



**HCHD Employee Feature**

**Darice Ennis**

This month, HCHD is highlighting one of our nurses, Darice Ennis, BSN RN CFNIP CRRN. Darice came to us after more than 30 years of hospital nursing. She was promoted to RN Educator at a rehabilitation hospital affiliated with The Shirley Ryan Ability Lab. Darice became interested in preventative care prior to moving to Henderson County. In August 2024, she began work at HCHD as a Public Health Educator as a Respiratory Surveillance RN. She and Teresa Myers travel the county to provide flu vaccinations. Darice is also available to check vital signs as needed. She participates in the exercise class that meets every Mon. Wed & Fri. 8am-9am and helps lead the class at times. Darice authored a poetry book “Peace within a Broken Heart”, plays violin, “fiddles with” the piano, and loves to spend time with family and friends. Darice and Johnny have 3 daughters, Janelle, Lydia, and Jennifer and 5 grandchildren.

**Henderson County Food Pantry Needs Donations such as:**

- |                     |               |
|---------------------|---------------|
| boxed cereals       | pasta noodles |
| condiments          | pancake mix   |
| peanut butter       | syrup         |
| oatmeal crackers    | Jello         |
| instant pudding     | fruit juice   |
| pasta sauce         | jelly         |
| personal care items | toilet paper  |

Monetary donations are also appreciated

**Pantry is open Tuesdays**

**1:00-3:00**



**Senior Transportation**

The Henderson County Health Department in Gladstone would like to remind everyone that we have Senior Transportation. If you have a loved one, friend or neighbor AGE 60 or over who needs transportation to the doctor, shopping, activities at the health department, or getting groceries please call Babbie at 309-627-2812, ext. 228. There are suggested fees for local trips, and for longer trips to Iowa City, Peoria and Quad Cities. You will not be denied services if you are unable to donate.

Partial Funding by WIAAA.



**Upcoming Events:**

Event	Date and Time	Location
<b>FRAUD &amp; SCAM FREE Presentation</b> Can bring a Brown Bag Lunch	November 6 12:-1:00 Desert & Beverages will be furnished	Henderson County Health Dept Gym: <b>Public is invited</b>
<b>Free Bingo Events Public is invited</b>	1:00pm to 3:00pm November 6 & 20	Henderson County Health Department
Fit and Strong! Exercise Class <b>FREE</b>	Mon. Wed. Fri. 8:00 am -9am.	Henderson County Health Department
Fit and Strong! Exercise Class <b>FREE</b>	Mon. Wed. Fri. 9:30am-10:30 am.	Stronghurst Senior Center
Low Impact Exercise	Mondays at 1:00p.m.	Strom Center in Oquawka
Celebrate Our Veterans <b>Public is Invited</b>	November 8, 2024 at 9:30am <b>FREE</b>	West Central Middle School

## RSV Is Not Just For Children

**RSV infection can cause serious complications !!!**

RSV is a common contagious virus that can cause severe infections, that may lead to hospitalization in adults aged 60 and older. People with COPD, diabetes, kidney disease, cardiac disease, and asthma are especially at risk. Symptoms of RSV can be fever, coughing, sore throat, runny nose, congestion, headache, and extreme tiredness. Most RSV symptoms are mild, but in more severe RSV infections, shortness of breath, extreme continuous cough, trouble breathing, and pneumonia can occur.

Some ways you can help prevent RSV infection are to: wash your hands, keep your hands off your face, avoid close contact with sick people, cover your cough or sneezes, clean and disinfect surfaces around you, and stay home if you are feeling sick. Vaccines are available for those over 60 or experiencing major health issues. As always, speak with your medical provider about the vaccines you need to stay healthy.

## Breast Cancer Myths

Only women get breast cancer. **FALSE!** Men need to be aware. If a man's grandmother, mother, aunts or siblings have been diagnosed with breast cancer, that man too is at risk for breast cancer. He should do self checks and speak with his medical provider.

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## Visit our website!

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

## Traditional Medicare vs Advantage Care

Medicare Advantage sounds good, but you need to know the difference between Traditional and Medicare Advantage. Private companies contract with Medicare to offer plans that offer Medicare Part A, B and sometimes D (prescription drug benefits). These plans often offer lower premiums plus more benefits than traditional Medicare. *However*, with Advantage Care programs you often have to get preapproved each time you go for medical care. The doctors you can use have to be in their plan/network. Many medical care providers, such as doctors, hospitals, physical therapists, home health care, and nursing rehab facilities DO NOT accept Medicare Advantage in this rural area.. When reviewing your Medicare Advantage, Traditional Medicare, Medicare D and/or your Medicare supplemental insurances, please check to see if your preferred doctors, pharmacies, PT, and nursing rehab facilities will be accepted by that entity. You can check with Strom Center in Monmouth at 309-734-5677 & Oquawka 867- 4231 or with Hannah Alecock Eagle View Community Health Systems 309-867-2202 .

## Contact Information:

Phone: (309)-627-2812

Fax: (309) 627-2305

208 West Elm Street,  
Gladstone, IL 61437

## Fraud and SCAM Presentation

Donna Painter, from Raritan State Bank, will present a free program about the latest fraud activities and scams that are being conducted daily in order to illegally obtain money from area residents. Attendees are invited to bring a sack lunch to eat during the program that will last from Noon to 1:00 p.m. on Wednesday, November 6, 2024. Beverages and dessert will be provided. There will be a drawing for door prizes. The program is **FREE** to attend and open to the public. The presentation is sponsored by Henderson County TRIAD.

Attendees are welcome to stay after the program to play **Bingo** from 1:00 to 3:00 p.m. at the health department. Enjoy the fellowship and fun . Come for fun, prizes & fellowship. This **FREE** program is brought to you by Sarah Nelson from Stone-Hayes Center for Independent Living and Karen Cole from Henderson County Health Department. Henderson County is a great place to live!

## SAVE The DATE

**Community Holiday Luncheon  
Wednesday, December 11 at  
Henderson County  
Health Department**



## Business Hours:

Monday – Thursday:

8:00 a.m. – 4:00 p.m.

Friday:

8:00a.m. - Noon

Holiday Closures:

HCHD will be closed Nov. 5,  
11, 28 and 29