

PIKE COUNTY CONNECTIONS

Collaborate ♦ Communicate ♦ Connect

The Pike County Community Health Partnership Newsletter



December 2009

SAVE THE DATE!

PIKE COUNTY HEALTH AND RESOURCE FAIR

THURSDAY, MAY 6, 2010

10:00 AM TO 2:00 PM

At the CROSSROADS CENTER

125 W. JEFFERSON ST., PITTSFIELD, IL

*WATCH FOR MORE INFORMATION
ABOUT HOW YOU CAN PARTICIPATE*

Sponsored by:

- Illini Community Health Care Foundation
- Illini Community Hospital
- U of I Extension, Pike County
- Pike County Health Department
- John Wood Community College
- Pike County Community Health Partnership

Steering Committee Members:

Katie Wilson & Karen Epley

Mental Health Centers of Western Illinois, Pike County location

Jennifer Mowen

University of Illinois Extension, Pike County Unit

Patricia McIntosh

Illini Community Health Care Foundation

Connie Schroeder & Katherine Rowles

Illini Community Hospital

Anita Andress & Jan Bleich

Pike County Health Department

At-Large Steering Committee Members:

Brenda Middendorf

Two Rivers Resource Conservation and Development Area

Susan Bowen

PACT Headstart

The Two Rivers Regional Council of Public Officials and Barry Food Pantry have seen an increase of 50% over last year.

Report from

Access Food

Hundreds of Pike County families are benefiting from the generosity of deer hunters, local individuals, grant foundations and service organizations thanks to a program implemented by the Access Illinois Outdoors program, operated through the Two Rivers Resource Conservation & Development Area.

The Access Illinois Outdoors program has increased the public's outdoor recreational opportunities by facilitating access to private lands since 1994. Through the AIO program, a landowner can be put in touch with prospective customers who wish to provide compensation for access to private land for outdoor recreation, ranging from hunting and fishing to bird watching and photography.

Access Illinois Outdoors recognized another need in addition to increasing tourism opportunities in the area. The growing deer population is a concern to everyone in the area, from the farmer suffering from crop degradation to the motorist dodging deer on the roads. To encourage more hunters to take a doe, Access Illinois Outdoors created a fund, *Access Food*, to pay for deer processing costs.

"We want to encourage hunters, even if their own freezer is full, to take another antlerless deer and donate it to the program. Many of the non resident hunters would be willing to shoot a doe, if they were not burdened with the processing fee and the distribution of the meat," said Brenda Middendorf, representative of the Access Illinois Outdoors program.

This coincides with another need in the area which is the high volume of traffic at the local food pantries. The Two Rivers Regional Council of Public Officials and Barry Food Pantry have seen an increase of 50% over last year.

Hunters wishing to participate may take their donated deer to several locations: Barry Travel Plaza serviced by the Butcher Block in Quincy 217-222-6248; The Archery Shop in Pittsfield serviced by Magro's Processing, . 217-438-2880; or Valley View Custom Meats near Pleasant Hill, 217-257-2549. After hours or weekends, donors may call 217-491-2401 for assistance in checking in their deer. The program will run through the various deer hunting seasons, ending January 17. The deer must be tagged before being taken to the processor. An untagged deer carcass will not be accepted.

After processing, the two pound packages of ground meat are then delivered to the Barry Food Pantry and the Two Rivers Regional Council of Public Officials food pantry for distribution to needy families. Over 10,000 pounds of meat have been donated, processed and returned to the food pantries so far this year.

All contributions are tax deductible. Every donation will be very much appreciated and will work towards controlling our deer population and feeding hungry people. Funds from the IDNR "Sportsmen Against Hunger" program cover a portion of the processing costs with donations and grant funding making up the difference.

To make a donation or for more information, please contact:

Access Illinois Outdoors
1256 C West Washington,
P. O. Box 87,
Pittsfield, IL, 62363,
217-285-2464.

The Access Illinois Outdoors program is operated through the Two Rivers RC&D Area in cooperation with the Department of Commerce and Economic Opportunity/Bureau of Tourism.

Report from

Two Rivers Regional Council of Public Officials

Two Rivers Regional Council of Public Officials is busy with energy assistance appointments for all income eligible households. They are also getting ready to open up rent assistance. All inquiries need to call their office at 285-5424 for details or an appointment. The food pantry is still very demanding but they have received a lot of generous donations that they are very grateful for.

Report from

Oral Health Task Force

The Pike County Oral Health Advisory Committee, whose members include local dentists, social service agency representatives, and many others; met in December to share information and to review potential grant opportunities. A grant application is currently pending with the Illinois Department of Healthcare and Family Services for funding to address oral health issues. Funding is

expected by July 2010 or sooner. Additional grant opportunities are being researched. A "Give Kids A Smile Day" will be held in Quincy on February 19, 2010. This one day event offers donated dental services to area children provided by local dentists and other dental health professionals who volunteer for the day. Call Mary Moss at 285-4407 for more information.



Report from

2009 Christmas Basket Program

As everyone knows, the economic outlook has been bleak and increasing numbers of Americans have been out of work in the past year. Pike County has not escaped these problems and that has made Carla Allen's job of directing the Christmas basket program even busier than usual.

The General Assistance office received 629 applications requesting help for 1564 clients, or 10% of the Pike County population.

In order to meet this need, the General Assistance office prepared over 700 gift tags which were placed on giving trees at Wal-Mart, Dollar General, and Farm & Home Supply. Although many generous Pike Countians purchased items from the giving trees, some tags remained. So on Monday,

December 14, Carla Allen and a crew of volunteers met at Wal-Mart to purchase the items needed for the remaining tags. The gift items were organized into 185 toy boxes for children from birth to 16 years of age. This was an increase of 60 boxes, or 48% from 2008.

On Wednesday, December 16, the General Assistance staff and volunteers assembled 290 hams, over 2,000 of cans of vegetables, as well as milk, bread and other items into 450 food boxes which were distributed to clients of all ages on Thursday, December 17, and Friday, December 18.

Carla would like to thank everyone who gave so generously to help make Christmas brighter for other Pike Countians.



The 2009 Christmas Basket Program served 1564 clients.

Report from

Pike County Health Department

Nicotine Patches

Pike County Health Department again has funding to provide free nicotine replacement patches, to persons residing in Pike County, who want to quit tobacco use. Interested persons must first call the toll-free, Illinois Tobacco Quitline at 1-866-784-8937 for the free phone counseling. The health department will supply patches at no cost to those persons who will call the Quitline for the phone counseling at least once per week.

H1N1 Virus

In responding to the new 2009 H1N1 Influenza virus, local health care providers and emergency partners learned quickly how emergence of a new pathogen can tax the local health care system. While local medical providers saw a huge increase in the number of influenza related illnesses, Pike County Health Department (PCHD) staff planned and conducted H1N1 vaccination clinics to boost population immunity and provide protection against this potentially deadly virus.

By the end of December 2009, PCHD staff administered over 3000 H1N1 vaccinations.

Cholesterol/Diabetes Screening

Pike County Health Department will offer a cholesterol/diabetes screening by appointment only beginning at 7:30 AM on Thursday, January 7, 2010. Cost of the screening is \$25. Participants must be fasting 10-12 hours prior to the screening. Call 285-4407 for an appointment.

This was accomplished while continuing to offer all current PCHD programs and services, without interruption. The H1N1 vaccine was initially targeted to priority groups who were most at risk for serious illness and complications from the H1N1 virus. Now the vaccine is available to anyone who wishes to be vaccinated. The first H1N1 vaccination clinic in January will be on Friday, January 8th from 9:00 am to 4:30 pm at Pike County Health Department.

For more information, call 285-4407, and listen to option 9 or log on to www.pikecoilhealth.org.



Illinois
Tobacco
Quitline:

1-866-784-8937

PCCHP VISION:

All enjoy the highest degree of health, wellness and quality of life possible.

Third Tuesday's Topics

Monthly Lunch & Lecture Series for those interested in caregiving, Alzheimer's Disease or other dementias

**January 19, 2010
The Crossroads Center
125 W. Jefferson
Noon—1:00 pm**



In January, Amy Voss, MS, Program Specialist with the Quincy Area Branch of the Alzheimer's Association will speak on Behaviors & Communication. Anyone who is a caregiver, a family member, or a friend of a person with Alzheimer's or other dementias is invited to attend.

Lunch will be served at 11:45, with the program beginning at noon and ending at 1:00 pm. There is no cost for the program, but donations are accepted and appreciated. Lunch registrations must be received by Friday, January 15.

Please call 217-228-1111 to register.

Childhood Obesity

According to the Surgeon General, over 17% of children between the ages of 2 and 19 are overweight. Many of these children are overweight for the same reasons their parents are—they have an unhealthy diet and they do not get enough exercise.

The CDC suggests that parents, grandparents and caregivers encourage healthy eating habits such as:

- Provide plenty of vegetables, fruits, and whole-grain products
- Include low-fat or non-fat milk or dairy products
- Choose lean meats, poultry, fish, lentils, and beans for protein
- Serve reasonably-sized portions
- Encourage your family to drink lots of water

Parents can also look for ways to make favorite dishes healthier and substitute healthy snacks for calorie-rich temptations.

It is recommended that children and teens get at least one hour of moderate physical activity each day and no more than 1-2 hours of video game, TV, and computer time each day.

The American Heart Association offers this advice to help get your children off the couch and on the move.

- Have a plan. Be prepared to offer alternative activities to TV or video games. You might consider family game night, shooting some hoops, walking the dog or exploring a nearby park.
- Don't position your furniture so the TV is the main focus of the room. Remove televisions from bedrooms.
- Plan TV watching in advance. Go through the TV guide and pick the shows you want to watch. Turn the TV on for those shows and turn it off afterwards. Don't just watch whatever comes on next.
- Avoid using TV as a reward or punishment.

If you are around children, you know how hard it is to limit screen time; especially if you spend too much time in front of the screen yourself. So the AHA suggests that you be active with your young people. So don't just send your children out to play — go play with them!

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Do you know others who would like to receive this newsletter?

Send their name and contact information to info@pikehealthpartnership.org and they will be added to the mailing list.