



**HCHD Employee Highlight:  
Pammi Norman**

Pammi Norman, Henderson County Health Department Homemaker, celebrated eighteen years of employment with Henderson County Health Department on April 26, 2024, as the employee with the longest tenure. Pammi is the daughter of the late James R. Norman and the late Pat Norman of Oquawka, Illinois. Pammi and her twin sister, Patti, unified the blended family, which included two brothers and four sisters. Pammi’s siblings are very close and enjoy spending time together. Her hobbies include enjoying an assortment of collectibles, watching movies, and taking care of pets and plants. Pammi graduated from high school at Living Light Christian Academy. She attended Southeastern Community College briefly but chose not to pursue a nursing degree. Pammi was unemployed when she and a friend applied for employment at the Henderson County Health Department eighteen years ago. She likes assisting clients with tasks they are unable to do alone. Her assistance and commitment to clients enable them to continue to live in their homes. Pammi sees her clients as dear friends and feels heavily for them when they pass. Pammi finds her years of service to others rewarding and fulfilling. She encourages young people to consider this type of service as a career if they want to make a difference in the lives of other people.

**Temporary Food Applications**

Anyone hosting a public food event not part of a permanent eating establishment should apply for and receive a temporary food vendor’s license at least two weeks before the event. These licenses ensure vendors are trained in food safety to prevent foodborne illnesses. For more details, call HCHD at 309-627-2812 ext. 244.



**Tick Safety**

Summer in the Midwest means everyone should be wary of ticks, especially when in the woods or fields. Ticks can carry diseases like Lyme disease and babesiosis, so protecting your family and pets is essential. Pay attention to areas like the back of the knee and hairline where ticks can hide. Make sure to treat your pets with tick repellent or use a repellent collar. If a person or pet has a tick on them, use tweezers to firmly grasp the tick by the head and pull up. Monitor the area for any changes in appearance. Pets with decreased appetites, stiff or swollen joints, or low energy or mood after a tick bite should see a vet. When going into woods or fields, wear long pants tucked into shoes to avoid tick exposure. Ticks can be submitted for Lyme disease testing at the health department.

**Upcoming Events:**

Event	Date and Time	Location
Stronghurst Farmers Market	June 3rd and 17th, 5-7p.m.	Broadway Street, Stronghurst
Bingo Event	June 5th, 1-3p.m.	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

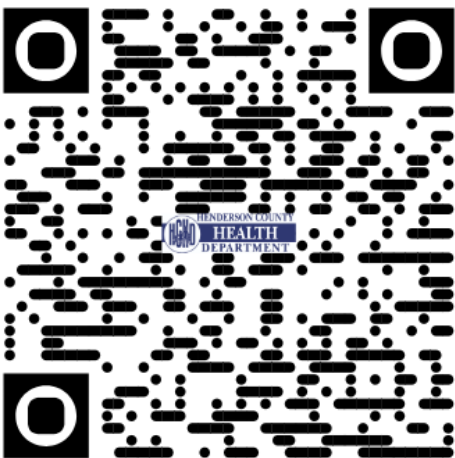
## Outdoor Food Safety

Summer is a great time to eat outside and have a picnic or cookout. However, not taking the proper precautions when handling food can make people sick. Raw foods, like meat, fish, or poultry, should be kept cold until they are ready to be prepared in coolers with ice or other cooling methods. Raw foods should also be stored separately from other foods. Using bottled water for cooking and cleaning is much safer than using water from streams or other bodies of water. Use hand sanitizer to clean hands before eating, as well as using sanitizing wipes on dishes.

Camping stoves should only be used outside on a flat surface. Fuel cans for camping stoves should be handled with caution. When cooking over a campfire, use a campfire ring or other barrier to contain the fire. Kids should be supervised when using a campfire. Ensure the fire is completely out before leaving it unattended.

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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

## Stronghurst Farmers Market

The Stronghurst Farmers Market will be held every other Monday from May 20th to September 9th. The Farmers Market will be on Broadway Street in Stronghurst. The Farmers Market is sponsored by the Stronghurst Booster Club.

Stronghurst Farmers Market serves as a venue for local farmers and gardeners to present their delicious fresh fruits and vegetables to the public for purchase. In order to incentivize local vendors to be involved in the Stronghurst Farmers Market, the organizers have chosen not to charge vendors for setting up at each Farmers Market. Instead, each vendor gives an item to be put into a Vendor Basket Raffle. This serves as a way to give vendors exposure as well as a form of incentive to keep community members coming back to the Stronghurst Farmers Market.

Stronghurst Farmers Market will be June 3rd and 17th and July 1st, 15th, and 29th from 5-7p.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 June 19th for Juneteenth Independence Day