



HENDERSON COUNTY

HEALTH NEWSLETTER

DEPARTMENT Issue 17: April 2025

Does Your Smart Phone Have You Stumped?

Are you having trouble understanding your tablet, smart phone or laptop?

Kevin Titus with American Connection Corps/ U of I Extension will be at the Henderson Co. Health Dept Gym on Thursday April 24 9:30—11:00 to assist people with their digital equipment. He can also help with setting up emails, social media, filling out forms online and much, much more.



When Life Gives You
Lemons— Health Fair
April 12 9-1

April Activities

Henderson Co Health Dept Health Fair-April 12

9am-1:00 Pm- Gladstone

Bingo -HCHD -Gladstone
4/2, 4/16,4/30

Strom Center Activities
4/9 &4/23

Low Impact Exercise Class
Mondays at 1:00
Senior Citizen Oquawka

Low Impact Exercise
8:00-9:00 M-W-F
Henderson Co. Health Dept

FREE Help with your
Computers, Cell Phones, Tablets-
April 24 9:30 am -1:00 am at
HCHD GYM.

Free Health and Wellness Fair at Henderson County Health Department on Saturday, April 12th from 9:00 a.m. to 1:00 p.m.

Carla Ewing, HCHD Administrator, is excited to announce that a [free](#) health and wellness fair will be held at the Henderson County Health Department on **Saturday, April 12th from 9:00 a.m. to 1:00 p.m.** All of the nurses and other staff members of HCHD will be available to discuss the twenty different services provided by the health department.

*****A free walking breakfast will be served to all attendees *****

When “Life Gives You Lemons” is the theme for this free event which promises opportunities for fun and community fellowship. Julie Melan Bell, Family Outreach Community Center Administrator, will share her breast cancer journey. Activities will include breast cancer literacy, meet-and-greets with local health and wellness providers, registration for a variety of exercise and wellness prizes, and demonstrations of the exercise equipment that is available at no cost to the public five days a week. There will be short presentations about stroke prevention, the 10 early signs of dementia, assistive and adaptive equipment, and a number of other topics that will help keep you and your family healthy and safe. Free boxes of NARCAN will be available.

Free Screenings: A1C, Blood Typing, Hemoglobin, Oral Cancer, Skin Checks, Vital Signs

Health & Wellness Resources: Alzheimer’s Association, Bridgeway Alcohol, Tobacco, and Other Drugs Prevention, Bridgeway’s West Central Illinois Recovery Oriented Systems of Care, Carl Sandburg College, Eagle View, FOCC, Henderson County Sheriff Matt Link, Impact Life, Illinois Breast and Cervical Cancer Program – Knox County, Oak Lane/Oak Wood, OSF HealthCare, Stone-Hayes Center for Independent Living, University of Illinois Extension Nutrition, Western Illinois Regional Council Victim Services

Family-Friendly Activities: Kindness Matters with the Henderson County Fair Queens, Rocknm Golden Retrievers, Pink Heals of Western Illinois Ambulance, Hancock County Emergency Services Disaster Agency Response Vehicle, Gladstone Volunteer Fire Department Fire Truck

Plan to “lemon-ate the stress and embrace the zest” on Saturday, April 12th at the Henderson County Health Department.

Career Exploration Held at The Barn of Fairview Acres



Virtual Reality Goggles with Various Occupations from ROE #33 and CTE



Darice Ennis Henderson Co Health



Henderson County Sheriff Matt Link



Morgan Lewis Warren Co Transportation



Douglas Shaw Air Force Recruiter

Career Exploration at The Barn of Fairview Acres

On March 11, 2025 United and West Central High School Sophomores and Juniors attended a Career Exploration Fair organized by Henderson County Health Department, AHEC, Regional Office of Education #33, CTE/Delebar, Stone Hayes, and U of I Extension.

The students were able to experience interactive activities with Henderson County Sheriff Matt Link, Burlington Fire Department, Oak Wood /Oak Lane, US Air Force, Warren County Public Transportation, U of I Extension, Compeer Financial, MediaCom, Henderson Co Health Depart., Carl Sandburg Nursing, Carl Sandburg College, Southeastern Community College Animation/ Computer Sciences, Galesburg Area Vocational Center, Eagle View Community Health Systems, Stone Hayes for Independent Living, AHEC, and ROSC/Bridgeway.

The students experienced several types of occupations through Virtual Reality Goggles, hands on medical & dental equipment, CPR, building animation programs/gaming, proper dress for interviews, the many types of occupations in public health, financial literacy, working with people with disabilities, working with senior citizens, nutrition, US Air Force, and many opportunities in the job market. Each student chose a gift after writing thank you notes to one of the exhibitors.

The Career Exploration was funded by AHEC– Western Illinois Area Health Education Centers. AHEC brings health occupation education to our rural areas through job shadowing, education and collaboration. Thank you AHEC & Mary Jane Clark for supporting our students.

Annual Training for HCHD Homemakers

For the past few weeks Babbie Porter and Darice Ennis, RN, collaborated to create a Home-maker training Microsoft PowerPoint presentation. In the span of 3 hours, they reviewed bathing, dressing, ambulation and just about everything in between. All HCHD staff is trained in CPR and AED. Meeting all our homemakers – Tara, Pammi, Adriana, Jessica, Lynn, Marsha, Suzanne, and Britini – really helped Darice learn their names. Babbie and Darice co-led the class, an annual opportunity to review guidelines and expectations. The interactive class resulted and great discussion and collaborations. We truly appreciate all our homemakers.

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Business Hours:

Monday – Thursday:

8:00 a.m. – 4:00 p.m.

Friday: 8:00a.m. - Noon