



**When Life Gives You Lemons!**

The Henderson County Health Department at Gladstone, Illinois, will be ablaze with the colors of lemon yellow and hot pink on Saturday, April 12<sup>th</sup> from 9:00 a.m. to 1:00 p.m. The health department is hosting a family health fair at Gladstone with the theme of WHEN LIFE GIVES YOU LEMONS which places the focus on breast cancer education for women and men. The eye-popping Pink Ambulance will be available for people of all ages to visit and sign. The ambulance staff will have a variety of tee shirts and other merchandise that can be purchased for attendees to show their support for family & friends who have experienced breast and other cancer journeys. There will also be a variety of exhibits from area health agencies that encourage people of all ages to learn about how to make healthy choices. Activities will include Fun for Children, a special speaker "10 Early Signs of Dementia", demonstrations of exercise equipment in the health department's gym, Janet Damewood, RN, the nurse educator with WIC will talk about healthy moms and toddlers, Impact for Life and many door prizes & much more. For more information call 309 627 2812 ext 240 or follow us on Face Book at facebook.comhendcohealth

**FREE Gun Safety Locks**

HCHD has cable gun safety locks available FREE to safety conscious gun owners. The locks can be found in the gym at the Health Department.

**NO Questions Asked**

**Reasons to use safety locks:**

- \* Prevents children and other unauthorized people access to firearms .
- \*Prevents accidental discharge of firearms.
- \*Save a life- Gun locks create an extra barrier, giving someone in crisis more time to think and get help.
- \*Gives burglars second thoughts about stealing a gun with a gunlock.
- \*Contributes to the overall safety of your community by making it less likely that accidents or crimes happen due to stolen or carelessness firearms.

The locks were donated by the Veterans Administration.

**Wash Your Hands**



The Norovirus is not affected by alcohol based hand sanitizers. You must use soap and water to kill the virus. The norovirus is often called the stomach bug. Norovirus is a virus, and antibiotics will not help cure viruses. Drink plenty of liquids, rest, and take Tylenol for aches and temperatures. NEVER give children and teens aspirins. Stay home from work, daycare and school. **Norovirus is highly contagious.** Wash hands before preparing food and bottles, after cleaning up vomit, changing diapers, and loading the washing machine. Disinfect soiled surfaces and anything the infected person touches with chlorine based cleaners or disinfectants that state they kill norovirus. A person is still contagious 2 to 3 days after symptoms no longer persist.

Always wash fruits and vegetables before eating.

Activity	Date and Time	Location
Free Bingo Public is invited	1:00pm to 3:00pm Wednesdays March 5 & 19	Henderson County Health Department
CPR 7 AED Classes taught by OSF	Thursday, March 27 at 1:00 <b>Registration is required</b>	Henderson County Health Department
Fit and Strong! Exercise Class <b>FREE</b>	Mon. Wed. Fri. 9:30am-10:30 am.	Stronghurst Senior Center Broadway Street
Stress Buster Classes <b>FREE</b>	10:00am -11:30am Mondays 1/24-3/24	Strom Center Oquawka

## Chores & Housekeeping

Housekeeping services are available to persons needing companionship and help with activities of daily living, such as housekeeping, laundry, meal preparation, personal care, shopping, and errands.

Income guidelines do apply however private pay is also an option. For more information call Babbie at 309 627 2812 extension #228



## Family Case

### Management Program

Henderson County Health Department has Family Case Management services available for pregnant and postpartum women, and infants up to 1 year of age. We can help with education and resources on healthy pregnancy and postpartum period, as well as Perinatal Depression Screenings. Also for infants: safe sleep, milestones achievements, safe feeding practices, breastfeeding resources, referrals for services such as physical, occupational and speech therapy, or for medical services through providers and specialty care. We can also assist with high risk infants.

Call Janet at 309-627-2812, ext. 223



## Medical Reserve Training

Sharon Graham, Darice Ennis & Karen Cole attended the MRC-Medical Reserve -training in Bloomington on February 8, 2025.

The MRC is a national network of over 3,000 volunteers organized locally to improve the health and safety of their communities. The MRC Programs organizes and trains volunteers to support public health initiatives, emergencies and strengthen healthcare in their communities. To join the MRC call HCHD 309 6272812 #240

## FREE CPR& AED Training

The Henderson County Health Department and OSF HealthCare staff will provide Heartsaver CPR & AED training at the Henderson County Health Department on Thursday, March 27<sup>th</sup> at 1:00 p.m. Student workbooks will be provided for each participant. Attendees will also receive their certified course card after completion via email. Preregistration is needed by Monday, March 24<sup>th</sup>, and can be done by calling 309-627-2812 ext 240

## Contact Information

208 W. Elm Street  
PO Box 220 Gladstone, IL  
309 627 2812

## HENDERSON COUNTY FOOD PANTRIES

\*Family Outreach Community Center (FOCC) (309) 924-1872  
210 Main Street Stronghurst  
Monday through Thursday  
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 p.m. 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 pm

\*West Central Schools need personal hygiene items and non perishable foods

\*Eagle View Community Health Systems also have a giving table at each location.

\*Lomax Senior Center from 11:00 a.m. to 2:00 p.m. on Thursday, February 27, 2025. For more information about the Lomax Food Pantry, please call 309-627-2812 ext.240.

## Follow us on Facebook!

facebook.comhendcohealth

## Visit our website!

hendcohealth.com

## Business Hours:

Monday – Thursday:  
8:00 a.m. – 4:00 p.m.  
Friday: 8:00a.m. - Noon