

PIKE COUNTY CONNECTIONS



Collaborate ♦ Communicate ♦ Connect
The Pike County Community Health Partnership Newsletter

Sept 2009

SEPTEMBER ANNUAL MEMBERSHIP MEETING

See page 2 for details.

OCTOBER BREAST CANCER AWARENESS MONTH

Have the women in your life had their annual mammogram?
Are they performing monthly self examinations?

NOVEMBER AMERICAN DIABETES MONTH

Do you know the symptoms? If not, see page 3.

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
Connie Schroeder & Katherine Rowles
Illini Community Hospital
Anita Andress & Jan Bleich
Pike County Health Department
Patricia McIntosh
Illini Community Health Care Foundation

At-Large Members:

Brenda Middendorf
Two Rivers Resource Conservation and
Development Area
Susan Bowen
PACT Headstart

VISION:

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

MISSION:

*To collaboratively strengthen the health
and wellness of those served in Pike
County.*

PIKE COUNTY
Community Health Partnership

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**PIKE COUNTY
COMMUNITY HEALTH
PARTNERSHIP**

**Annual
Membership
Meeting**

Farm Bureau Building
1301 E. Washington, Pittsfield
Tuesday, Sept 15th
Noon to 2:00 pm

Guest speaker—Jerry Kruse MD, MSPH

Professor & Chair of Family & Community Medicine
Southern Illinois University School of Medicine

speaking on

**“Current Concepts in
Community Based Health Care”**

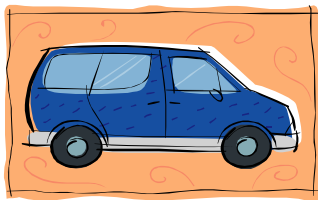
- ◆ Review the strategic plan
- ◆ Lunch from Catering & More

PLEASE JOIN US

RSVP to Margaret at
info@pikehealthpartnership.org
or call 285-9469
by Wednesday, Sept 9

Transportation Project Moving Along

Pike County community members and area agencies have been meeting the last six months to assess the transportation needs for Pike County and develop a plan to provide transportation to every individual in the county. With a growing number of senior citizens, those with disabilities and low-income families, there is a definite need for a system, and it's been a long time coming.



Previous community needs assessments have amply demonstrated that lack of transportation is a barrier to accessing health care as well

as access to grocery stores, pharmacies, court appointments, work and school activities.

Pike County is one of 24 counties in downstate Illinois without countywide funded public transportation. Pike County not only needs an in-county transportation system so that people can get the health care they need, but they also need transportation services outside the county as well.

The group has been receiving guidance from the Interagency Coordinating Committee on

Transportation (ICCT) Clearinghouse of the Rural Transit Assistance Center at Western Illinois University. The ICCT Clearinghouse provides technical assistance to community members to develop a sustainable transit system created to fit the specific needs of the county.

Through the ICCT Coordination Primer Process, the Clearinghouse will help Pike County develop this coordinated public transit system through the five phases of the Primer Process:

1. Creating a Transit Partnership Group (TPG)
2. Completing a broad-based needs and resource assessment
3. Developing an action plan and system model
4. Applying for and securing funding
5. Evaluating the system

Currently the group has completed Phase I and Phase II and are beginning Phase III. After completing the primer process, Pike County will have a sustainable and accessible public transportation system that meets the needs of all county residents with a broad base of community support. This transit system will be funded through grants and will never increase taxes to any county resident.

DIABETES SYMPTOMS

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

Some diabetes symptoms include:

- Frequent urination
- Excessive thirst
- Extreme hunger
- Unusual weight loss
- Increased fatigue
- Irritability
- Blurry vision

If you have one or more of these diabetes symptoms, see your doctor right away. You may also take the American Diabetes Association's [Online Diabetes Risk Test](#) to find out if you are at risk for diabetes.



H1N1 VACCINE UPDATE



The Centers for Disease Control and Prevention issued the following H1N1 vaccine questions and answers. You will find more information at www.cdc.gov/h1n1flu/.

Q. What are the plans for developing novel H1N1 vaccine?

A. Working together with scientists in the public and private sector, CDC has isolated the new H1N1 virus and modified the virus so that it can be used to make hundreds of millions of doses of vaccine. Vaccine manufacturers are now using these materials to begin vaccine production. Making vaccine is a multi-step process which takes several months to complete. Candidate vaccines will be tested in clinical trials over the few months.

Q. When is it expected that the novel H1N1 vaccine will be available?

A. The novel H1N1 vaccine is expected to be available in the fall. More specific dates cannot be provided at this time as vaccine availability depends on several factors including manufacturing time and time needed to conduct clinical trials

Q. Will the seasonal flu vaccine also protect against the novel H1N1 flu?

A. The seasonal flu vaccine is not expected to protect against the novel H1N1 flu.

Q. Can the seasonal vaccine and the novel H1N1 vaccine be given at the same time?

A. It is anticipated that seasonal flu and novel H1N1 vaccines may be administered on the same day. However, we expect the seasonal vaccine to be available earlier than the H1N1 vaccine. The usual seasonal influenza viruses are still expected to cause illness this fall and winter. Individuals are encouraged to get their seasonal flu vaccine as soon as it is available.

Q. Who will be recommended as priority groups to receive the novel H1N1 vaccine?

A. CDC's Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the novel H1N1 vaccine when it first becomes available. These key populations include:



- pregnant women
- people who live with or care for children younger than 6 months of age
- healthcare and emergency medical services personnel
- persons between the ages of 6 months and 24 years old
- people ages of 25 through 64 years of age who are at higher risk for novel H1N1 because of chronic health disorders or compromised immune systems.

Q. What about the use of antivirals to treat novel H1N1 infection?

A. Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body. If you get sick, antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications. This fall, antivirals may be prioritized for persons with severe illness or those at higher risk for flu complications.

**Announcements will be made in the local media
when the H1N1 vaccine has been released to the public.**

It is not recommended that you delay getting the seasonal flu vaccine until the H1N1 vaccine is available. Contact your personal physician or Pike County Health Department for seasonal flu vaccine.

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.