



Community Breakfast Fundraiser

The smell of sizzling pancakes and freshly brewed coffee will fill the air at the **Henderson County Health Department Community Breakfast** on Saturday, April 18, 2026, from 8:00 to 11:00 a.m. or until the food runs out. Families, friends, and neighbors are invited to enjoy a hearty breakfast while supporting the Henderson County Community Pantry which is housed at the health department.

For a free-will donation, guests can enjoy pancakes, bacon, scrambled eggs, biscuits and sausage gravy, coffee, milk, and juice. Staff members and friends of the health department will be flipping flapjacks, refilling coffee cups, and sharing plenty of smiles.

Golden Manes of Valor, a new 501 (c) (3) in Henderson County, will showcase the organization’s mini horses on the south lawn at the health department that morning. Attendees will learn about the nonprofit organization which provides life-changing equine and non-equine therapeutic activities for veterans, first responders, the elderly, and children in need throughout Henderson County and the surrounding area.



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Community Breakfast Fundraiser Cont.’

“This event is more than just breakfast,” said Josie Lair, HCHD Administrator. “It’s about coming together, catching up with friends, and raising funds to purchase food for community members who face food insecurity.” Prior to the COVID-19 pandemic, the health department staff was well known for periodically combining delicious breakfast meals and fellowship to raise funds for worthy causes.

Food - Fun – Fellowship!!!



Infant & Children COVID & RSV Vaccines at No Cost

For uninsured, underinsured, and Medicaid participants.

Walk-In Clinics held every Thursday afternoon from 1:00 to 4:00 p.m.

Monday—Wednesday by appointment only.

Call for appointment: 309-627-2812, ext 223.

Parents: please bring ID, Medicaid card, and copy of child’s vaccination record if available to Henderson County Health Department in Gladstone, Illinois.

Senior Life Solutions

Henderson County Health Department will host an informative program featuring Brooke Mitchell and Tammy Burns from Senior Life Solutions on Tuesday, April 28, 2026, at 1:00 p.m. at Henderson County Health Department. Aging is a journey filled with wisdom, memories, and new opportunities, but it can also bring emotional challenges. Feelings of isolation, depression, and anxiety can quietly affect one’s quality of life. Senior Life Solutions is an outpatient hospital program designed to support the mental health of older adults experiencing life changes as well as mental health challenges. The program is designed specifically for senior citizens.

Senior Life Solutions is an outpatient hospital program structured to support the mental health of older adults. It is housed at MercyOne Genesis in Aledo, Illinois. It is often difficult to find this type of service committed to senior citizens in rural areas such as Henderson County. Mental wellness is just as important as physical health. Be proactive and come learn about Senior Life Solutions on April 28th at 1:00 p.m. at Henderson County Health Department at 208 West Elm Street in Gladstone, Illinois. Everyone is welcome to attend. Light refreshments will be served.



Congratulations, Walkers!

Eight walkers turned in tally sheets from the 30 Day Step Challenge for the month of March. The total number of steps will be reported in the May newsletter because there is a deadline for the completion of this edition. The Walking Winners are: Pat Bundy (Gladstone), Mary Brunswig (Oquawka), Wayne Brunswig (Oquawka), Edna Keever (Gladstone), Julie Lam-McLaughlin (Smithshire), Dixie Long (Stronghurst), Fay Roth (Stronghurst), and Becky Tee (Oquawka). Congratulations to these individuals who made a commitment to March Into Spring !!!!!!! Positive traits that led to their success included consistency, determination, and optimism. Every step counted toward each person's goal which resulted in personal triumph.



WHO WHAT WHERE WHEN

Mr. Dan Haughey Presents: Mr. U.S. Grant at 11:00 a.m. on Thursday, April 9th for Cookies & Conversations at Henderson County Public Library at Biggsville, Illinois.

Henderson County Hands Around the Court House will be held on Thursday, April 16th at 2:00 p.m. at the Henderson County Courthouse in Oquawka. Sponsored by Blue Ribbon Task Force of West Central, IL, the community gathering supports the prevention of child abuse and neglect. All area residents are encouraged to attend.

Autism Awareness Event from 5:00 to 7:00 p.m. on Thursday, April 23rd at Galesburg Public Library sponsored by Inspire Abilities, Stone-Hayes Center for Independent Living, State Senator, Michael W. Halpin, and State Representative Dan and Tammy Swanson.

What is your family or community planning to celebrate the 250th Birthday of the USA? Let us know at HCHD so we can share your events

County Food Pantries

FOCC at 210 Main Street
Stronghurst from 9:00 to 4:00
Monday to Thursday .
Guests may come weekly.

Henderson County Community
Pantry at HC Health Department
in Gladstone from 1:00 to 6:00
p.m. on Tuesday and from 4:00 to
6:00 p.m. on Thursday.
Guests may come monthly.

Henderson County Pantry (a
ministry of the Oquawka, United
Methodist Church) at 230
Schuyler Street in Oquawka from
1:00 to 3:00 p.m. on Monday and
Thursday.
Guests may come monthly.

Food Pantry at Lomax Senior
Center at 911 E. Main St. in
Lomax from 10:30 a.m. to 12:30
p.m. on the 4th Thursday of the
month.

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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Visit our website!

hendcohealth.com



Business Hours:

Monday – Thursday:

8:00 a.m. – 4:00 p.m.

Friday: 8:00a.m. - Noon

Event	Time & Date	Location
Walk-in Vaccination Clinic: Youth: 6 months to 11 years RSV & COVID Vaccines	Thursday, April 9, 2026 4:00 to 7:00 p.m.	Henderson County Health Department
Congregate Meals	Monday	Stronghurst Sr. Center
Call 309-734-4251 for info	Tuesday –Thursday	Oquawka Sr. Center
Free Bingo Everyone Is Welcome	1:00 to 3:00 Wednesday April 1st, 15th, & 29th	Henderson County Health Department
Low Impact Exercise (Free) No registration required	Mon-Wed-Fri 8:00am-9:00am	Henderson County Health Department
Fit and Strong! Exercise Class (Free) No registration required	Mon-Wed-Fri 9:30 am to 10:30 am	Stronghurst Senior Center Broadway Street
Open Gym for Exercise Free to HC Residents	Tuesday & Thursday 8:00 a.m. to 6:00 p.m.	Henderson County Health Department
Senior Transportation Appointment Needed	Monday - Thursday 309-627-2812, x 228	Henderson County Health Department