PCHD NEWS

FREE QUARTERLY NEWSLETTER | Pike County Health Department Home Health & Hospice | 2024 Q2

Learn to save a life for only $20

FAMILY & FRIENDS® CPR COURSE

This course offers training for those who want to learn CPR and do not need a course completion card. In this course you will learn:

- Adult Hands-Only® CPR
- Adult AED use
- Child CPR and AED use
- Infant CPR
- How to relieve choking in an adult, child or infant

SIGN UP TODAY!

Pike County Health Department
Home Health & Hospice
1 Healthcare Place
Bowling Green, MO 63334
573-324-2111
www.pikecountyhealth.org
facebook@bgpchd

UPCOMING DATES

Wednesday, April 10th
Tuesday, May 14th

6:00p - 7:30p
Community Conference Room
(side entrance)
1 Healthcare Place
Bowling Green, MO 63334

The responsibility of local health departments is to protect and promote health, and prevent disease and injury. Public health services are population based – that is, services which are focused on improving the health status of the population, as opposed primary care providers who respond to the treatment of individuals.

To accomplish this mission, public health departments balance three core government public health functions. These functions are essential to the maintenance of population-based services. Part of what we do is informing the community about health problems, the availability of services; gaining the attention of individuals, high-risk groups, and constituents concerning public health issues; and providing health education to help develop beliefs, attitudes, and skills conducive to good individual and community health. We try do this through all means of media communication including this newsletter!

End-of-Life Planning WORKSHOP

Thursday, May 16th from 6-7:30pm
Free & Open to the Public!

We will be discussing topics such as:
- Communicating your end-of-life decisions
- Managing end-of-life pain and Hospice Care
- Living Wills
- Advance Directives
- Financial Power of Attorneys
- Funeral preferences and arrangements
- Organ and body donations
- What to expect when a loved one dies

We will be providing:
- Light snacks, beverages and goodies
- Life planning folder, materials and work sheets
- Professionals on-site for general questions

RSVP online at www.PikeCountyHealth.org or by calling us at 573-324-2111

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

WE ARE HIRING! RN'S

$5,000 2 year Sign On Bonus!

PLUS GREAT BENEFITS!

- Competitive Pay
- 14 paid holidays
- Great Retirement Plan
- Paid Sick, Personal & Vacation
- Flexible Schedules

LEARN MORE & APPLY ONLINE TODAY!

Questions? 573-324-2111
Carolyn Orf: ext. 103
rorf@pikecountyhealth.org
Rhonda Stumbaugh: ext. 101
rstumbaugh@pikecountyhealth.org

Home Care & Hospice Foundation of Pike County

Pike County Home Health & Hospice

Pike County Health Department
Home Health & Hospice

$2,000
NURSING SCHOLARSHIP

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

Open to any Pike County, MO resident pursuing a nursing degree.
Deadline to apply is April 12, 2024

Get the application online
PikeCountyHospice.com/giving

Pike County Health Department
Home Health & Hospice

Oh BABY!

please join us

BABY SHOWER

All expecting and new mothers with children under 12 months

APRIL 24, 2024 2-4P.M.
807 S. Court St.
Bowling Green, MO 63334

FREE GIFTS, REFRESHMENTS AND MORE!
Must RSVP: 573-324-2111
WWW.PIKECOUNTYHEALTH.ORG

MISSOURI WIC and Nutrition Services

home state health

This institution is an equal opportunity provider.

Pike County Health Department
Home Health & Hospice

2024-2025 STUDENT VACCINATIONS

PRE-K & KINDERGARTENERS
Call for an appointment

8TH & 12TH GRADERS
Walk-In Welcome

PIKE CO. HEALTH DEPT.
1 HEALTHCARE PLACE
BOWLING GREEN, MO
573-324-2111

APRIL 1
APRIL 8
APRIL 22
8AM-4:30PM

PikeCountyHealth.org

Pike County Hospice

Volunteers Needed

Seeking compassionate individuals to assist in serving our hospice patients and their families through ways such as...

CONVERSATION
READING
CRAFTING
ADMINISTRATIVE/OFFICE DUTIES
& MORE

No requirement on how much or how little you volunteer. Join our amazing volunteers in making friends and experience purposeful volunteer work.

More information: 573-324-2111 PikeCountyHospice.com

Cook Meat and Eggs to Safe Internal Temperatures

www.cdc.gov/foodsafety

145°F

Pork Roast

Rack of Lamb

Beef Brisket

After cooking, let meat rest for 3 minutes before serving.

145°F

Fish Fillet

160°F

Ground Beef

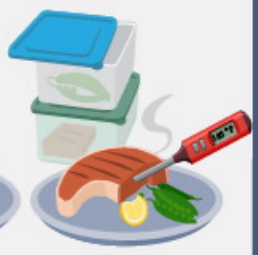
Egg Dish

165°F

Ground Turkey

Turkey

Chicken



Leftovers

CS329643

HOME BASED FOOD PRODUCTION CLASSES

Pike County Health Department
Home Health & Hospice
1 Healthcare Place
Bowling Green, MO 63334
573-324-2111
www.pikecountyhealth.org
facebook@bgpchd

With Stefanie Davis, Pike Co. Health Inspector

What you can & can't make at home to sell per Cottage Law & Food Code Exemptions

Feb.26 - Apr.8 - Jun.10 - Aug.12 - Dec.9

6-8pm - PCHD COMMUNITY CONFERENCE ROOM
1 Healthcare Place, Bowling Green, MO
www.PikeCountyHealth.org | 573-324-2111 ext. 113

Do you know the laws for making & selling items from your home such as:

- cookies/cakes
- pumpkin rolls
- focaccia bread
- freeze dried candy/fruits
- canned salsa/jams/jellies

This class will help you understand the rules and regulations.

SAFE FOOD HANDLING CLASSES

MAR.11 - MAY.13 - JUL.8 - SEPT.9 - NOV.25
5-7PM PCHD CONFERENCE ROOM

Safe steps in food handling, cooking, and storage are essential in preventing foodborne illness.

Whether preparing foods for your family or for your restaurant we will share guidelines to guide you in keeping your food, your family, and your customers safe.

573-324-2111
PIKECOUNTYHEALTH.ORG

Pike County Health Department
Home Health & Hospice

Rabies Control in the United States

Many systems work together to keep people safe from rabies. Each year, in the United States:

PREVENTION:

10 Million rabies vaccines are given to wild animals by wildlife biologists

40 Million dogs and cats are vaccinated against rabies by animal health experts

Hundreds of scientists are working to develop new method to prevent rabies

DANGER:

4 Million Americans report being bitten by animals

800,000 Americans receive medical attention and consultations from local and state health departments

60,000 Americans are thought to be exposed to rabies, and receive treatment

The many facesof rabies control in the United States

IMPACT:

Less than 3 rabies deaths reported in the US

95% decline in human rabies deaths from their peak in 1945

$1 billion saved in healthcare cost

RESPONSE:

100,000 veterinarians, animal control staff, and public health workers assess rabies risk in animals and people

130 specialized laboratories test **100,000** animals for rabies

>4,000 animals test positive for rabies – mostly bats, raccoons, skunks, foxes, cats, and dogs

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

CS 334242-A September 22, 2022

FACTS ON HOSPICE CARE

5,500 hospices across the US provide medical services for pain management, lend emotional support and offer spiritual resources and therapies as patients enter their last stage of life.

More than 65% of Americans spend their final stage of life in hospice care.

1.6 million people enter hospice care every year.

Of all patients receiving hospice care,

66% received care at their own home.

Only

27.4% received care at an inpatient facility.

Only 50% of all eligible individuals participate in WIC. Only 50% ?! Call our office today to see if you qualify! 573-324-2111

Journey of Grief

A compassionate support group for the grieving

you are not alone

What can I expect during the grief support group?

A safe environment where one can tell his or her story and express feelings freely, knowing that others will be understanding, non-judgmental, and supportive.

Free & Open to the Public
Monthly on the
1st Monday - 6pm

MISSOURI DEPARTMENT OF HEALTH & SENIOR SERVICES

Rate of national measles cases highlights importance of vaccination (March 21, 2024)

JEFFERSON CITY, MO – As vaccine uptake continues to decrease, measles cases or outbreaks have emerged in several states, including Missouri earlier this year. Nationally, the total number of measles cases has already reached the level that occurred during the entire year of 2023. With cases reported across the country, the Missouri Department of Health & Senior Services (DHSS) recommends parents and guardians check their child's vaccination records to make sure they have received the measles, mumps and rubella (MMR) vaccine. This vaccine has been used in the United States since the 1970s and is a safe and effective way to protect children from measles. To be fully immunized, children are recommended to receive two doses of the MMR vaccine, with the first dose between ages 12-15 months and the second dose between ages 4-6 years old. Infants as young as 6 months can receive the first dose if traveling to areas where the measles infection rate is high. Families should consult their health care provider to discuss appropriate vaccine options for their children.
Herd immunity, achieved through a measles vaccination rate of 95% or more is crucial for preventing disease outbreaks in the community and protecting vulnerable populations who cannot receive vaccines.

"Achieving this level of vaccination creates a barrier that limits the spread of infectious disease within a community, safeguarding those who are unable to be vaccinated due to their age or compromised immune systems," said Dr. George Turabelidze, state epidemiologist with DHSS.
Statewide, the MMR vaccination rate among kindergarteners has dropped steadily from 95.4% in the 2016-2017 school year to 90.5% at the start of the 2023-2024 school year, according to preliminary data reported by Missouri school districts. Religious (non-medical) exemptions have simultaneously increased from 1.9% to 3.5%.

The measles vaccine, given as part of the MMR (measles, mumps and rubella) vaccine, is extremely effective, giving those vaccinated with just one dose 93% protection against measles infection. Both doses of the vaccine provide individuals with a 97% protection rate throughout their lifetime.

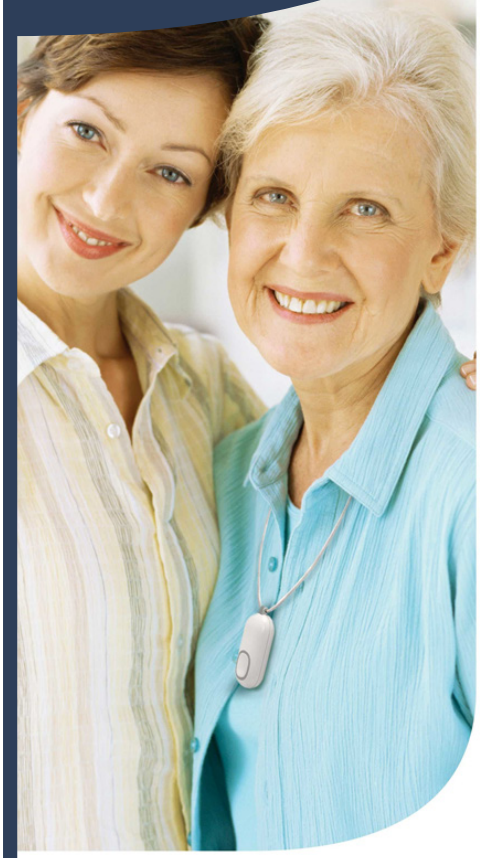
Measles is a highly contagious and serious disease, especially serious for children under age five and those who are immunocompromised. Common symptoms include a rash that starts as flat red spots on the head and spreads to other parts of the body, high fever, cough, runny nose, red and watery eyes, and tiny white spots inside the mouth. But in some instances, individuals with measles will develop brain infection, which can lead to brain damage, and for some the disease is fatal even with the best care.

The virus spreads through coughing and sneezing and can live for up to two hours in an airspace after an infected person leaves an area. A person can spread measles without knowing they are infected. If not treated, complications can grow in severity.
Most health insurance plans cover vaccines, but individuals should check with their insurance provider to verify coverage. For those without insurance, the Vaccines for Children Program, funded by the Centers for Disease Control and Prevention (CDC), provides free vaccines to children who qualify.

Additionally, most local public health agencies throughout the state of Missouri offer vaccinations at affordable rates. To find a local public health agency near you and schedule an appointment, visit the Local Public Health Agency Directory.

Be prepared and confident

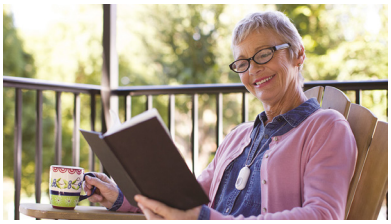
with access to help 24/7



Help when you need it most

Police Fire Medical

At Home Medical Alert Systems



Our HomeSafe systems are perfect for people who spend most of their time at home.

If cooking a home cooked meal or reaching for a good book in your comfortable chair are some of your favorite pastimes, consider our **HomeSafe Standard** or **HomeSafe with AutoAlert** systems that are available in Landline and Wireless options. You'll have direct access to help in and around your home.

On The Go Medical Alert Systems

Our On-The-Go system is perfect for more active older adults.

If you enjoy getting out and about, visiting with friends, walking the dog or just doing errands, consider our **On-The-Go** mobile system. You'll have direct access to help anytime, anywhere.

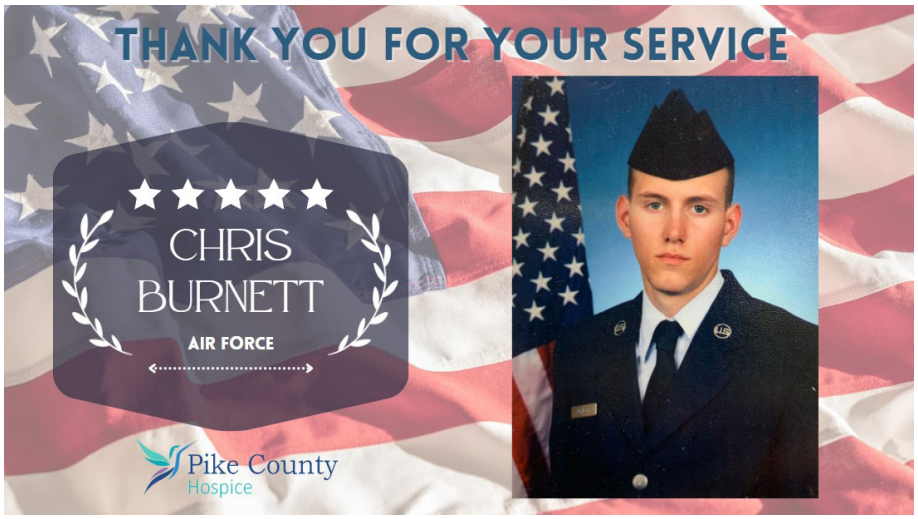
Call us for a free consultation and quote today!

573-324-2111

www.pikecountyhealth.org

PCHD Pike County Health Department Home Health & Hospice

PHILIPS Lifeline ConnectAmerica



Send us Your Veterans!

Our agency is asking the community to submit their favorite veterans for special appreciation projects. Use our online form to upload a photo (not required) and information about your veteran! *www.PikeCountyHealth.org*

NEW!

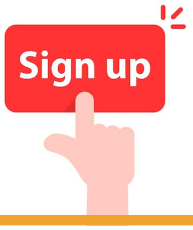
Patient Portal

Pike County Health Department

A patient portal is a secure online website that gives patients convenient, 24-hour access to personal health information from anywhere with an Internet connection. Using a secure username and password, patients can view immunization, vitals and lab result records as well as appointment and scheduling options.

Just visit our website to sign up!

www.PikeCountyHealth.org



PCHD PLACES IN BEST OF BG AWARDS

Since the beginning of the Bowling Green, MO Chamber of Commerce Best of BG awards we have always made the top 3 in Best Not-For-Profit Business and this year we received 2nd in a new category, Best Essential Service Provider! Thank you all who took the time to vote for us, we are very honored!

SEVERE WEATHER CHECKLIST

- **Helmets** (such as bike, motorcycle, athletic) for every member of the family
- **Sturdy shoes**, to safely walk through glass and debris
- **First aid kit**, with extra prescription and nonprescription medications
- Battery-powered **flashlight** and extra batteries
- Battery-powered **radio, weather radio**
- **Food items containing protein** (nuts and energy bars), canned food, manual can opener
- **Bottled water** for each person & pet
- **ID** such as driver's license; **cash** and **credit cards**
- **Cellphone charger**
- **Baby supplies**, if a small child is in the household
- Copy of family **emergency and communication plan**
- **Emergency Financial First Aid Kit**

Our Home Health Services Summarized:

We provide skilled professional care in the privacy of a patient's home. Offers a team-approach under the direction of the patient's personal physician with a registered nurse coordinating needed services.

Home Health Services include:

- Skilled Nursing, Home Health Aide, Medical Social Services, Physical Therapy, Occupational Therapy and Speech Therapy
- Provides medically managed care which includes the patient and family in the plan of care
- Offers teaching related to specific disease process thus increasing patient and family knowledge
- Performs and teaches skilled Nursing Services (ostomy care, catheter changes, administration of injections, I.V. infusion, dressing changes, including use of wound vac)
- Relieves anxiety by providing information to the patient and family about what to expect during the course of illness
- Provides 24 hour a day – 7 days per week nurse on call
- Referrals for other services in the county that the patient may need
- Referrals can be made by physician, hospital, nursing home, family, friend, or self
- Provides a discharge plan with specific goals so that the patient can return to full independence when possible

How Does A Patient Qualify?

- Consent of a physician.
- Need of skilled care by a Registered Nurse or Therapist.
- Resident in the geographical area of Pike, Audrain, Montgomery, Ralls & Lincoln Counties
- Home-bound (not driving and absences from home are infrequent, of short duration, and a taxing effort)
- Eligible Payer Source (Medicare, Medicaid or Private Insurance)

To learn more call our office at 573-324-2111 or visit our website at www.PikeCountyHealth.org

Another Gala Success

The Home Care & Hospice Foundation of Pike County held the 12th Annual Valentine Gala with 350 people in attendance. It was a successful event with a nice prime rib dinner, a large dessert buffet, silent and live auction raising over $50,000! Thank you Pike County for continuing to donate, attend and support our events! Save the date for next year: Saturday, Feb. 8, 2025.

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

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PLUS GREAT BENEFITS!
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- Great Retirement Plan
- Paid Sick, Personal & Vacation
- Flexible Schedules

Thank you Frankford Christian Church!

In January, Roger Colbert and Ethan Colbert with the Frankford Christian Church donated 5,042 diapers to our diaper bank! We are so appreciative of the support we receive from our community to keep our programs going! We donate one package of diapers a month per person in need of diapers for their little ones!