



### Teen Dating Violence Prevention

Dating violence is a serious issue in the US, especially among teenagers. Dating violence can include physical, sexual, financial, or emotional abuse perpetrated by the romantic partner of the person suffering the abuse. Emotional abuse involves belittling and demeaning a person and their sense of self-worth.

A recent study found that 10% of teenagers had experienced physical abuse and 29% had experienced emotional abuse in the last year.

One protective measure against teen dating violence is to have a strong support system that can build self-esteem. Family, friends, and mentors can play a role in building self-worth and helping to recognize abusive relationships.

WIRC-CAA Victim Services has resources to assist survivors of intimate partner violence of any age. You can call their free and confidential hotline at 1-309-837-5555. They can provide free counseling, free legal advocacy, and free medical advocacy. They are also able to work with clients on plans for what services would help them recover, as well as directing them to possible legal protections that they may benefit from.

### Youth Mental Health First Aid

The University of Illinois Extension and the North Central Farm and Ranch Stress Assistance Center will be providing a free class on assisting young people in mental health crises.

You can register at no cost at: [go.illinois.edu/MHFARegistration](http://go.illinois.edu/MHFARegistration). The in-person instruction will be at HCHD in Gladstone on February 29th, 9a.m. - 4p.m.

For more information, contact Shelby Carlson at [srcarls2@illinois.edu](mailto:srcarls2@illinois.edu) or 309-342-5108.



### Visual Impairment and AMD Awareness Month

Millions of people in the US suffer from some form of visual impairment that makes seeing more difficult. In some cases, such as incidents of age-related macular degeneration (AMD), the impairment to eyesight cannot be fixed with glasses or other prescriptive lenses.

There are some assistive devices and settings that can help with low vision, such as magnifiers and large text options for cell phones. Additionally, some devices, such as phones and computers, can have “read text aloud” options.

If you or a loved one needs assistive devices or resources for AMD, contact The Stone-Hayes Center for Independent Living at 309-344-1306 or 309-344-1305.

You can also reach out to the Center for Sight and Hearing at 815-332-6800.

### Upcoming Events:

Event	Date and Time	Location
Low Impact Exercise	Mondays at 1p.m.	Strom Center in Oquawka
Fit and Strong! Exercise Class	Mon. Wed. Fri. 8-9a.m.	Henderson County Health Department
Fit and Strong! Exercise Class	Mon. Wed. Fri. 10-11a.m.	Stronghurst Senior Center
Youth Mental Health First Aid Class	Feb. 29, 9a.m.-4p.m.	Henderson County Health Department

## E-Cigarette Ban in Illinois

Illinois has recently included e-cigarettes and vaping devices to laws prohibiting smoking in public spaces.

Vapes are often thought to be a safer alternative to smoking, but vaping can also cause long-term damage to users and those around them. Vapes contain nicotine, potentially volatile compounds, ultrafine particles, and heavy metals like lead, tin, and nickel. Additionally, the flavorings used in vapes have been shown to cause cancer. This puts users and those around them at greater health risk.

E-cigarettes are not safe for children, teens, young adults, pregnant adults, or people who do not already use tobacco. They are also not an effective way to quit smoking. Nicotine gums, lozenges, and patches are better ways to quit smoking. The Illinois Quit Line can help you stop smoking: 1-866-QUIT-YES

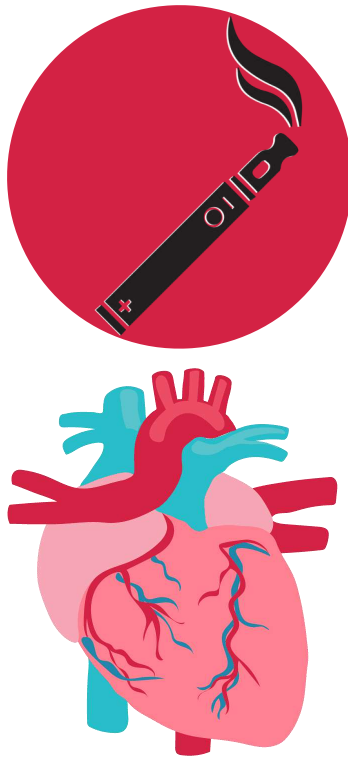
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## HCHD Volunteer Opportunities

The Henderson County Health Department is always in need of volunteers to help support the programs that assist our community. Volunteer opportunities include: hospice, transportation, food pantry, Medical Reserve Corps, monthly newsletter, or monthly bulletin board. To volunteer, drop-in to HCHD or call (309) 627-2812. HCHD values our volunteers. Thank you.



## Contact Information:

Phone: (309)-627-2812  
Fax: (309) 627-2305  
208 West Elm Street,  
P. O. Box 220,  
Gladstone IL 61437

## National Heart Awareness Month

Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. One person dies every 34 seconds in the US from cardiovascular disease. However, maintaining healthy blood pressure and cholesterol levels and avoiding smoking are preventative measures against heart disease.

Diet is key to reducing the chances of heart disease. Eating less meat and fried food and eating more fish and beans will promote heart health. Quitting smoking is a great way to protect your heart. Additionally, exercising to the point of reaching your target heart rate can improve heart health.

If you would like to keep your heart healthy, consider trying Fit and Strong! This exercise program for older adults meets at HCHD in Gladstone on Mon. Wed. and Fri. from 8-9a.m. There is also a group at Stronghurst Senior Center that meets Mon. Wed. and Fri. 10-11a.m.

## Business Hours:

Monday – Thursday:  
8:00 a.m. – 4:00 p.m.

Friday:

8:00a.m. - Noon

Holiday Closures:

HCHD will be closed on February 19th for President's Day.