

FALL 2006
Volume 6, Issue 2

Lafayette County Health Department

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*Program Updates

Public Health

Debbie Siegenthaler, RN MSN - Director/Health Officer

TIME FOR YOUR FLU SHOT AROUND THE CORNER

The Lafayette County Health Department will sponsor an influenza (flu) vaccine clinic on November 10, 2006 at the Darlington Elementary School gymnasium from 2pm to 6 pm. Darlington Elementary Middle School is located at 11630 Center Hill Rd, Darlington, WI. This clinic is for everyone (adults and children). The Medicare Part B covers the cost of the vaccine so those over 65 years should bring along their Medicare card. For those without Medicare the cost is \$20 for influenza vaccine.

The Health Dept is very happy to announce the anticipated arrival of flu vaccine for residents and will once again offer its mass "kick-off" flu clinic. The Health Dept needs and encourages the community to come out and use this big clinic as it not only prevents people from getting the flu; it also helps the Health Dept exercise its preparedness plans for public health crisis events. Early November is an optimal time for the flu shot; In fact November is the best time to get the shot in order to protect folks all the way through the entire flu season. The flu season peaks in late December and January and goes through April.

The Health Department will be offering flu shots to ALL people at the 11/10/06 clinic. 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 65 years of age and older.
- People 6 months of age and older who have 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.

ANNOUNCEMENTS:

CHANGE OF DATE:
Argyle/Blanchardville
Health Day has been
changed to Oct 9th

Rural Safety Day
for 4th & 5th grades—
September 19th,
2006 @ Lafayette
County Fairgrounds



Flu vaccine is only one method of preventing influenza illness. The public can do the following to increase their chance of remaining healthy and assist in preventing the spread of flu and flu-like illnesses:

- 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 the Lafayette County Health Department (608)776-4895.

Home Care

Kristie Lueck RN, BSN

Lafayette County Home Care News

The home care program has been busy all summer, caring for a wide variety of clients. While we all miss Jane O'Brien (who recently retired) the remaining home care staff nurses have a combined total of 95 years of nursing experience! Our agency is proud of the mixture of nursing experience and current knowledge that we bring to the care of our patients.

We are pleased to announce the addition of Dawn Hardin, RN, to our home care and hospice staff in late August. Dawn lives in Dubuque and worked most recently at the Finley Hospital. Her friendliness and work experience, in such varied specialties as oncology and orthopedics, have allowed her to make the transition into home care and hospice smoothly.



Hospice

Kristie Lueck RN, BSN

Lafayette County Hospice News

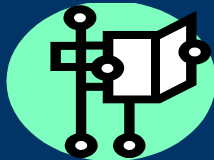
SHULLSBURG CHEESE FEST

Lafayette County Hospice and the Shullsburg FFA will not sponsor the Road Run & Ride this year. We hope to expand the bike event for next year. To that end, we are seeking at least one other community group in the Shullsburg area to partner with us on this project. If you know of groups who would like to increase their visibility and funds through such an event, please contact Kristie Lueck (hospice) at (608)776-4895 or Deb Ihm (FFA) at (608)965-4427.

GRIEF SUPPORT GROUP

Losses through death, as well as other losses in life, can be easier to bear when experiences are shared with others. In order to assist area residents with loss, Lafayette County Hospice will offer a Grief Support Group. The group is open to the public and free of charge. Each session will consist of a short presentation about an aspect of the grief experience by the facilitators, followed by time for interaction by participants. Light refreshments will be provided.

The Grief Support Group will meet every Monday evening beginning September 25, through November 27, 2006, from 7:00 to 8:30 p.m. The location will be the Health Department conference room, at 729 Clay Street in Darlington. Parking is available from Harriet Street, near Memorial Hospital of Lafayette County. Pre-registration is not necessary; anyone having questions may call Kristie Lueck, RN, at Lafayette County Hospice, at (608) 776-4895.



2006 HEALTH DAY SCHEDULE REVISED 9/06

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:

- \$10.00 immunization registration fee/donation**
- \$18.00 foot care**
- \$18.00 cholesterol**
- \$ 6.00 blood sugar**
- \$ 6.00 hemoglobin**
- \$ 5.00 blood pressure (suggested donation)**

Clinic Sites & Times:

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

Clinic Dates:

Tuesday, Feb 7	Shullsburg	Tuesday, Oct 3	Shullsburg
Tuesday, Feb 14	Argyle/Blanchardville	MONDAY, Oct 9	Argyle/Blanchardville
Tuesday, Feb 21	Benton/Belmont	Tuesday, Oct 17	Benton/Belmont
Tuesday, Feb 28	Darlington	Tuesday, Oct 24	Darlington

Tuesday, April 4	Shullsburg
Tuesday, April 11	Argyle/Blanchardville
Tuesday, April 18	Benton/Belmont
Tuesday, April 25	Darlington

Tuesday, June 6	Shullsburg
Tuesday, June 13	Argyle/Blanchardville
Tuesday, June 20	Benton/Belmont
Tuesday, June 27	Darlington

Tuesday, August 1	Shullsburg
Tuesday, August 8	Argyle/Blanchardville
Tuesday, August 15	Benton/Belmont
Tuesday, August 22	Darlington

*** November 10th BIG Kick-off Flu clinic** **NOV HEALTH DAYS ARE FLU CLINICS ONLY**

Tuesday, Nov 7	Shullsburg
Tuesday, Nov 14	Argyle/Blanchardville
Tuesday, Nov 21	Benton/Belmont
Tuesday, Nov 28	South Wayne/Gratiot

(site and time TBA)

* Flu shots will also be given each Tues and Thur afternoon (1-4pm) in the month of Nov at the LCHD in D'ton

Tuesday, Dec 5	Shullsburg
Tuesday, Dec 12	Argyle/Blanchardville
Tuesday, Dec 19	Benton/Belmont
Wednesday, Dec 27	Darlington