



# HENDERSON COUNTY

# HEALTH NEWSLETTER

## DEPARTMENT Issue 18: May 2025

### National Nurses' Week

**May 6th-12th**

Henderson County Health Department is pleased to honor the four nurses who generously and graciously give of themselves to the patients who receive home health services. Judy Avery is an RN and serves as the Director of Nursing. Janet Damewood is an RN and serves as the WIC nurse for families that participate in this program for women, infants and children. The other home health nurses are Michelle Cameron, RN and Veronica Bundy, LPN. Home Health Services, Hospice, and WIC are three programs at HCHD that are greatly appreciated by all that participate. Our nurses can be found making home visits throughout the county so that patients can stay at home where they are more comfortable and content. With over 3 million nurses working in the US today, nurses represent the highest percentage of the US healthcare workforce. National Nurses' Week is May 6th-12th. Do you know that a nurse is more likely to suffer a back injury while working than a construction worker. Nurses Week is the perfect time to thank the nurses you know for the important work they do.



### Street Walkers- Better Together

Street Walkers is the name of the new outdoor walking group organized by Valerie Holman and Donna Dunn. The group will be walking morning and evening two days a week in Gladstone and two days a week in Oquawka. Participants will be able to walk at their own pace. For more information call HCHD at 309 627 2812 Ext 230

### Contact Information:

Phone: (309)-627-2812

Fax: (309) 627-2305

208 West Elm Street,  
Gladstone, IL 61437

P. O. Box 220,  
Gladstone IL 61437

### Hours of operation

**Open M-Thur 8-4 Friday 8-12**

**Closed May 26 Memorial Day**

### Senior Transportation

The Henderson County Health Department in Gladstone would like to remind everyone that we have Senior Transportation. If you have a loved one, friend or neighbor AGE 60 or over who needs transportation to the doctor, shopping, activities at the health department, or getting groceries please call Babbie at 309-627-2812, ext. 228. There are suggested fees for local trips, and for longer trips to Iowa City, Peoria and Quad Cities. You will not be denied services if you are unable to donate.

Partial Funding  
by WIAAA.



Thank You  
Nurses!



Event	Date and Time	Location
Free Bingo Events Public is invited	1:00pm to 3:00pm May 7 & 21	Henderson County Health Department
Fit and Strong! Exercise Class <b>FREE</b>	Mon. Wed. Fri. 8:00 am -9am.	Henderson County Health Department
Fit and Strong! Exercise Class <b>FREE</b>	Mon. Wed. Fri. 9:30am-10:30 am.	Stronghurst Senior Center
Low Impact Exercise	Mondays at 1:00p.m.	Strom Center in Oquawka

## The HCHD Health Fair was AMAZING

The Henderson County Health Department would like to thank everyone for attending the Henderson County Health Fair on April 12. We enjoyed seeing so many old friends and making new ones. We are excited to say over 200 people attended.

Winners of the prizes were Nancy Kucharz, Kenny Sargent, Kim Richins, Angela Myers, Rita Fike, Barb Duffie, Leslie Freeman, Laurie Myers, Bonnie Flatt, Jill Olson, & Judy Bielser.

Thanks to all the agencies that participated: Alzheimer's Association, Bridgeway (impaired driving car), Candy Kage-gym equipment, Carl Sandburg College Nursing Program, Eagle View Community Health Systems, FOCC, Gladstone Volunteer Fire Department Fire, Greg Machado Rabbits, Hancock County Emergency Services Disaster Agency Response Vehicle, Henderson County 4-H, Henderson County Fair Queens, Kelsey Kleese -Lambs, Impact Life Blood Centers, Knox County Health Department with Illinois Breast and Cervical Cancer Program, Oak Wood and Oak Lane, Pink Heals of Western Illinois Ambulance, Quilts of Valor, Rocknm Golden Retrievers-Therapy Dogs, ROSC- Addiction Recovery, Strom Center, Stone-Hayes Center for Independent Living, Street Walkers (walking group), WIC, West Central Art Club, U of I Extension, and most of all the staff and volunteers at HCHD



As part of the Ticket for the Cure Grant we promote Breast Cancer education with a program called "Know Your Lemons".

Ms. Peep says,  
"Every Bunny should check your lemons monthly!"



Henderson County Fair Queens with the Pink Heals Ambulance of Western Illinois from Carthage IL



Val Holman registered people for a walking group & Candy Kage demonstrated the gyms' equipment.

Face  
Painting  
by WC  
Art  
Students.



Beautiful Rocknm Golden Retrievers Therapy Dogs



Mike and Debbie Blake learning about the Illinois Breast & Cervical Cancer Program from Michelle Rickert from Knox Co Health Dept.



Lainy Mills, Fair Queen, drove the Fatal Vision Car with Drunk Goggles & Debby Jo Metsker from Bridgeway Substance Use Prevention . Gladstone Volunteer Fire Dept in the background.



Maria, Taylor & Bobbi from Oak Lane & Oak Wood delighted the crowd with lemon shake ups and yummy cookies!!