



Walk With Us This Winter

It's always nice and warm in the Henderson County Health Department Gym. The coffee is always hot, and cool water is always available. Twenty-eight laps are equal to a mile.

While you are in the gym, you will notice various exercise equipment ranging from step machines, weights, tread mills and more. Several of the exercise units are adaptive for those in wheel chairs. Our gym hours are 8:00 a.m. to 4:00 p.m. The gym is **free** to use.



Senior Holiday Meal

Henderson County Health Department will be hosting a holiday meal on Wednesday, December 11th. All Henderson County Senior Citizens (60 and older) are invited to attend.

Reservations are needed by noon on Friday, December 6th at HCHD in Gladstone or call 309-627-2812. Please choose either 11:15 a.m. or 12:15 p.m. time to eat. Carry-out meals will be available.

Free-will donations to help cover costs of the meal will be greatly appreciated.



Breast Cancer Myths

Finding a lump in your breast means cancer. FALSE!

Only a small percentage of lumps turn out to be cancer. But if you find a persistent lump that is new or notice any change in breast tissue, it should never be ignored. It is important to see your medical provider for a clinical breast exam. The provider may order a breast imaging test.

Business Hours:

Monday – Thursday:

8:00 a.m. – 4:00 p.m.

Friday:

8:00a.m. - Noon

Holiday Closures:

HCHD will be closed

December 25, 2024

January 1, 2025

Contact Information:

Phone: (309)-627-2812

Fax: (309) 627-2305

208 West Elm Street,

P. O. Box 220

Gladstone, IL 61437

Upcoming Events:

Event	Date and Time	Location
Holiday Meal All Senior Citizens invited Free Will Donations	Wed. December 11 Please make reservation & choose 11:30 or 12:30 meal.	Henderson County Health Department at Gladstone
Free Bingo Events Public is invited	1:00pm to 3:00pm December 4 & 17	Henderson County Health Department
Fit and Strong! Exercise Class Free	Mon. Wed. Fri. 8:00 am -9am.	Henderson County Health Department
Fit and Strong! Exercise Class Free	Mon. Wed. Fri. 9:30am–10:30 am.	Stronghurst Senior Center Broadway Street
Low Impact Exercise	Mondays at 1:00p.m.	Strom Center in Oquawka



Check Your Snow Globes

Miss Henderson County Fair Queen Lainey Mills, Junior Miss Henderson County Kynleigh Fox, and Little Miss Henderson County visited the Henderson County Health Department exhibit at the Stronghurst Christmas Walk on Friday, November 22, 2024. Attendees enjoyed the Snowman exhibit titled, “Even Snow Men and Snow Women Should Get Their Snow Globes Checked every Year!” The health department has a breast cancer outreach education grant which has been facilitated by Karen Cole and Sharon Grahm, Community Outreach Workers with the health department. One of the goals for the grant is to conduct breast cancer education to 80% of women in Henderson County. Debbie Blake was the lucky winner of the wooden snowman .



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HUNGER

One in 10 adults and 1 in 7 children are struggling with hunger in Eastern Iowa and Western Illinois. That means that 614 people out of 6,143 in Henderson County are struggling with food insecurity. Your donation can make a difference!

HENDERSON COUNTY FOOD PANTRIES

Family Outreach Community Center (FOCC) 309-924-1872
210 Main Street Stronghurst
Monday through Friday
9:00 a.m. to 4:00 p.m

Henderson County Community Pantry 309-627-2812
208 West Elm St. Gladstone (at Henderson County Health Department)
Tuesday 1:00 to 3:00 p.m.

Oquawka United Methodist Church/Henderson County Pantry 319-759-5937
230 Schuyler St. Oquawka
M & TH 1:00 to 3:00 p.m.

Call for more information.

Flu Vaccines

Are Still Available at the Henderson County Health Department
Come Get Yours
It's NOT too Late!!

FREE Narcan Available

Narcan is an emergency treatment for an opioid overdose. Many prescription pain medications are opioids. An overdose can happen when someone takes too much of an opioid or takes pain meds with alcohol.

Opioid overdose is a medical emergency that can result in death. Narcan works quickly to block the effects of opioids and temporarily reverses the breathing problems caused by the overdose which can help prevent death. It is critical to call 911 when Narcan is given to someone. Narcan can be given safely to anyone if you think an opioid overdose may have occurred.

Giving Narcan to a person who has not taken an opioid medicine **will not hurt them**. Narcan can be given safely to people of all ages, from infants to elderly adults. This includes situations such as a child who may have gotten into someone's medications or an elderly person that is confused and has taken too many pills.

Many medical providers will prescribe Narcan along with pain meds. Not all insurances will cover the cost of Narcan. The cost can range from \$20 to \$40. If you need a prescription filled for pain meds please come get Narcan before visiting pharmacy.

Henderson County Health Department has **FREE** Narcan. The Narcan is on a table in the gym. No questions asked.

