



**Need Help
With Energy Bills?**

The Low Income Home Energy Assistance Program (LIHEAP) helps income-eligible households with paying their winter home heating bills. Priority is given to older adults (ages 60 and older); Individuals with a disability; Families with children under the age of six; and households that are disconnected from their utilities, have a disconnection notice, or have less than 25% of fuel remaining in their propane tank.

Applications are scheduled on a first-come, first-served basis. To be considered for LIHEAP, a household's total combined income (gross, not take-home) must be at or below 200% of the current federal poverty level guidelines. At the time of publication, that poverty level is as follows: One-person households cannot earn more than \$2,510 per month; Two-person households cannot earn more than \$3,407 per month; Three-person households cannot earn more than \$4,303 per month; and Four-person households cannot earn more than \$5,200 per month. Households with five or more members are welcome to contact WIRC to check if they are eligible.

For more information contact WIRC's main office in Macomb at 309-837-2997

**HCHD Recycles
Paints and Electronics**

Accepted Electronics

Car/lawn mower batteries, computers, laptops, computer parts, televisions, printers, cell phones, computer cables, game consoles, DVD or Blu-Ray players, zip drives, copiers, radios, clocks, cameras, microwaves, vacuum cleaners without bags, phones, metal tools, portable battery tools, or keyboards

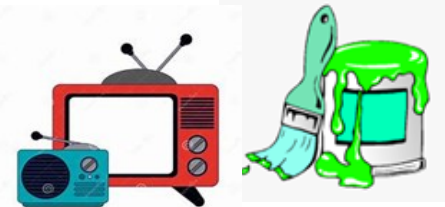
Accepted Paints

Interior and exterior latex, alkyd enamel, oil-based paints, porch/floor/deck paints, oil and latex primers and undercoats, and both interior and exterior varnishes and urethane.

**Do You Need Help with your
Smart Phone, Tablet or
Computer?**

Kevin Titus from University of Illinois Extension is at the Henderson County Library in Biggsville every Thursday from 1 - 4 pm to help people set up programs, explain how to use certain apps, fill out online documents and answer any questions you may have.

No appointment necessary.



**Appointments Only at
Social Security Office**

The Burlington Iowa Social Security Office is now by appointment only. To make an appointment please call

866 338 4183

| Activity | Date and Time | Location |
|---|---|--|
| Free Bingo Public is invited | 1:00pm to 3:00pm Wednesdays January 15 and 29th | 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 |
| Stress Buster Classes FREE | 10:00am -11:30am Mondays 1/24-3/24 | Strom Center Oquawka |

Stress Buster Classes

Strom Center is offering Stress Buster Classes for caregivers, but everyone is welcome. This Stress Buster Series topic is Dementia & Chronic Illness. The classes are a (9) nine-week course, and started on Monday, 1/13/25 and continue through 3/3/25 every Monday from 10:00am - 11:30am. It is not too late to participate. There is no cost to attend and materials are provided. The classes are held at the Oquawka Senior Center at 4th and Schuyler Street in Oquawka.

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 p.m.

*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.

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

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

Services Available at Henderson County Health Department

- Home Health Care and Hospice Services
- Medical Equipment Loan Program
- Home Makers Services
- Senior Transportation
- WIC (Women, Infants, & Children) and Family Case Management
- Environmental –Septic tanks, Water Testing, Food Service Licenses, Tick & West Nile Surveillance
- Public Health Emergency Preparedness Office
- Food Pantry (Every Tuesday 1 pm to 3 pm)
- Exercise Equipment & Walking Path (FREE)
- Breast /Cervical Cancer Referral for IBCCP
- Bingo (Free) 1st, 3rd, & 5th Wednesdays 1pm-3pm

Are you bored or would like to serve your community? HCHD needs volunteers for hospice, transportation, Medical Reserve Corp, & the Food Pantry.

We accept food or monetary donations for the food pantry.

Follow us on Facebook!

facebook.com/hendcohealth

Visit our website!
hendcohealth.com

Holy Family Offers Walk In Appointments for Mammograms

Mammography is the recommended screening tool for early detection of breast cancer. It uses low-dose X-rays to find breast changes that could be cancer years before physical symptoms develop. For women over 50, mammograms are the most effective way to identify breast cancer at an early stage. Health officials recommend women aged 40 to 74, at average risk for breast cancer, get a mammogram every 2 years.

OSF Holy Family 1000 West Harlem in Monmouth has walk in appointments each Wednesday - 1pm to 4pm.

Flu Shots

It's NOT too late to get a Flu Shot.
Flu season often runs through April.

Contact Information:

Phone: (309) 627-2812

Fax: (309) 627-2305

208 West Elm Street,
Gladstone, IL 61437
P. O. Box 220,
Gladstone IL 61437

Business Hours:

Monday – Thursday:

8:00 a.m. – 4:00 p.m.

Friday: 8:00a.m. - Noon

Closed

Monday, February 17th for Presidents Day