community has grown stronger together through these hard times and it makes us proud to continue serving such amazing individuals.

In the recent months we have slowly been making changes to our online reporting; you will see that we are currently updating positive case counts twice weekly. We have also added direct links that will take citizens directly to the CDC and MODHSS (Missouri Department Health & Senior Services) online COVID-19 dashboards for more data and statistics per county, state, and national levels.

Although we are no longer making contact with positive COVID-19 cases or contact tracing to the extent we were in the beginning of the pandemic, we continue to monitor these cases as we do with other communicable diseases; investigating outbreaks and offering recommendations to individuals and businesses on how to manage and/or mitigate the illness for their specific situation.

(continued on page 3)

NEW! SAFE CRIBS PROGRAM NOW OFFERED AT PCHD!

Pike County Health Department is excited to announce a new program to our agency; Safe Cribs for Missouri! The Safe Cribs for Missouri program provides portable cribs and safe sleep education to low-income families who have no other resources for obtaining a crib. The program is administered by the Department of Health and Senior Services (DHSS) through federal funding from the Maternal Child Health Services Block Grant (Title V) and state funding from the Children's Trust Fund. The overall goal of the program is to support families and reduce the risk of sleep-related infant deaths.

ELIGIBILITY GUIDELINES

- Client is a Missouri resident who is 35 weeks gestation to three months postpartum
- Client is eligible for WIC, Medicaid, or has income at or below 185% of the federal poverty level
- Family has no crib and no other resources for obtaining one
- Family agrees to participate in two individual safe sleep education sessions

$15,000 for Pike County WIC Diaper Bank

Our agency is over-the-moon excited to have been granted $15,000 from the Trimble Trust Fund to put towards our Pike County WIC Diaper Bank! Our program was one of many organizations that was chosen to receive a donation from this amazing organizational fund. With these funds, our agency can be sure that the little bottoms of Pike County will be covered for quite some time.

The Pike County Health Department's WIC Diaper Bank began in 2018 with a diaper drive hosted by the Bowling Green Times newspaper. Since then, we have requested donations from the community to assist those in our community in covering their baby bottoms who may be struggling financially to do so. We offer one package of diapers per child per month. We also are able to occasionally offer wipes, diaper rash creams and other specific infant needs through this program.

The George Trimble Fund Committee works very diligently each year to ensure these funds are re-granted as per the will of George W. Trimble for the "relief of the indigent and poor residents of Pike County, Missouri". The Louisiana Elks Lodge assists in disbursing these donations and plays an active roll in assisting the community in many ways. Our agency is lucky to be a recipient of these distributions this year, along side many other very deserving organizations and programs of Pike County.

Private Water Testing

The Missouri State Public Health Laboratories (MSPHL) tests approximately 7,000 private water samples for bacteria annually. Property owners may submit samples from private wells or other drinking water sources for bacterial testing. The MSPHL can test for three different types of bacteria in private water samples. Routine samples are tested for coliform and E. coli bacteria. Testing for iron bacteria is available by special request. We collect water samples locally and send to the state for proper testing.

Our agency collects 2 types of water samples (bacteriological and chemical) based on guidance provided by the Department of Health and Senior Services (DHSS). Sometimes water supplies are sampled when a physician requests a sample to be taken in an effort to diagnose an illness. Guidance is provided to resolve problems with the well when the water is found to be unsatisfactory for drinking purposes.

We will not collect water samples from community water supplies regulated by the Department of Natural Resources (DNR) unless requested by DNR or as part of communicable disease outbreak investigation. Our agency also collects bacteriological and chemical water samples on a routine basis as part of regulatory requirements of food establishments and child care facilities on their own wells.

Learn more on our website or call us today!

DEADLINE QUICKLY APPROACHING

Nursing is 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 a full-time student.

For applications/criteria please visit one of our web pages:
www.pikecountyhealth.org
www.pikecountyhospice.com

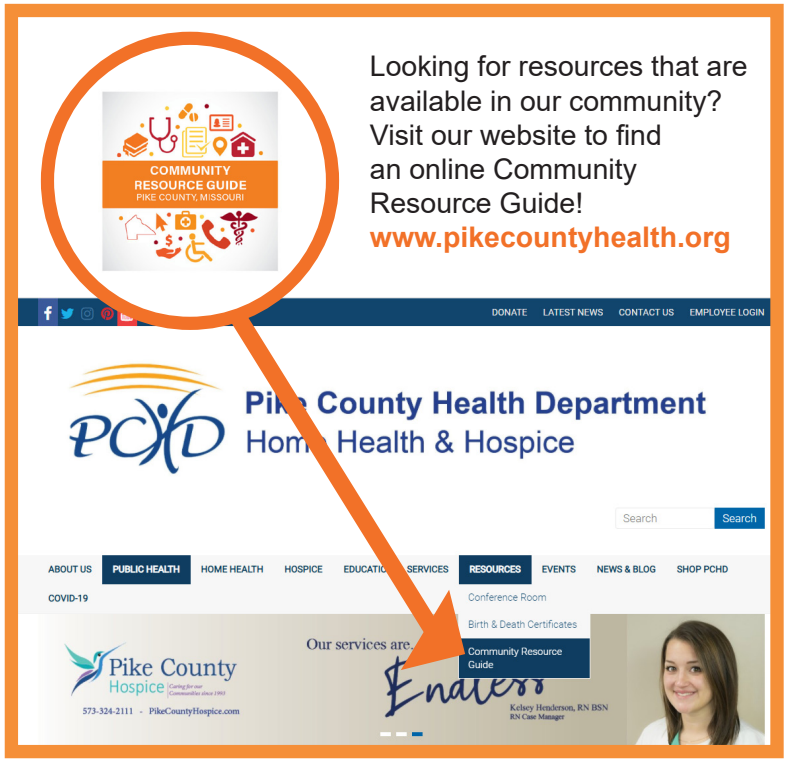
COVID-19 UPDATES (cont.)

We are seeing that our COVID-19 case managing duties are becoming increasingly similar to how we have always managed other communicable diseases, which we believe is a positive movement.

We are now offering COVID-19 vaccines daily with no appointment necessary for those ages 12 and up. Pediatric COVID-19 vaccines (ages 5-11) will still be required to make an appointment. Those interested can receive their vaccines at our office from 8am-12p and from 1-4pm. Walk-ins will be on a first come, first serve basis and are subject to availability just as any other vaccine we have to offer.

CDC now states that those who have had their primary doses (two dose series of Pfizer or Moderna OR a single dose of Johnson & Johnson) are considered fully vaccinated, and those who have received their primary doses along with their boosters are considered up to date on their COVID-19 vaccinations.

COVID-19 and its variants are still a large concern for many people. Those who are severely immunocompromised or unvaccinated are still at highest risk of contracting and spreading this virus. We continue to encourage everyone to keep themselves and their families safe by practicing good hygiene, staying home when sick and wearing a mask when in large public spaces. Staying up to date on the currently recommended vaccines is a largely effective way to fight against these viruses. Pike County Health Department is available and willing to answer any questions or concerns you may have regarding COVID-19 or any other agency matter. Reach us by calling 573-324-2111, by visiting our website at www.pikecountyhealth.org or follow us on social media.



Eating Healthy with the Health Department

PCHD

Basil Pesto Stuffed Mushrooms

Yields: 20 Servings

DIABETIC Recipe *courtesy of mayoclinic.org*
Created by the executive wellness chef and registered dietitians at the Mayo Clinic Healthy Living Program.

Ingredients

- 20 crimini mushrooms, washed and stems removed

Topping:

- 1 1/2 cups panko breadcrumbs
- 1/4 cup melted butter
- 3 tablespoons chopped fresh parsley

Filling:

- 2 cups fresh basil leaves
- 1/4 cup fresh Parmesan cheese
- 2 tablespoons pumpkin seeds
- 1 tablespoon olive oil
- 1 tablespoon fresh garlic
- 2 teaspoons lemon juice
- 1/2 teaspoon kosher salt

We Are Hiring

- Home Health & Hospice Social Worker -
- Home Health & Hospice Admissions Coordinator -

Interested applicants can learn more about the requirements for open positions and download the application from our website at ***www.pikecountyhealth.org*** *or get one in person at 1 Healthcare Place, Bowling Green, MO 63334.*

Home Care & Hospice Foundation of Pike County

THANK YOU to all who donated and attended our 10th Annual Valentine Gala! Because of you, we were able to raise over $55,000.00! Thanks to your generosity we can continue going above and beyond our already acceptional care for our Home Health & Hospice patients.

Basil Pesto Stuffed Mushrooms

Eating Healthy with the Health Department

Heat the oven to 350 F. Line the mushroom caps upside down on a baking sheet.

To prepare the topping, in a small bowl, combine the panko, butter and parsley; set aside.

To prepare the filling, place the basil, cheese, pumpkin seeds, oil, garlic, lemon juice and salt in a food processor. Process until evenly mixed.

Generously stuff the mushroom caps with the basil pesto filling. Sprinkle each mushroom with about 1 teaspoon of panko topping. Gently pat down the topping. Bake for 10 to 15 minutes or until golden brown.

Dietitian's tip:
This appetizer can be prepared a day in advance. Refrigerate until ready to serve.

ShowMeVax

Keeping Your Vaccine Records Up to Date

Your vaccination record (sometimes called your immunization record) provides a history of all the vaccines you received as a child and adult. This record may be required for certain jobs, travel abroad, or school registration.

Unfortunately, there is no national organization that maintains vaccination records. Fortunately, the state of Missouri has a system called **ShowMeVax** that our agency uses to input all vaccines administered by our agency. If you are ever in need of your immunization record just call us to make the request.

ShowMeVax is a secure and confidential data system designed to meet the national standards for effective tracking and timely administration of immunizations in a public health setting. It is a web-based database that maintains complete, accurate, and secure immunizations records for Missouri residents. The immunization information is available to authorized users, such as health care providers, childcare facilities, and schools who work together to inhibit vaccine-preventable diseases.

NATIONAL PUBLIC HEALTH WEEK

No matter where you are, Our agency invites you to join us as we celebrate National Public Health Week, April 4-10!

This year's theme, Public Health Is Where You Are, celebrates what we know is true: The places where we are, physically, mentally and societally, affect our health and our lives. As we celebrate the 27th NPHW, April 4-10, we want everyone to know they can make their communities healthier and safer for all. And as we move slowly back toward gathering in person, we're focusing not just on what we can do as individuals, but what we can do as communities to protect and prioritize public health.

This NPHW, we're taking a look at the intersections of our lives that affect our health and well-being. And we're encouraging everyone — public health professionals, students, elected leaders and the general public — to step in and do what they can to make our world a more equitable, safe, healthy and just place. We're also going to have some fun along the way. We hope you'll join us.

JOIN GENERATION PUBLIC HEALTH

Take action to help create a healthier America! Public health improvements have greatly increased life expectancy, but Americans live shorter lives and suffer more health issues than people in other high-income countries. For example, we rank 34th in life expectancy.

Generation Public Health is a growing movement of people, organizations and communities working together to create the healthiest nation in one generation. We believe that EVERYONE deserves the opportunity for a long and healthy life. We are working to reduce health disparities and achieve health equity by advancing efforts to improve the social and environmental factors that affect health and limit the ability of many people to make healthy choices. Together, we can elevate health and wellness across the lifespan.

Join us! As a member of Generation Public Health, we'll empower you with updates on public health issues, helpful tips to share and info on ways to lend your voice and support to make an impact. So, encourage family, friends and co-workers to join Generation Public Health today.

Join/Learn more: www.apha.org/What-is-Public-Health/Generation-Public-Health/Join

WIC
Women, Infants & Children
Pike County, MO

A supplemental food and nutrition program brought to you by Pike County Health Department Home Health & Hospice

WIC is a nutrition education, health promotion and supplemental food program to assist pregnant, postpartum and breastfeeding women, infants up to 12 months, and children up to age five, who have nutritional needs.

THE BENEFITS OF WIC

Nutrition education and guidance.

Breastfeeding education & support

Nutritious food to supplement the participant's diet

Referrals for health care

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

DO YOU QUALIFY?

Applying for WIC is easy, and those who are unsure if they would qualify are still encouraged to apply. To be eligible for WIC in Missouri, participants must be a resident of Missouri, meet income guidelines, and medical/nutritional guidelines. If eligible, participants will be given nutrition education, referrals and funds on an E-WIC card for nutritious foods to buy at local participating grocery stores.

V.1.22

"I have used your services from WIC program to shots for my kids for over 17 years. The staff is always helpful and so friendly"

– Amy Capstick

"I received prenatal care and services from the WIC division at PCHD as well services and care for my son after he was born. I will be forever grateful that I was able to access these services and the care and compassion they showed my son and me."

– Anonymous

ELDERLY ABUSE HOTLINE

Adult Abuse and Neglect Hotline
1-800-392-0210
Make a difference. Make the call.

The Missouri Department of Health and Senior Services (DHSS) investigates abuse, neglect, and exploitation of vulnerable individuals 60 and older and people with disabilities between 18 and 59. These individuals may live in the community or in long-term care facilities. Either way, they are unable to protect their own interests or adequately perform or obtain services necessary to meet their essential human needs (192.2400, RSMo).

Who can Report Abuse?

Anyone who suspects someone is being abused, neglected, or exploited can make a report. Certain professionals, however, are mandated by law to report. Use the link we have provided below to find a complete list of mandated reporting laws and mandated reporters. Abuse happens to people of all ethnicities and income levels and can be physical, sexual or emotional in nature.

Missouri's Adult Abuse and Neglect Hotline responds to reports of abuse, bullying, neglect, and financial exploitation. If you suspect someone is being abused, bullied, neglected or exploited, call the hotline at 800-392-0210. The hotline operates 365 days per year from 7 a.m. to 8 p.m. People who are deaf or hard of hearing may utilize Relay Missouri by calling 1-800-735-2466. Due to the possible need for mandated reporters to report a concern to the Central Registry Unit (CRU) during the hours of 8:00 p.m. to 7:00 a.m. (when the hotline is not in operation),
Online Reporting is also available for use, visit: https://health.mo.gov/safety/abuse/index.php

REGISTER YOUR CHILD TODAY!

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

Safe Sitter® Essentials with CPR is a 1-day class designed to prepare students in grades 6-8 to be safe when they're home alone, watching younger siblings, or babysitting.

CLASS DATES
June 3 | June 24 | July 11 | July 25
9:00 a.m. - 4:15 p.m.

REGISTRATION INFORMATION
$35.00 Class fee
Register online at pikecountyhealth.org
Students need to bring a sack lunch

Safe@Home by Safe Sitter® is a 90-minute class designed to prepare students in grades 4-6 to be safe when they're home alone.

CLASS DATES
April 30 | May 14
8:00 a.m. - 9:30 a.m.

REGISTRATION INFORMATION
$15.00 Class fee
Register online at pikecountyhealth.org

REGISTER TODAY - CLASSES FILL QUICKLY!

Pre-Registration is REQUIRED no later than 1 week prior to class date.
Register online or by calling 573-324-2111

www.pikecountyhealth.org/educational-services

WALK-IN CLINIC LAB SERVICES

DID YOU KNOW that we can draw and send labs for Quest, LabCorp & PCMH? All you need to do is bring in your doctors' orders, know that we charge a $10 Clinical Lab Fee and the test costs can be billed to insurance.

Appointments are required and can be made online or by calling our office. **pikecountyhealth.org>Public Health>Walk-In Clinic**

LabCorp

PCMH PIKE COUNTY MEMORIAL HOSPITAL Louisiana, Missouri

Quest Diagnostics™

CPR & FIRST AID TRAINING COURSES SCHEDULED

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. If you do not see a course scheduled that you are interested in, please contact our office.

Call 573-324-2111 or visit our website at **www.pikecountyhealth.org/educational-services** to schedule your training today!

The following American Heart Association courses are offered:

- **Heartsaver® First Aid**
- **Heartsaver® CPR AED**
- **Heartsaver® Pediatric CPR AED**
- **Heartsaver® Pediatric First Aid**
- **Family & Friends CPR**
- **Basic Life Support for Healthcare Providers**
- **Skills Practice & Testing Session**

American Heart Association®

VITAL RECORD SERVICES
Birth & Death Certificates

The Pike County Health Department, Home Health & Hospice can issue certified copies of both Birth and Death Certificates (Vital Records) for persons who were born or died in the State of Missouri. The certified copy has a raised state seal and may be used for all legal purposes. When requesting a birth certificate you must show a valid ID.

Missouri State law only allows a certified copy of a vital record to be issued to a person with a direct and tangible interest in the record such as a member of his/her family, his/her guardian or one of their official representatives.

BIRTH CERTIFICATES:

From 1920 to present*
$15.00 each

DEATH CERTIFICATES:

From 1980 to present*
$14.00 each
$11 for each additional copy if purchased at the same time

**Records prior to those dates may be available through the Bureau of Vital Record in Jefferson City. State recording of birth and death records began January 1, 1910.*

LIFE WITH DIABETES JUST GOT BETTER

Diabetes Management

Pike County Health Department
Home Health & Hospice

The Pike County Health Department offers options to help manage your diabetes.

Insulin resistance, obesity, and other conditions that predispose to diabetes are becoming more common in our society. But healthful lifestyles, knowledgeable treatment, vigilant ongoing care, and follow-up can help reverse risk factors and early signs of diabetes. Diabetes can affect everyone, if left untreated, it is deadly.

Let our educated and certified staff assist you in your journey of living with diabetes, join us for our counseling program and/or our support groups!

For more information visit our website: www.pikecountyhealth.org or call our office at 573-324-2111

Counseling Program & Support Groups are available - call us today to learn how we can help you!

American Diabetes Association.
Connected for Life

"Through my job, I have referred many patients to PCHD for services (such as diabetic counseling). I have also had nothing but great experiences with Home Health & Hospice Nurses when we share a mutual patient."
- Kayla Walker

"I have always heard how great your Hospice is and my mother comes once a month to get a B12 shot. But, about a year ago I found out I was diabetic. Took classes with Kim Gamm and that is what helped me become a controlled diabetic. The services you offer helps our community greatly and the staff is great!!!"
- Karen St. Clair

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. 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.**

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

NON-PROFIT ORG
US POSTAGE
PAID
BOWLING GREEN, MO
PERMIT NO.6

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

SUBSCRIBE NOW

PCHD E-NEWS SCAN ME!

Not subscribed to our newsletter?
Visit pikecountyhealth.org
or call us today 573-324-2111
for your FREE newsletter & E-News!

Pike County Health Department
Home Health & Hospice

Follow us on Social Media!

NEWS

FREE QUARTERLY NEWSLETTER | Pike County Health Department Home Health & Hospice | 2022 Q2

NATIONAL PUBLIC HEALTH WEEK
AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

APRIL 4-10, 2022

PUBLIC HEALTH IS WHERE YOU ARE

We are proud to be rated 5 star programs from our patient satisfaction surveys!

Pike County
Home Health & Hospice
Caring for our Communities since 1969

Office Hours: Monday - Friday 8:00 am to 4:30 pm | **Walk-In Clinic Hours:** Monday - Friday 8:00 am to 12:00 pm & 1:00 pm to 4:00 pm
Closed for Observed Holidays 2022: Jan. 17 - MLK Birthday | Feb. 21 - President's Day | May 9 - Truman's Birthday | May 30 - Memorial Day | June 19 - Juneteenth
July 4 - Independence Day | Sept. 5 - Labor Day | Oct. 10 - Columbus Day | Nov. 11 - Veteran's Day | Nov. 24 & 25 - Thanksgiving | Dec. 23 & 26 - Christmas