



**HCHD Employee Highlight: Erica Pence**

HCHD is proud to highlight our Sanitarian and Environmental Health Specialist, Erica Pence.

In 2015, Erica Pence came to work for HCHD as a CNA. She was asked by Erin Dowell to assist her with the Environmental Health program. From there, Erin taught Erica the ins and outs of Environmental Health. Erica became fascinated with the science of the job and loved it. Unfortunately, Erin passed away, and Erica was left to continue in the position under the guidance of Chris Adams of the McDonough County Health Department. Erica has received Sanitarian Training and Certified Food Protect Manager Training, in addition to numerous other trainings. Erica has played a vital role in maintaining the health of Henderson County. Her work often includes enforcing State of Illinois code standards around septic and well installations and food service. She is also involved with vector control around birds, mosquitoes that may carry West Nile, and ticks that may carry Lyme disease. She is involved in tobacco education for Henderson County and works with the West Central School District to keep kids smoke-free. When she is not working at the health department, Erica helps raise cattle at her family farm.

Erica provides an invaluable service to our community, and we are lucky to have her at the Henderson County Health Department.

**Flooding and Well Testing**

Flood waters and sewer overflows can contain bacteria, fecal material, viruses and other organisms that may cause disease. With the flooding that our area is prone to, it is a good idea to arrange for well testing, especially after a recent flood. To arrange for a well test, call Henderson County Health Department at 309-627-2812, ext. 244.



**Eagle View Health Fair 2024**

On August 7th, from 11 a.m. to 2 p.m., Eagle View Community Health Systems will host a community health fair. It will be held in Stronghurst Park if the weather allows for it. If rain is expected, the event will be moved to the Henderson County Health Department building in Gladstone. The Health Fair will be fun for the whole family, with vendors, games, free food, health screenings, and more to entertain the family while also providing opportunities to receive insights into your health.

Eagle View believes everyone should have access to quality, affordable, integrated medical, behavioral, and dental care regardless of income levels. To achieve this goal, they have a sliding fee discount program to provide discounts based on income and family size.

**Upcoming Events:**

Event	Date and Time	Location
Stronghurst Farmers Market	August 12 & 27, 5-7 p.m.	Broadway Street, Stronghurst
Free Bingo Events	August 7th and 21st, 1-3 p.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

## Back-to-School Vaccinations

Back-to-school time is upon us. Without taking the proper precautions, school can be a place where diseases can spread very easily. To keep kids safe, it is important to get kids vaccinated. Vaccinations build resistance to diseases and are vital to keeping kids healthy. Because of this, there are requirements for kids to be vaccinated by certain thresholds in their development to attend public schools.

At West Central School District, these are the different vaccination requirements for different age groups: Pre-school and kindergarten students will need Dtap, Polio, Hib, Hep B, MMR, Varicella, and pneumococcal vaccinations. 6th graders will need Tdap, Varicella, and Meningitis vaccinations. 12th graders need to have a meningitis vaccination. For more details, call 309-627-2339 or email [torrance-paige@wc235.k12.il.us](mailto:torrance-paige@wc235.k12.il.us).

## Breast Cancer Awareness

Women who are 50 to 74 years old and are at average risk for breast cancer should get a mammogram every two years. Women who are 40 to 49 years old should talk to their doctor or other health care provider about when to start and how often to get a mammogram. Breast cancer is common, but can be treated if caught early. Get screened and do self exams. Changes in shape or color, pain or tenderness, and discharge can be a sign to see a doctor.



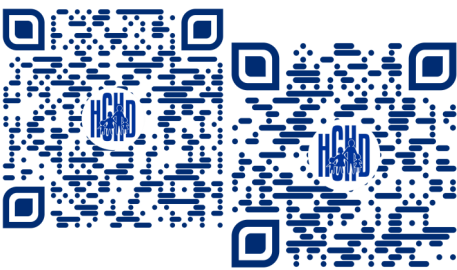
## National Breastfeeding Month

August is National Breastfeeding Month. Breastfeeding babies gives them ideal nutrition that assists in the development and maintenance of a baby's health. Breastfeeding allows a mother to share antibodies with her baby to help them stay healthy. Breastfeeding has been linked to a lower incidence of asthma, obesity, type 1 diabetes, and sudden infant death syndrome. Breastfeeding is also beneficial to the mother and is linked to a reduced risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure.

The WIC (Women, Infants, and Children) program at Henderson County Health Department has resources and personnel that can assist breastfeeding mothers. The WIC Coordinator is trained as a Certified Lactation Specialist, Pediatric Nurse Examiner, Designated Breastfeeding Expert, and Breastfeeding Peer Counselor. If you would like to make use of these services, call 309-627-2812, ext. 223.

## Follow us on Facebook!

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



## Visit our website!

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

## Contact Information:

Phone: (309)-627-2812

Fax: (309) 627-2305

208 West Elm Street,

P. O. Box 220,

Gladstone IL 61437

## Business Hours:

Monday – Thursday:

8:00 a.m. – 4:00 p.m.

Friday:

8:00a.m. - Noon

Holiday Closures:

HCHD will not be closed for any holidays in August.