

FALL 2008  
Volume 8, Issue 2

# Lafayette County Health Department

## SPECIAL INTEREST ARTICLES:

### Public Health

\*Time for your flu shot  
2008 FLU CLINIC  
SCHEDULE

### Home Care/Hospice

- Shullsburg CheeseFest Run/Walk Oct 4<sup>th</sup>
- November is Home Care & Hospice Month
- Presentation Opportunities

## ANNOUNCEMENTS:

### **Rural Safety Day for 4<sup>th</sup> & 5<sup>th</sup> grades**

- **September  
16, 2008  
Lafayette  
County  
Fairgrounds**

### **Hospice CHEESEFEST Run/Walk --- Oct 4<sup>th</sup>**

SEE INSIDE FOR DETAILS

## Public Health

*Debbie Siegenthaler, RN MSN - Director/Health Officer*

### TIME FOR YOUR FLU SHOT

The Health Department will be offering flu shots to ALL people beginning October 1<sup>st</sup> from 4-6pm at the Health Dept in Darlington.

\* SEE FLU CLINIC SCHEDULE NEXT PAGE

THE CDC RECOMMENDS THE FOLLOWING GROUPS OF PEOPLE CONSIDER GETTING A FLU SHOT BECAUSE THEY ARE CONSIDERED AT GREATER RISK OF COMPLICATIONS SHOULD THEY GET SICK WITH THE FLU:

- People who are 50 years of age and older.
- People 6 months through 8 years of age.
- Anyone who has an underlying, long-term illness (heart or lung disease, metabolic disease [like diabetes], kidney disease, a blood disorder, or a weakened immune system.
- Women who will be pregnant this flu season.
- People who live in nursing homes or other chronic-care places.
- Health-care workers.
- People who have or take care of a baby under 6 months old. (Do not give a flu shot to babies under 6 months.) This includes post-partum women.
- Household contacts of anyone considered high-risk.

FLU VACCINE IS ONLY ONE METHOD OF PREVENTING INFLUENZA ILLNESS. TO INCREASE YOUR CHANCE OF REMAINING HEALTHY AND ASSIST IN PREVENTING THE SPREAD OF FLU AND FLU-LIKE ILLNESSES, YOU SHOULD:

- Avoid close contact with people who are sick.
- Stay home from school or work if you have a respiratory infection (cough, sore throat or fever) until you have recovered from your illness.
- Cover your nose and mouth with a tissue whenever you cough or sneeze; then throw the tissue away.
- Wash your hands often with soap and water. If your hands are not visibly soiled, an alcohol-based, waterless hand sanitizer may be used.
- \* Don't expose an infant to large crowds when influenza is in your community, and avoid close contact (holding, kissing) of the baby with family members who may have respiratory tract infection.
- Do not share anything that goes into the mouth, such as drinking cups or other food utensils.
- Frequently clean commonly touched surfaces (doorknobs, refrigerator handle, phone, water faucets) if someone in the house has a respiratory illness.
- Avoid touching your eyes, nose or mouth, especially when you are ill.
- Do not smoke.
- \* Employers and others are asked to be understanding with regard to absenteeism among ill individuals.

**Direct additional questions to (608)776-4895**

# LAFAYETTE COUNTY HEALTH DEPARTMENT

## 2008 FLU CLINIC SCHEDULE



WED OCT 1	LAFAYETTE COUNTY HEALTH DEPT	729 CLAY ST DARLINGTON	4-6 PM
TUE OCT 7	Shullsburg Health Day	SHULLSBURG SENIOR APTS	9-12 noon
WED OCT 8	LAFAYETTE COUNTY HEALTH DEPT		4-6 PM
THUR OCT 9	LAFAYETTE COUNTY HEALTH DEPT		1-4 PM
TUE OCT 14	Argyle/Blanchardville Health Day	ARGYLE EMS BUILDING BLANCHARDVILLE SENIOR APTS	9-12 noon 1-2 pm
WED OCT 15	LAFAYETTE COUNTY HEALTH DEPT		4-6 PM
THUR OCT 16	LAFAYETTE COUNTY HEALTH DEPT		1-4 PM
TUES OCT 21	Benton/Belmont Health Day	BENTON SENIOR APTS BELMONT COMMUNITY BLDG.	9-10 am 10:30-12 noon
WED OCT 22	LAFAYETTE COUNTY HEALTH DEPT		4-6 PM
THUR OCT 23	LAFAYETTE COUNTY HEALTH DEPT		1-4 PM
TUE, OCT 28	Darlington Health Day	HEALTH DEPARTMENT OFFICE	8:30 -12 noon
WED OCT 29	LAFAYETTE COUNTY HEALTH DEPT		4-6 PM
THUR OCT 30	LAFAYETTE COUNTY HEALTH DEPT		1-4 PM
TUE Nov 4	Shullsburg Flu Clinic	SHULLSBURG SENIOR APTS	9-12 noon
TUE NOV 4	LAFAYETTE COUNTY HEALTH DEPT		1-4 PM
THUR NOV 6	LAFAYETTE COUNTY HEALTH DEPT		1-4 PM
WED Nov 12	Argyle/Blanchardville Flu Clinic	ARGYLE EMS BUILDING BLANCHARDVILLE SENIOR APTS	9-12 noon 1-2 pm
THUR NOV 13	LAFAYETTE COUNTY HEALTH DEPT		1-4 PM
TUE Nov 18	Benton/Belmont Flu Clinic	BENTON SENIOR APTS BELMONT COMMUNITY BLDG.	9-10 am 10:30-12 noon
TUE Nov 18	LAFAYETTE COUNTY HEALTH DEPT		1-4 PM
THUR NOV 20	LAFAYETTE COUNTY HEALTH DEPT		1-4 PM
TUE Nov 25	Woodford Flu Clinic	WOODFORD BANK	9:30 -10:30 AM
TUE Nov 25	South Wayne Flu Clinic	SW SENIOR CENTER MEAL SITE	11-12 noon
TUE Nov 25	Gratiot Flu Clinic	GRATIOT BANK	1:15-2:15 PM
TUE NOV 25	LAFAYETTE COUNTY HEALTH DEPT		1-4 PM
TUE Dec 2	Shullsburg Health Day	SHULLSBURG SENIOR APTS	9-12 noon
TUE Dec 9	Argyle/Blanchardville Health Day	ARGYLE EMS BUILDING BLANCHARDVILLE SENIOR APTS	9-12 noon 1-2 pm
TUE Dec 16	Benton/Belmont Health Day	BENTON SENIOR APTS BELMONT COMMUNITY BLDG.	9-10 am 10:30-12 noon
TUE Dec 23	Darlington Health Day	DARLINGTON HEALTH DEPT	8:30-12 noon

THE COST IS \$25 FOR INFLUENZA VACCINE. PLEASE BRING ALONG YOUR MEDICARE CARD AND/OR SUPPLEMENTAL INSURANCE CARD. KIDS VACCINE IS FREE OF CHARGE



## Home Care & Hospice

*Kristie Lueck RN, BSN*

### **SHULLSBURG CHEESE FEST RUN/WALK OCTOBER 4<sup>th</sup>, 2008**

The Shullsburg Cheesefest will offer an opportunity to enjoy some exercise with a purpose. Participants in the Cheesefest Run/Walk can honor or memorialize a loved one, or simply maintain their own healthy lifestyles. They may choose from a 5K or 10K run in the country, or a 1 mile walk in town. **The event will take place at 9:00 a.m. on October 4, starting in downtown Shullsburg. ALL ARE INVITED!**

The event is sponsored by the Miner Community Group, Shullsburg FFA, and Lafayette County Hospice. Pre-registration will be available until September 15. \$20 per person includes one T-shirt, and \$40 per family includes two T-shirts. Registration forms will be available at all Lafayette County banks. On-site registration of \$10 is available, without a T-shirt. Questions may be directed to any of the following: Becky Troy (608) 965-3747, Tracy Brunton at Shullsburg School (608) 965-4427, or Kristie Lueck at (608) 776-4895. Also visit the Shullsburg website at [shullsburg.com](http://shullsburg.com) for links to Cheesefest event information.

### **NOVEMBER IS NATIONAL HOME CARE & HOSPICE MONTH**

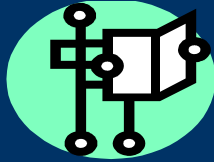
In order to honor the thousands of Home Care and Hospice professionals and volunteers serving our nation, Lafayette County Health Department/Home Care/Hospice will join home care & Hospice providers throughout the United States in celebrating National Home Care & Hospice Month. This celebration pays tribute to the dedicated home care and Hospice professionals and volunteers who enable elderly, disabled, and chronically ill individuals to live their lives and experience the dying process where they want to most - in their homes. As America's elderly population continues to rapidly grow, home health care and hospice care will continue to play a pivotal role in health care delivery in our nation's future.

Every eight seconds, a baby boomer in America turns 50. In less than 10 years when baby boomers begin to retire, one out of every five Americans will be over the age of 65. By 2040, the number of Americans over the age of 80 will triple to 26.2 million. As these three simple facts illustrate, America is growing older and living longer. Americans, led by the baby boomer generation, are benefiting from medical advances that are extending their lives well into their 80s, 90s, and 100s.

In addition to recognizing the work of home care and hospice providers, National Home Care and Hospice Month serves to educate the public about issues affecting home care and hospice and the services available in their local communities. It is important that people let their elected officials know how important home health care and hospice providers are to their community.

Lafayette County's Home Care Agency was founded in 1973 with the mission of providing comprehensive in-home health and supportive services for Lafayette County's disabled and chronically ill patients and their families. The Lafayette County Home Care health care team offers services ranging from basic personal needs and assistance with daily living to nursing and therapy intervention and advanced medical treatment. Lafayette County's Hospice Program began in 1993 and has grown significantly in 10 years. The Program provides palliative nursing care to terminally ill patients as well as supportive assistance to the family during a terminal illness as well as through the bereavement period. Without the prospect of cure or recovery, Hospice offers patients and families help in making the best of a difficult situation.

For more information about home care and/or hospice services through Lafayette County Home Care/Hospice, please call the Lafayette County Health Department at 608-776-4895.

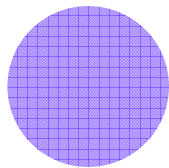


## HOSPICE OFFERS SPEAKERS

Lafayette County Hospice would like to make community groups aware that hospice personnel are available to speak on a variety of topics related to grief. These include:

- Supporting a Grieving Friend or Relative
- Dealing with Non-Death Losses
- Anticipatory Grief
- Coping with Holidays and Special Days
- Public Tragedy
- Cultural Differences in Grieving
- Loss of a Pet
- Stress and "Am I Going Crazy?"
- Miscarriage
- Death and Dying Process

Groups wishing to learn about dealing with these aspects of life are encouraged to contact Kristie Lueck, RN, at (608) 776-4895 to schedule a speaker.



## 2008 HEALTH DAY SCHEDULE

THE NURSES WILL BE AVAILABLE TO DO HEALTH SCREENING, BLOOD PRESSURE, IMMUNIZATIONS, CHOLESTEROL SCREENING, FOOT CARE (BY APPOINTMENT ONLY) AND HEALTH COUNSELING.

### CHARGES ARE AS FOLLOWS:

- \$15.00 immunization registration fee/donation
- \$20.00 foot care
- \$20.00 cholesterol
- \$ 8.00 blood sugar
- \$ 5.00 blood pressure

### Clinic Sites & Times:

<b>ARGYLE EMS BUILDING</b>	<b>9:00 to 12 noon</b>	<b>BLANCHARDVILLE SR. APT.</b>	<b>1:00 to 2:00 pm</b>
<b>BELMONT COMMUNITY BLDG.</b>	<b>10:30 to 12 noon</b>	<b>DARLINGTON HEALTH DEPT.</b>	<b>8:30 to 12 noon</b>
<b>BENTON SENIOR APT.</b>	<b>9:00 to 10:00 am</b>	<b>SHULLSBURG SENIOR APT.</b>	<b>9:00 to 12 noon</b>

### Clinic Dates:

**\*See also flu clinic schedule on page 2**

Tuesday, Oct 7	Shullsburg	* NOV HEALTH DAYS ARE FLU CLINICS ONLY	
Tuesday, Oct 14	Argyle/Blanchardville	Tuesday Nov 4	Shullsburg
Tuesday, Oct 21	Benton/Belmont	Wed, Nov 12	Argyle/Blanchardville
Tuesday, Oct 28	Darlington	Tuesday, Nov 18	Benton/Belmont
		Tuesday, Nov 25	South Wayne/Gratiot
	Tuesday, Dec 2		Shullsburg
	Tuesday, Dec 9		Argyle/Blanchardville
	Tuesday, Dec 16		Benton/Belmont
	Wed, Dec 23		Darlington