



Developmental Disabilities Month

Developmental disabilities, like autism, attention deficit/hyperactivity disorder, learning disabilities, and other conditions can make life difficult at any age. Parents, educators, and community members should work to accommodate children with developmental disabilities to learn as best as they can, as well as for adults with developmental disabilities to reach their full potential and live independently. Education, support, and an accepting attitude can go a long way in changing the lives of people with developmental disabilities. Treating people with developmental disabilities with respect is crucial.

There are area resources available to help people living with developmental disabilities. In Monmouth, Warren Achievement Center provides day program services to adults with developmental disabilities. These include residential support and job assistance. Warren Achievement Center can be reached at: (309) 734-8331

In Burlington, Hope Haven provides vocational, residential, community living, employment and crisis services for area residents. Hope Haven can be reached at: (319) 754-4689

Henderson County Community Cancer Survey

Henderson County Health Department is conducting a survey to better understand the communities experiences with various forms of cancer. If you or a loved one has been diagnosed with cancer, please fill out the survey at:

<https://freeonlinesurveys.com/s/Nlafimnx>



National Colorectal Cancer Month

March is National Colorectal Cancer Month. Colorectal cancer, sometimes shortened to colon cancer, is a form of cancer that affects the large intestine.

Before full cancer develops, abnormal growths called polyps form. By catching these growths early, doctors can prevent them from progressing into colorectal cancer.

Screening is especially important for people age 45-75, or people of any age with a family history of colorectal cancer or Lynch Syndrome.

Colonoscopies are one of the most reliable ways to screen for polyps before they progress into colorectal cancer. Talk to your doctor about receiving a screening for colon cancer.

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
FOCC Trivia Night	March 8th, 5:30p.m. doors open, 6:30p.m. starts	The Barn at Fairview Acres

HCHD Welcomes A New Administrator

HCHD is proud to welcome Carla Ewing as our new administrator following the retirement of Angela Meyers. Carla started her human services career as a Social Service Director in a long-term care facility. Most of her 30 year career was spent in Mercer County, first as the administrator of the Mercer County Nursing Home, then most recently as the Administrator of the Mercer County Health Department. She served on several state boards and task forces to improve the health and well-being of seniors and her community. Carla joined HCHD after a year of retirement.

Carla says that the biggest draw to this position was the opportunity to improve the health of seniors, as well as bringing her experiences with social services and mental wellbeing to the role. She is excited to help HCHD serve the county. HCHD is glad to welcome Carla to our team.

Follow us on Facebook!

[facebook.com/hendcohealth](https://www.facebook.com/hendcohealth)



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.



WISEWOMAN Program

The Illinois WISEWOMAN Program serves to provide women with the knowledge to improve overall health and take steps to protect against chronic diseases.

The following criteria must be met for a woman to be considered eligible for IWP: currently enrolled in or eligible for the Illinois Breast and Cervical Cancer Program (IBCCP), underinsured or uninsured, age 40-64 years old, and living at or below 250% of the federal poverty level.

Eligible participants may be able to access the following at no charge: glucose screening, blood pressure reading, cholesterol screening, evaluation of body mass index (BMI), health coaching using the BE WISE curriculum, pelvic exams, Pap smears, mammograms, breast exams, referral to Quitline (a program to assist in stopping smoking), and additional community based resources.

To enroll, call the Women's Health Line at 888-522-1282 (800-547-0466 TTY).

Business Hours:

Monday – Thursday:

8:00 a.m. – 4:00 p.m.

Friday:

8:00a.m. - Noon

Holiday Closures:

HCHD will be closed on March 29th for Good Friday.

Contact Information:

Phone: (309)-627-2812

Fax: (309) 627-2305

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