



HCHD Employee Highlight: Karen Cole

HCHD would like to highlight one of our community health workers, Karen Cole. Karen had worked at Bridgeway in drug and alcohol prevention before retiring. Karen continues to use this expertise as HCHD has given her the opportunity to be further trained in substance use, mental health, and Narcan use. One of her primary goals here as a CHW is networking the community to organize people with a common interest and ensure the best health outcomes for our community. She is heavily involved with the area resource meetings that HCHD host here every other month. She also has been a key player in planning and carrying out various events the health department has held, including our reoccurring Bingo events, starting the Fit and Strong exercises classes (which are still held here and in Stronghurst), and the KidneyMobile event, which provided free kidney screenings to attendees. She also helped to plan and carry out the Career Expo, which served to give West Central High School students a chance to interact with people in various trades and professions to plan out their future. In her free time, Karen loves to travel, especially to see her family. She has family in Texas, Tennessee, Oregon, and Oklahoma. Karen and Ed Cole have 4 children (Miranda, Tanner, Jake and Kate) and 6 grandchildren. Karen sees volunteers as the lifeblood of a community and hopes that community members will help support our county.

Halloween Safety

When Trick-or-Treating, kids should have a guardian to supervise. They also should wear reflective materials to make them more visible to drivers. Trunk-or-Treat events can be a safer alternative to traditional Trick-or-Treating, especially for younger kids. Additionally, schools may have events for Halloween that the community can take part in.



National Breast Cancer Month

October is National Breast Cancer Awareness Month. 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.

The Illinois Breast and Cervical Cancer Program (IBCCP) offers free mammograms, breast exams, pelvic exams, and Pap tests to residents aged 40-64 in Knox, Warren, and Henderson Counties. Call the Knox County Health Department at 309-344-2224 to make an appointment.

Upcoming Events:

Event	Date and Time	Location
ImpactLife Blood Drive	Oct. 15th, 2:30-5:30p.m.	Henderson County Health Department
Free Bingo Events	Oct. 2nd, 16th, and 30th, 1-3 p.m.	Henderson County Health Department
Fit and Strong! Exercise Class	Mon. Wed. Fri. 8 - 9a.m.	Henderson County Health Department
Fit and Strong! Exercise Class	Mon. Wed. Fri. 10 - 11 a.m.	Stronghurst Senior Center
Low Impact Exercise	Mondays at 1p.m.	Strom Center in Oquawka

HCHD Hosts an ImpactLife Blood Drive

On October 15th, from 2:30 p.m. to 5:30 p.m., Henderson County Health Department will be hosting a ImpactLife Blood Drive. Blood donors will be able to donate and receive thank you gifts like a Halloween-themed ImpactLife tee-shirt. Blood donation is crucial in the health of people receiving surgeries, undergoing cancer treatment, or recovering from chronic illness or traumatic injury. Donations from O blood types are especially useful as their donation can be used by other blood types as well as people with O blood type. Additionally, donors can choose to have blood products separated, which allows for donation of more of a particular blood product. This could mean donating more red blood cells, platelets, or plasma. Platelets are vital in cancer treatment and organ transplant, and plasma is especially helpful in traumatic injuries.

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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.

Influenza Vaccination Clinics

Coming Your Way

Oct. 2: Henderson Co. Health Dept.

Oct. 9: Oquawka Strom Center

Oct. 16: Oquawka Strom Center

Henderson County Library

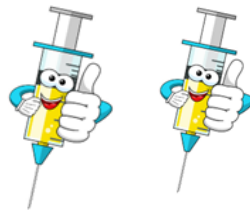
Oct. 23: Bank of Stronghurst

Raritan State Bank

Oct. 24: Lomax Senior Citizens Center

Oct. 30: Henderson Co. Health Dept.

Call HCHD for Times



Contact Information:

Phone: (309)-627-2812

Fax: (309) 627-2305

208 West Elm Street,

P. O. Box 220,

Gladstone IL 61437

Farm Equipment Safety

With harvest season underway, it is important to remember some key safety concerns when operating farm equipment. Just like any other motor vehicle, operating farm equipment while tired or under the influence of drugs or alcohol is inadvisable. Reading the manual will give good instructions for safe operation of farm equipment. It may be necessary to alter the equipment for safety. An example of this is installing a Roll Over Protection Systems (ROPS). ROPS serve to protect the operator in the case of a rollover incident. The most common form of a ROPS is a bar that goes above the driver from one side to the other. ROPS make the operator much less likely to get crushed under the tractor in a rollover. Operators should also avoid loose clothing, as loose garments can get caught in the machine and potentially lead to injury.



Business Hours

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

Friday:

8:00a.m. - Noon
Closed Oct 14 for
Columbus Day