

FALL 2007  
Volume 7, Issue 2

# Lafayette County Health Department

## Public Health

Debbie Siegenthaler, RN MSN - Director/Health Officer

### TIME FOR YOUR FLU SHOT AROUND THE CORNER

The Lafayette County Health Department will sponsor its kick-off flu clinic on Saturday, October 13, 2007 at the Darlington Elementary School gymnasium from 9am to noon. Darlington Elementary Middle School is located at 11630 Center Hill Rd, Darlington, WI. This clinic is for everyone (adults and children).

If Medicare Part B is your primary insurance - the flu vaccine is a covered benefit so those over 65 should bring along their Medicare card. Please understand that if you have another insurance that is primary we CANNOT bill the health insurance company. For those without Medicare as primary insurance, the cost is \$25 for influenza vaccine.

"We are very happy to announce our flu clinics for residents and offer our mass "kick-off" flu clinic," stated Debbie Siegenthaler, Director/Health Officer for Lafayette County Health Department. "We really need and encourage the community to come out and use the big clinic as it not only prevents people from getting the flu, it also helps us exercise our preparedness plans for public health crisis events," adds Siegenthaler.

The Health Department will be offering flu shots to ALL ages at their clinics. 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 ages 6 months through 8 years.
- People 6 months of age and older with an underlying, long-term illness including: heart disease or lung disease (such as asthma), metabolic disease (such as 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 facilities.
- 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

### Special Interest Articles:

- [Public Health](#)  
\*Flu Shot Clinic
- [Home Care](#)  
\* Program Updates
- [Hospice](#)  
\*Program Updates  
\*Shullsburg Cheese Fest RUN/WALK Oct 6<sup>th</sup>  
\*NOVEMBER is Home Care & Hospice Month!

### ANNOUNCEMENTS:

\*September is National Preparedness Month - Be sure you have a well stocked family disaster kit & a family emergency plan!

\*National Childhood Lead Poisoning Prevention Week  
Oct 21-27, 2007

#### Upcoming lead clinics:

- Friday, Sept. 21  
9:00-11:30 & 1-3:30
  - Thursday, October 18  
9:00-11:30 & 1-3:30
  - Friday, October 26  
9:00-11:30
- \* NO APPOINTMENT NEEDED, walk ins welcome!



Flu vaccine is one method of preventing influenza. You can do the following to increase your 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).
- 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, Avoid touching your eyes, nose or mouth, esp when you are ill.
- \* 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.
- \* Do not smoke.

For more information or to answer questions please phone the Lafayette County Health Department (608)776-4895.

Additionally scheduled flu clinics are included on page 4 of this newsletter.

## Home Care & Hospice

*Kristie Lueck RN, BSN*

### Lafayette County Home Care News

As reported in the last newsletter, the survey in April revealed only one area requiring improvement. We have updated policies & procedures, completed refresher inservices, and obtained further equipment to help promote infection control measures. We await return of the surveyor to confirm these corrections.

The Home Care Program is focusing efforts on preventing avoidable hospitalization. The Home Care nurses work closely with patients, families, and physicians to detect and treat problems early. This involves much time spent educating patients and their caregivers about their conditions and how to manage them.

### Lafayette County Hospice News

The hospice program is participating in a nationwide effort to improve quality of care. The National Hospice and Palliative Care Organization offers assessments for hospices to complete and we are then compared to other hospices in our state and nation. Lafayette County Hospice recently completed its first two areas of assessment: Standards and Ethical Behavior & Consumer Rights. We are happy to report that we are on par with hospices across the nation, and slightly better than other Wisconsin hospices.

## **SHULLSBURG CHEESE FEST RUN/WALK OCTOBER 6<sup>th</sup>**

The Shullsburg Cheesefest will offer an opportunity for people 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 6, 2007, 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 at (608) 965-3747, Shullsburg School at (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**

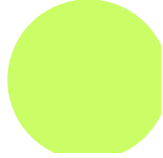
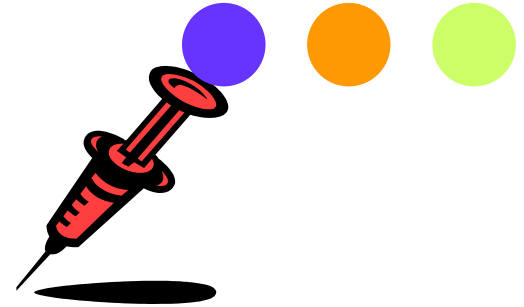
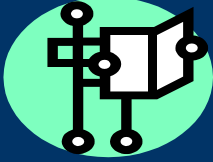
In order to honor the thousands of Home Care and Hospice professionals and volunteers serving our nation, Lafayette County Health Department/Home Care/Hospice will join home care & Hospice providers throughout the United States in celebrating National Home Care & Hospice Month. This celebration pays 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.



# 2007 FLU CLINIC SCHEDULE

## Flu Clinic Dates:

## Clinic Locations:

**\*OCT13th BIG Kick-off Flu clinic** DARLINGTON ELEMENTARY MIDDLE SCHOOL 9am-noon

### OCT HEALTH DAYS

Tuesday, OCT 16 Benton/Belmont

BENTON SENIOR APTS 8:30 to 10:00 am

BELMONT COMMUNITY BLDG. 10:30 to 12 noon

Tuesday, OCT 23 Darlington

HEALTH DEPARTMENT OFFICE 8:30 to 12 noon

### NOV HEALTH DAYS (ARE FLU CLINICS ONLY)

Tuesday, Nov 6 Shullsburg

SHULLSBURG SENIOR APTS 9:00 to 12 noon

Tuesday, Nov 13 Argyle/Blanchardville

ARGYLE EMS BUILDING 9:00 to 12 noon

Tuesday, Nov 20 Benton/Belmont

BLANCHARDVILLE SENIOR APTS 1:00 to 2:00 pm

BENTON SENIOR APTS 8:30 to 10:00 am

Tuesday, Nov 27 South Wayne/Gratiot

BELMONT COMMUNITY BLDG. 10:30 to 12 noon

SW SENIOR CENTER MEALSITE 9:00 to 10:00 am

GRATIOT STATE BANK 10:30 to 11:00 am

### Flu shots at the Lafayette County Health Department in Darlington

TUESDAY OCT 23<sup>RD</sup> 1-4PM LAFAYETTE COUNTY HEALTH DEPT

THURSDAY OCT 25<sup>TH</sup> 1-4PM LAFAYETTE COUNTY HEALTH DEPT

TUESDAY OCT 30<sup>TH</sup> 1-4 PM LAFAYETTE COUNTY HEALTH DEPT

TUESDAY NOV 6<sup>TH</sup> 1-4 PM LAFAYETTE COUNTY HEALTH DEPT

THURSDAY NOV 8<sup>TH</sup> 1-4 PM LAFAYETTE COUNTY HEALTH DEPT

TUESDAY NOV 13<sup>TH</sup> 1-4 PM LAFAYETTE COUNTY HEALTH DEPT

THURSDAY NOV 15<sup>TH</sup> 1-4 PM LAFAYETTE COUNTY HEALTH DEPT

### DEC HEALTH DAYS

Tuesday, Dec 4 Shullsburg

SHULLSBURG SENIOR APTS 9:00 to 12 noon

Tuesday, Dec 11 Argyle/Blanchardville

ARGYLE EMS BUILDING 9:00 to 12 noon

Tuesday, Dec 18 Benton/Belmont

BLANCHARDVILLE SENIOR APTS 1:00 to 2:00 pm

BENTON SENIOR APTS 8:30 to 10:00 am

Wednesday, Dec 26 Darlington

BELMONT COMMUNITY BLDG. 10:30 to 12 noon

DARLINGTON HEALTH DEPT. 8:30 to 12 noon