



March Into Spring

This month, we're focusing on something simple, powerful, and completely free — **walking**.

Walking is one of the best things we can do for our health at any age. It helps:

- Improve balance and reduce fall risk
- Lower blood pressure
- Strengthen the heart
- Improve mood and decrease stress
- Support healthy joints

This challenge is not about being the fastest. It's not about competition. It's about **consistency, movement, and feeling better**.

How It Works: The challenge runs from **March 1st through March 31st. You can still start!**

Track your daily steps using:

- A pedometer
- A smartphone
- A fitness tracker
- Record your steps on your weekly tracking sheet

Set a **personal goal** — whether that's 1,000 daily or 8,000 steps a day.

Remember: **Every step counts.**

Safety First

- Wear supportive shoes
- Stay hydrated
- Start slowly and increase gradually
- Use assistive devices if needed

Stop if you feel dizzy, short of breath, or have chest pain. If you have medical concerns, check with your provider first.

March 1 – March 31
Track your daily steps
Set your own personal goal
Prizes for participation

Step Counter Sheets at HCHD
Call: 309-627-2812, ext. 240



There are no mistakes in gardening, only experiments.

The health department has the space to build an accessible garden on the north side of the building. Volunteers and donations would be appreciated in order to make this experiment a successful reality.

Enjoy fun and fellowship!!

Call: 309-627-2812, ext. 240

Email: josie.lair@hendcohealth.com

Double Cousins Meet-Up
For Fitness and Fellowship

Edna Keever and Pat Bundy are double cousins who exercise together and treat their exercise buddies, fellow bingo players, and lucky staff members at Henderson County Health Department to delicious baked goods from their kitchens.

Pat (left) and Edna (right) exercise separately or together in the gym almost every week day at the health department. Edna started her exercise regimen in 2008 after she retired from Burlington Hospital, and Pat started working out a few years before then. Pat usually starts walking at 7:30 a.m. when the gym opens at the health department; she also enjoys walking outdoors when the weather is nice and walks six days a week. Both women are members of the senior group who start exercising at 8:00 a.m. three days a week to follow a combination of exercises from two well-known, user-friendly programs, *A Matter of Balance* and *Fit & Strong*.

In addition to smiles and warm welcomes, both women are known for their delicious sweet treats. Edna frequently brings yummy cinnamon rolls, banana bars, or cookies to the members of the exercise group. Pat always brings mouth-watering varieties of cake desserts to Bingo games that are held the first, third, and fifth Wednesday afternoons of the month. Keever beautifully decorates the tables in the gym each month in keeping with the season or holiday and makes certain that paper plates and plastic flatware are available to enjoy those sweet treats. It's always festive in the gym!

Both women credit the ability to exercise regularly in the gym as one way to maintain fitness and good health. Edna used equipment in the gym to regain flexibility and strength after hip and ankle surgeries. They encourage other people to discover the many benefits that the health department has to offer.

Edna has volunteered in many capacities at the health department. Pat led line-dancing exercises for several years. Both women are wonderful ambassadors for Henderson County and especially for the Henderson County Health Department. Thank you, Edna and Pat, for all that you do to make life a little sweeter for others!!

SAVE THE DATE: SATURDAY, APRIL 18, 2026 8:00 to 11:00 a.m.

MADE FROM SCRATCH BREAKFAST FUNDRAISER

for **HENDERSON COUNTY COMMUNITY PANTRY**

at **HENDERSON COUNTY HEALTH DEPARTMENT**

Stone-Hayes Meet & Greet

Thursday, March 19, 2026
4:00 to 6:00pm

Henderson County Health Department
208 W. Elm Street, Gladstone

Stop by between 4:00 p.m. and 6:00 p.m. to learn more about the services provided by **Stone-Hayes Center for Independent Living**.

Cassidy Klein will be available to discuss Youth and Family Services, including advocacy for IEPs and 504 Plans, Early Start Pre-Employment Career Training (for ages 14–21), and additional supports designed to help youth successfully transition to adulthood.

Dawn Hand will be available to answer questions about the full range of services offered through Stone-Hayes.

All services are provided at no cost. Stone-Hayes is your community disability resource, and we are committed to offering services that meet your needs and goals. We look forward to connecting with you and learning how we can best support you. Call 309-344-1306 with any questions.



WHO WHAT WHERE WHEN

Brick orders are due on March 15, 2026 for the West Central Elementary Playground Project.

Congregate meals are available on Monday at the Stronghurst Senior Center and on Tuesday through Thursday at the Henderson Senior Center in Oquawka. Call Strom Center for more information at 309-734-4251.

Electronic recycling is an Illinois law. Electronic products contain toxic materials such as lead, mercury, arsenic, cadmium, and beryllium that must be properly managed to prevent soil and groundwater contamination. Bring your residential electronics to the Henderson County Health Department for recycling during the agency's business hours. Paint can also be left for recycling. **NO SPRAY PAINT!** The Tri-County Regional Facility provides regional residents with this service.

FOCC will be resuming its monthly bag sales of clothing. Call 309-924-1872.

RSV & COVID Vaccinations For Infants & Children

Henderson County Health Department (HCHD), working with the Illinois Vaccine Access Program through the Illinois Department of Public Health, now has infant's and children's RSV and COVID-19 vaccinations available.

Appointments are needed and are available every Thursday from 1:00 to 3:00 p.m. at the health department in Gladstone, Illinois. Vaccinations can also be given on other days and time based on the availability of a nurse. Call 309-627-2812, ext. 223 to schedule an appointment.

Eagle View and HCHD will conduct a walk-in children's vaccination clinic at Eagle View's site at 1204 Illinois Route 164 in Oquawka, on Monday, March 23, 2026, from 1:00 to 4:00 p.m. There is no charge for children who qualify for the VFC or VAP Programs. Additional clinics are pending schedule arrangement.

The health department also hosts the WIC program for families that qualify. Call to inquire about services.

CONTACT HCHD

Phone: (309) 627-2812

Fax: (309) 627-2305

208 West Elm Street,

P. O. Box 220,

Gladstone IL 61437

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Business Hours:

Monday – Thursday:

8:00 a.m. – 4:00 p.m.

Friday: 8:00a.m. - Noon

Event	Time & Date	Location
Free Bingo	1:00 to 3:00 Wed	Henderson County
Fun & Prizes	March 4th & 18th	Health Department
Low Impact Exercise (Free)	Mon-Wed-Fri 8:00am-9:00am	Henderson County Health Department
No registration required		
Fit and Strong! Exercise Class (Free)	Mon-Wed-Fri 9:30 am to 10:30 am	Stronghurst Senior Center Broadway Street
No registration required		
Free Card Games	Tuesdays	Henderson County
Board Games	Noon	Health Department
Lomax-Carman Senior Citizens Potluck	4 th Thursday of the Month at 11:30 a.m.	Lomax Senior Center 911 E. Main Street
HC Community Pantry	10:30 a.m. - 12:30 p.m.	Lomax Senior Center
Jigsaw Puzzles	Week Days	HC Health Dept.
HCHD GYM OPEN	TUESDAY NIGHT	HENDERSON CO.
ADDITIONAL HOURS	THURSDAY NIGHT	HEALTH DEPT.
FREE * FREE * FREE	4:00 TO 6:00 P.M.	GLADSTONE