



**HCHD Employee Highlight: Diana Seitz**

HCHD is happy to celebrate Diana Seitz as our September Employee Highlight. As the office manager for our Home Health and Hospice programs, Diana plays a crucial role in making these services available to Henderson County residents. Diana has been with the health department for 8 years and worked as a part of the Henderson County Highway Department before coming here. Despite not having a formal background in billing, Diana was able to adapt to her position, and her work has been crucial in acquiring the funding to keep providing the hospice and home health services that our community is so fortunate to have. Diana says that the best part of working here at HCHD is the mutual support and shared effort provided by our staff. She emphasizes that HCHD is a team driven to serving the community to the best of our ability. While she takes pride in all the work our home health and hospice programs have accomplished, she especially values the impact that the hospice program is able to have on our clients' lives. Being able to support families in their time of need is incredibly rewarding to Diana and her team. In addition to her work at HCHD, Diana is also involved with Henderson County Triad, a group that educates older people about risks to their safety and wellbeing, such as fraud and scams. In Diana's free time, she loves to spend time with her grandkids, whom she considers a blessing.

**Big Surprise at the Stronghurst Fall Festival and Schuyler Street Stroll**

The Henderson County Health Department has arranged for a big surprise at the Stronghurst Fall Festival (Sept. 21, 9 a.m.-3 p.m. Stronghurst Park) and Schuyler Street Stroll (Sept. 28, 9 a.m.-3 p.m. Schuyler Street in Oquawka). What's big and pink and heals on wheels?



**National Lice Prevention Month**

With kids back to school, it is an important time to remind both kids and their parents about the importance of lice prevention. Lice can be incredibly irritating and spread quickly among classmates. However, parents with a quality lice comb can identify and address a case of lice before it develops to the point of needing harsh pesticide shampoos.

When using pesticide shampoos, the pesticide can sometimes kill the living lice but not fully effect the nits (lice eggs). Specialized combs can remove both the lice and the nits at once. Treatments that only kill the lice but not the eggs are likely to be ineffective as more lice will hatch and reinfest. It is important to remove nits and lice from both hair and commonly used soft materials, like bedding, sofas, or clothes.

**Upcoming Events:**

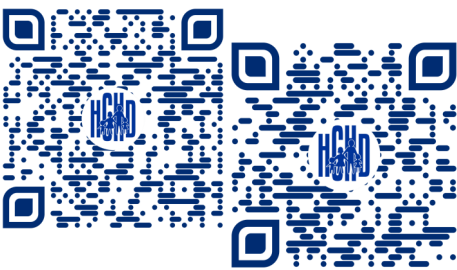
Event	Date and Time	Location
Stronghurst Farmers Market	September 9, 5-7 p.m.	Broadway Street, Stronghurst
Free Bingo Events	Sept. 4 and 18, 1-3 p.m.	Henderson County Health Department
Stronghurst Fall Festival	Sept. 21 9a.m.-3p.m.	Stronghurst Park
Schuyler Street Stroll	Sept. 28, 9a.m.-3p.m.	Schuyler Street in Oquawka
Low Impact Exercise	Mondays at 1p.m.	Strom Center in Oquawka

## Preparedness Month

September is National Preparedness Month. Whether it be fire, floods, or severe weather conditions, ensure you have a plan of action in your home, business, school, and community for when natural or man-made disasters strike. Henderson County Health Department will be featuring individual and family emergency preparedness plans and displays at the Stronghurst Farmers Market and other community events throughout Henderson County in late August and throughout September. In the meantime, check out Ready.gov for more info. This awareness month aims to encourage individuals to take important steps like getting an emergency supply kit (including water, food, and medical necessities), making a family emergency plan, being informed about the different emergencies that may affect them, as well as taking the necessary steps to get trained and become engaged in community preparedness and response

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## 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.



## Contact Information:

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## National Recovery Month

September is National Recovery Month. This month serves to remind people of the importance of treatment for mental health and substance use disorders. During this time, we hope to reach people who are struggling with mental health issues or a substance use disorder to let them know that recovery is possible. 3 out of 10 people in the United States have issues with mental health or substance use. Dispelling the stigma surrounding mental illness and substance use disorder makes it easier for people struggling with these issues to seek help. Friends and family members to someone struggling with mental health or substance use disorders should work to give these individuals support and refraining from judgement. Eagle View Health System provides mental health support and substance use counseling in Oquawka and Stronghurst. Call 309-924-2414 for an appointment. Bridgeway has mental health services in Monmouth, Galesburg, and Macomb and can be reached at 309-344-2323.

## Business Hours:

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

Friday:

8:00a.m. - Noon

Holiday Closures:

HCHD will be closed Sept. 2 for Labor Day.