



HENDERSON COUNTY

HEALTH NEWSLETTER

DEPARTMENT Issue 28 : September 2026

It's A Bean-A-Paloosa

Are you a Bean Fan?
Maybe - Maybe Not!

BUT, you might be after the **Bean-A-Paloosa** at the Henderson County Health Department on October 17, 2026. A Bean recipe and tasting contest will be held. Everyone in the area is invited to enter and participate in the voting.

Categories for Entering:

Appetizers

Salad

Main Dish/Side Dish

Dessert

Along with the **Bean-A-Paloosa** HCHD will host the **Be Your Own Superhero Wellness Fair** with many area businesses and agencies attending. Come join us for fun, games, information, and prizes. This is a family event. Bring the kids and grandkids. Dress as your favorite superhero.

Watch for more information at:
facebook.com/hendcohealth

Contact Karen 309 627 2812 x 230 or
Sharon at 309 627 2812 x 240



COME CELEBRATE



JUDY AVERY, RN

SEPTEMBER 29TH

You are cordially invited to the retirement party for Judy Avery on Tuesday, September 29, 2026, from 2:00 to 4:00 p.m. in the gym at the Henderson County Health Department. The health department is located at 208 West Elm Street in Gladstone, Illinois.

After decades of compassion, dedication, and tireless service, Judy Avery, RN, is putting away her scrubs and stepping into a well-earned retirement. Her journey has been more than a career -- it has been a calling -- one that touched countless lives and left an indelible mark on the people of Henderson County.

Judy started working as a CNA at Oak Lane Nursing and Rehab eight months after the care center opened in Stronghurst, Illinois in 1989, where she was employed for twenty years. During those years at Oak Lane, Judy earned her Licensed Practical Nurse and her Registered Nurse degrees from Southeastern Community College. Judy said that her biggest supporter was her mother who proudly pinned her at ceremonies representing her educational and career accomplishments.

Seventeen years ago, Judy sought information about a nursing vacancy at the Henderson County Health Department. She was hired that same day! In addition to skill and professionalism when interacting with patients, Judy always brought caring warmth that made patients feel safe and valued. Through the years Judy has held trembling hands, offered words of comfort to worried families, and mentored other nurses with patience and encouragement. She has embodied the very heart of nursing!

Judy has witnessed the role of nurses evolve, technology advance and increase, and healthcare challenges such as Medicare changes impact medical care. However, her commitment to patient care never wavered. Her career as a nurse has been very rewarding professionally and personally. As a hospice nurse, she observed that it was saddening to care for people who had been classmates. She is grateful for the love and support she has received from the people of Henderson County.

Retirement will give Judy more time to spend with her daughter, son, two granddaughters, two grandsons, and her sisters. She also enjoys reading and completing jigsaw puzzles. A planned trip to Las Vegas is greatly anticipated with family members shortly after Judy retires. After returning from that trip and settling into the life of a retiree, Judy anticipates serving as a volunteer with a program yet to be determined. A lifetime of caring service will continue.

Thank you, Nurse Judy, for your years of service, your unwavering compassion, and the countless lives you've touched. You may be leaving your calling and career, but your impact on Henderson County residents will be remembered for years to come.



Be Your Own Superhero

You are invited to attend the BE YOUR OWN SUPERHERO WELLNESS FAIR in Gladstone at the Henderson County Health Department on October 17, 2026, from 11:00am to 2:00pm.

Come join us for a fun family afternoon of activities, games, prizes and information for ages birth to 121years old.

The activities will have a superhero theme, so wear your favorite superhero tee shirt or costume. Everyone is invited to dress as their superhero and Trick or Treat with service providers and vendors.

The Pink Heals Ambulance will be on site. We all know someone that has passed from cancer, is fighting cancer or is a cancer survivor. Those people are their own superheroes! Pink Heals Ambulance invites the community to autograph the ambulance in memory of someone who lost their life to cancer, someone fighting cancer, or a survivor of cancer.

Find more information on facebook.com/hendcohealth or call:

Karen at 309-627-2812, x 230 or Sharon at 309-627-2812, x 240.

EAT WELL, LIVE WELL PROGRAM & LUNCHEON

The public is cordially invited to attend a kickoff program for a series of presentations about the basics of nutrition on Wednesday, September 30th at 10:30 a.m. at the Henderson County Health Department at 208 West Elm Street in Gladstone, Illinois. A light luncheon will be held at 11:30 a.m. for those who attend the program. Attendees are invited to stay for Bingo from 1:00 to 3:00 p.m.

This first session will provide a basic definition of nutrition and then focus on food safety in the supply chain. Reservations are needed by Tuesday, September 29th to be able to provide enough printed materials and lunch



CONTACT HCHD

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facebook.com/hendcohealth

Visit our website! hendcohealth.com

Business Hours:

Monday – Thursday:

8:00 a.m. – 4:00 p.m.

Friday: 8:00a.m. -Noon

Extended Gym Hours Open

until 6:00 p.m.

Tuesdays and Thursdays

Food Pantry

Tuesday & Thursdays

1:00 pm to 6:00pm

Event	Time and Date	Location
Eat Well, Live Well Presentation and Luncheon Reservations by 9/29	Wednesday September 30 10:30 am	Henderson County Health Department Reservations by 9/29
Schuyler Street Stroll	Saturday Sept 26th	Oquawka
Stronghurst Fall Festival	Saturday, Sept 19th	Stronghurst Park
Food Pantry (Once a month)	Tuesday 1:00-6:00 Thursday 1:00-6:00	Henderson County Health Department
Free Bingo 1:00 to 3:00 p.m.	Sept 3 Sept 16 Sept 30	Henderson County Health Department
Free Low Impact Exercise No registration required	Mon-Wed-Fri 8:00 am to 9:00 am	Henderson County Health Department
Free Fit and Strong! Exercise Class	Mon-Wed-Fri 9:30 am to 10:30 am	Stronghurst Senior Center Broadway Street