



What is WIC

WIC is a Food and Nutrition Education Program of the United States Department of Agriculture (USDA) for pregnant women, postpartum and breastfeeding women, infants, and children under the age of five. WIC serves 53% of all infants born in the United States.

WIC services include: Nutrition assessments and education, nutritious food packages, breast feeding help and support, and referrals for healthcare needs. The WIC office has many resources available to help families.

Pregnant and breastfeeding women (up to 1 year), infants and children up to age 5 automatically qualify for WIC if they receive Medicaid, SNAP, or TANF. The income guidelines are reviewed and updated each year.

Income guidelines listed below:

Family Size	Weekly	Monthly	Yearly
1	536	2,322	27,861
2	728	3,152	37,814
3	919	3,981	47,767
4	1110	4,801	57,720

Call for an appointment:

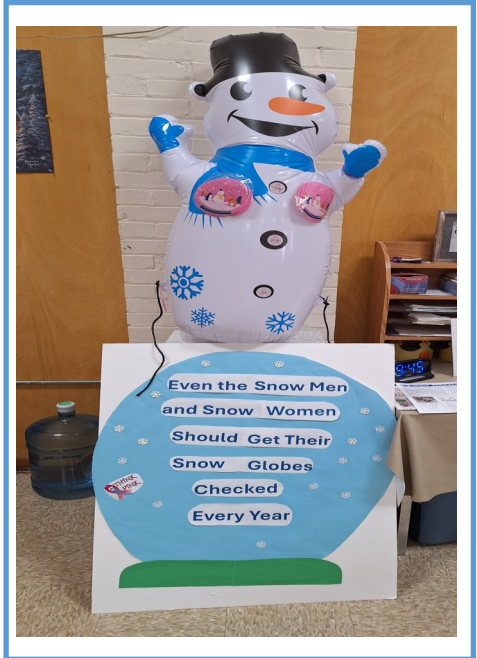
(309) 627-2812 ext. 235 Ask for Brittani or Janet.

USDA is an equal opportunity provider



Our Cupboard Is Full and So Are Our Hearts!

Thank you to the Willing Workers Group from Stronghurst United Presbyterian Church. This group donated beautiful handmade quilts and blankets for our WIC (Women and Infant) clients. Henderson County families enrolled in WIC will receive a cozy handmade blanket for their babies. .



Senior Holiday Dinner Gift Basket Winners

- Mike Blake
 - David Bates
 - Susan Onion
 - Jan Myers
 - Margarite Babicz
- All the winners were so excited an appreciative. For their prizes.

Upcoming Events

Event	Date and Time	Location
Free Bingo Events 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 Free	Mondays at 1:00p.m.	Strom Center in Oquawka

Henderson County Community Pantry in Desperate Need

Suggested Donations

Pasta Sauce	Crackers
Fruit Juice	Rice
Boxed Cereals	Canned milk
Pasta Noodles	Powdered milk
Condiments	Jello
Pancake Mix	Jelly
Peanut Butter	Coffee
Syrup	Tea
Oatmeal	Personal Care
Instant Pudding	Item
Canned Fruit	Toilet paper

Cash Donations Appreciated
Henderson Co. Community Pantry
208 West Elm St.
Gladstone (309) 627-2812

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 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.

West Central Schools need
personal hygiene items and non
perishable foods

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

SAD

Also known as seasonal affective disorder is a mood disorder that happens every year at about the same time. It usually starts in fall or winter and ends in spring or early summer. These mood changes may affect how you feel, think, and act. One theory is that less sunlight during fall and winter leads your brain to make less serotonin, a chemical linked to brain pathways that help control mood.

Seasonal Depression Symptoms

If you have SAD you may:

- Experience fatigue or lack of energy
- Oversleep
- Notice changes in appetite
- Craves starchy foods and sweets
- I have trouble concentrating
- I stay home more and avoid socializing

If your doctor thinks you may have SAD, they may:

- Give you a physical exam to see if you have health problems that may be causing your symptoms
- Do blood tests to help rule out physical illnesses
- Ask you about your thoughts, feelings, and behavior.



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IBCCP Grant

The Illinois Breast and Cervical Cancer Program (IBCCP) offers free breast exams, mammograms, pelvic exams, and pap tests to eligible women. Even if a woman has already been diagnosed with cancer, she may receive free treatment through the Illinois Department of Healthcare and Family Services, if she qualifies. For more information call Henderson County Health Department
(309) 627-2812 ext. 226

Flu Shots

It is 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

Holiday Closures:

HCHD will be closed

New Year's Day

January 1, 2025

MLK Birthday

January 20 2025