



Be Your Own **SUPERHERO** Wellness Fair



We are excited to invite you to the **Be Your Own SUPERHERO Wellness Fair** at Gladstone at the Henderson County Health Department on October 17, 2026 from 11:00am to 2:00pm.

Come join us for a fun family day of activities, games, prizes, drone demonstrations, free medical tests, pictures with Golden Manes of Valor Mini Horses and information for ages birth to 101 years old.

The activities will have a superhero theme, so wear your favorite superhero tee shirt or costume. Kids are 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 or had cancer. These 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.

Watch for more information on facebook at facebook.com/hendcohealth or call Karen at 309 627 2812 ext 230 or Sharon at 309 627 2812 ext 240.

It's Time for The Bean-A-Paloosa

Rules for Entering Bean-A-Paloosa

Do You LOVE Beans?

Maybe? Maybe Not?

You might after attending the
HCHD **Bean-A-Paloosa!**

Beans are a **Super Food !!!**

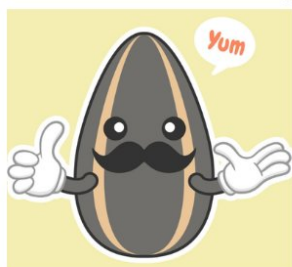
Beans are a great source of iron,
protein, and fiber.

Questions: Please contact:

Karen Cole 309-627-2812, x230

Sharon Graham 309-627-2812, x

240



- Entries must arrive by 10:00 AM
- Any type of bean may be used in the following categories
- Appetizers, Salads, Main/ Side Dish, Desserts, Vegan
- All recipes must be homemade
- Recipe size should be enough to provide about 40 small samples for voters to taste (Small sample cups will be filled by committee members on the day of the event)
- Food must be kept at a safe temperature (Electrical plug ins and cords available)
- Please provide a printed copy of recipe.
- Estimated cost to prepare
- Guests attending the Be Your Own Superhero Wellness Fair will taste and vote for their favorite dishes.
- Anonymous voting process will be used. Those entering the contest will be given a number at time of registration to provide anonymous voting process.

Great Party With A Sad Good Bye

Judy Avery was the honoree at a retirement party at the Henderson County Health Department on Tuesday, September 29, 2026. Hugs and laughter filled the agency's gym as community members, friends, coworkers, and Judy's family celebrated Judy's seventeen years of service with the health department. Judy's retirement from nursing also encompasses the twenty years she spent working at Oak Lane Nursing and Rehab in Stronghurst where she started employment as a CNA eight months after the care center opened in 1989. Judy leaves a remarkable legacy of service, compassion and excellence in patient care while serving the residents of Henderson County for thirty-seven years. The staff and friends of Henderson County Health Department wish Judy a wonderful retirement and thank her for her many years of service.



Did You Know???

Did you know that smokeless tobacco sales more than double during planting and harvesting seasons here in Henderson County?

Smokeless tobacco contains nicotine, which is highly addictive, and users can become just as addicted as cigarette smokers. Smokeless tobacco delivers nicotine through the tissues of the mouth or nose, allowing large amounts to enter the bloodstream. Use of smokeless tobacco products increases the risk of cancers of the mouth, esophagus, and pancreas. They also cause gum disease, tooth decay, and oral lesions such as leukoplakia which are precancerous white patches in the mouth. They may raise the risk of heart disease and stroke. Because using smokeless tobacco is addictive and carries significant health risks, it is an unsafe alternative to smoking.

The National Cancer Institute (NCI) operates the NCI's Smoking Quitline 877-44U-QUIT (877-448-7848). Talk with a smoking cessation counselor about quitting smokeless tobacco. You can call the Quitline, within the United States, Monday through Friday, 9:00 a.m. to 9:00 p.m., Eastern time.



Event	Date & Time	Location
Be Your Own Superhero Wellness Fair	Saturday Oct 17, 2026 11:00 am-2:00 pm	Henderson County Health Department
Bean-A-Paloosa	Saturday Oct 17, 2026 11:00am to 2:00pm	Henderson County Health Department
Flu Shot Clinics	Thursday Oct 8 9am to 10am 11:00am to noon	Henderson Co Health Dept Raritan State Bank
Flu Shot Clinic	Thursday Oct 15th 9:00am-10:00am 11:00am-12:00am	Henderson County Health Dept Henderson County Library
Flu Shot Clinics	Thurs Oct 22 9:00am to 10:00 11:00am to Noon	Henderson County Health Dept Lomax Senior Center
Flu Shot Clinics	Thursday, Oct 29 th 9:00am to 10:00 am	Henderson County Health Department
Food Pantry Once a Month	Tues 1:00-6:00 Thur 1:00-6:00	Henderson County Health Department
Eat Well Live Well	October 29, 2026 10:30 am	Henderson County Health Department
Strom's Medicare Information Mtg	Oct 6, 2026 Tuesday 10:00 am	Henderson County Health Department
Strom Medicare Mtg	Oct 8 10:00 am	Oquawka Sr. Center
Free Bingo	October 7th October 21	Henderson County Health Department