



HCHD Employee Highlight: Judy Avery

Judy Avery, RN, is the Director of Nursing for Home Health Care and Hospice Care for the Henderson County Health Department. Judy is greatly respected by her peers and greatly loved by her patients. Judy grew up in Henderson County and graduated from the former Union High School in 1977. She married Robert Avery in 1980 and has two wonderful children, Renee and Robert II. She and Robert have been blessed with four beautiful grandchildren, who are Reese, Gavin, Silas, and Lexis. Judy enjoys reading, collecting (way too many things, according to her husband and son), puzzles, and going to auctions. Her favorite pastime is spending time with her family.

Judy began working at Oaklane Nursing and Rehab in 1989 as a CNA. Her mother was her biggest supporter in encouraging her to go to college to obtain her nursing license. Judy said,

“It only took me twenty years.” She graduated from Carl Sandburg College with an LPN degree in 1997 while she continued to work at Oaklane Nursing and Rehab. With more encouragement from her mother, Judy went back to college and graduated as an RN in 2008 from Southeastern Community College. She continued working at Oaklane Nursing and Rehab until 2009, when she came to work at HCHD. Judy continues to serve Henderson County, and HCHD is grateful for her service.

Prescription Drop-Off at the Sheriff’s Office

Anyone can drop off unused or unwanted medication at the Henderson County Sheriff’s Office in Oquawka. Drug takeback programs keep your family safe by keeping unused or unnecessary drugs out of circulation. It is especially necessary for opioids, as every 5 minutes an American dies of a drug overdose.



West Central High School Graduation and Honors Night, Middle School Awards Nights

West Central High School Graduation will be May 12th at 2p.m. in the West Central High School Gym. HCHD would like to extend our congratulations to all of the graduates and wish them the best going on to college, university, work, military service, or other potential future ventures. On May 1st, the High School will also have an Honors Night to celebrate students’ achievements throughout the year. West Central Middle School will have an awards program on May 9th at 1:15 p.m. at the Middle School Gym. This program will celebrate the accomplishments that students have made throughout the year.

Upcoming Events:

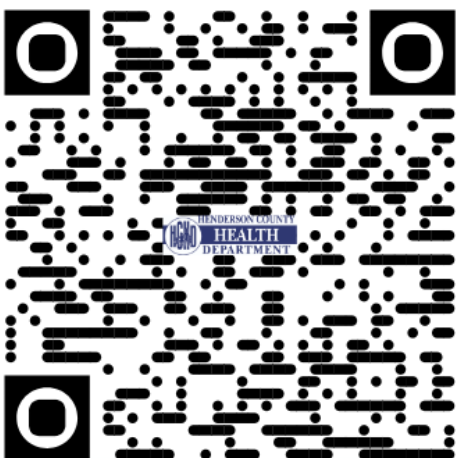
Event	Date and Time	Location
Wits Fitness Brain Exercise Class	May 3rd and June 14th at 11:10 a.m. - noon	Stronghurst Senior Center
Bingo Event	May 1st and 15th	Henderson County Health Department
Low Impact Exercise	Mondays at 1p.m.	Strom Center in Oquawka
Fit and Strong! Exercise Class	Mon. Wed. Fri. 8 - 9a.m.	Henderson County Health Department
Fit and Strong! Exercise Class	Mon. Wed. Fri. 10 - 11a.m.	Stronghurst Senior Center

Mumps Safety Awareness

Mumps is a serious disease that can cause severe issues if precautions are not taken. Mumps can be identified through swelling and pain in the neck and in front of the ears (called parotitis), along with fever, achiness, loss of appetite, and tiredness. There is no treatment, but infected individuals must be quarantined to prevent the spread. The MMR (Measles, Mumps, and Rubella) vaccine is 93% effective with 1 shot and 97% effective after the second dose. Every child should have a MMR vaccination at 12 months, but are advised to do so at 6 months if there is an outbreak in the area. Complications can include inflammations, like meningitis (spinal cord), encephalitis (brain), mastitis (breast tissue), oophoritis (ovaries), orchitis (testicles), and pancreatitis (pancreas). It can also result in deafness. If you suspect mumps, contact your health department.

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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

Wits Fitness Brain Exercise Class

The Wits Fitness Brain Exercise Class will meet May 3rd and June 14th at 11:10 a.m. - noon at the Stronghurst Senior Center. This class will use a series of fun and interactive activities to exercise the brain. These exercises serve to increase and enhance cognitive function, as well as improve mental facilities and abilities. This event is put on by the University of Illinois Extension Office.

To register for the Wits Fitness Brain Exercise Class, either call the Warren Extension Office at 319-734-5161 or call the Henderson Extension at 309-924-1163. Alternatively, register online by going to <https://go.illinois.edu/2024StronghurstWitsFitnessClass>.

This QR code will link to the registration site:



Business Hours:

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

Friday:

8:00a.m. - Noon

Holiday Closures:

HCHD will be closed on May 27th for Memorial Day.