

Helping Hands

**OCTOBER,
2011**



**Caregiver
Advisory
Services**

Ford-Iroquois
Public Health
Department

Paxton & Watseka
(800) 282-3339

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**A NEWSLETTER FOR CAREGIVERS AND
GRANDPARENTS RAISING GRANDCHILDREN**

EXPLORE OUR NEW WEBSITE

We've made it easier to find what you're looking for. You can find up-to-the-minute health information, programs, video pod casts, newsletters, press releases, and a blog spot at www.fiphd.org. The site is simple to navigate and has eye-appeal. You may choose to search information by your stage of life or by choosing a search term from the drop-down menus. Check us out, everyday. Like us. Love us. Send us an email. We'd love to hear from **YOU**.



Time to get your Seasonal *Flu* or *Pneumonia Immunization*

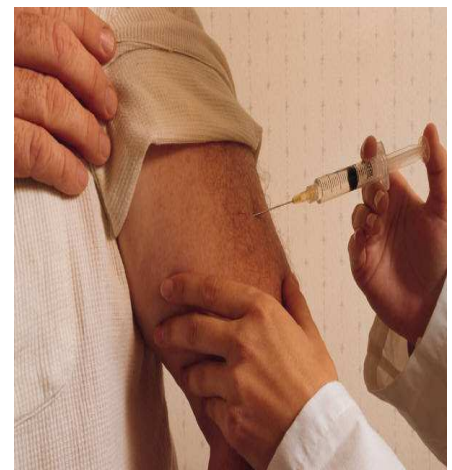
In October, your Ford-Iroquois Public Health Department is administering seasonal flu and pneumonia immunizations to residents. For dates and locations near you, follow us on Twitter, Facebook, or www.fiphd.org, or watch your local newspaper.

Flu shots are available for \$30. Pneumonia shots are available for \$50. Always check with your doctor first to be sure these vaccines are right for you and your family.

For more information, please call your Ford-Iroquois Public Health Department.

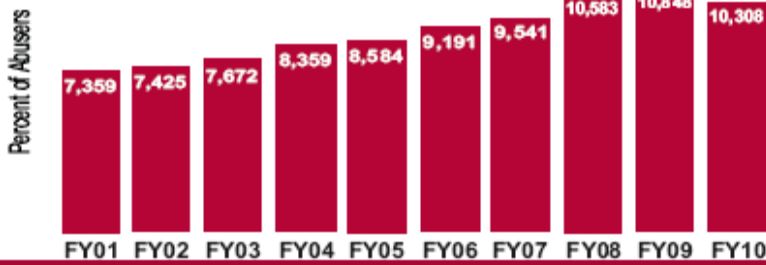
Paxton: 217-379-9281

Witseka: 815-432-2483

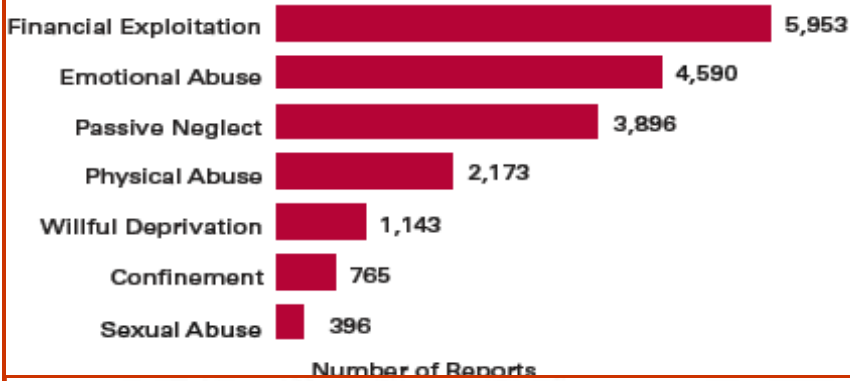


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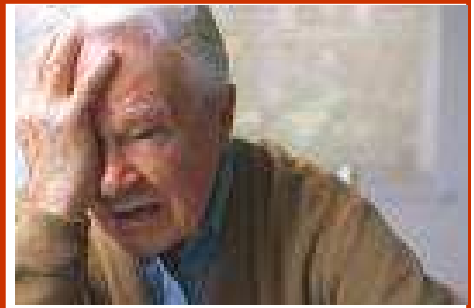
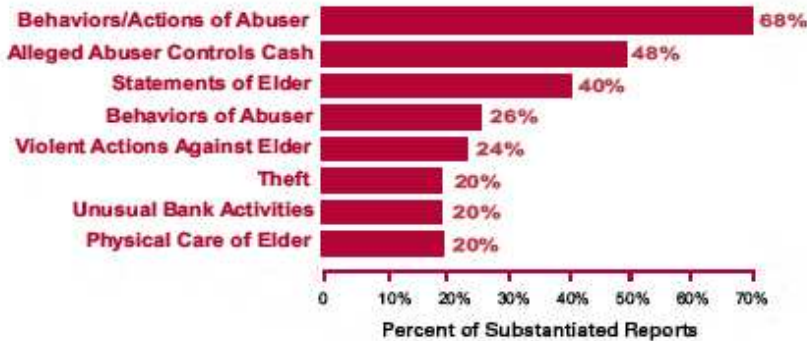
Number of Elder Abuse Reports



Types of Abuse Reported



Leading Abuse Indicators



Are you or someone you know being mistreated or abused?

If the person being mistreated is 60 years old or older call:
1-815-432-5395

If the person being mistreated is 18 years of age or younger call:
1-800-252-2873

If the person being mistreated is between the ages of 19-59 call your local **Police Department**

Graphs to the left are charted using the State of Illinois 2010 statistics

POWERFUL TOOLS FOR CAREGIVERS

Course for Family Caregivers in the home or from a distance...

October 13 - November 17
9:30 A.M. until Noon on six consecutive Thursdays at

HEARTLAND HEALTHCARE CENTER
1001 East Pells Street in Paxton

You must call to register: 815-432-2483

In the words of a past participant:

"It seemed like Class was designed just for me. I got more rest, felt less guilty, and able to plan time to do things I used to do."

Respite care is available upon request, courtesy of Heartland Healthcare



LIVE WELL, BE WELL Course

Chronic Disease Management for all ages...

October 12 - November 16 10:00 AM to 12:30 P.M. on six consecutive Wednesdays at

ASTA CARE CENTER OF FORD COUNTY
1240 North Market Street in Paxton

Here's what the American Lung Association has to say about it:

"A remarkable resource for anyone with any chronic health problem."

You must call Marcia to register:
815-432-2483

Respite care is available upon request, courtesy of Asta Care Center



PUMPKIN DUMP CAKE

- 1 jumbo can pumpkin
- 2 eggs
- 3/4 c. sugar
- 2 tsp. pumpkin pie spice OR
- 1 tsp. cinnamon,
- 1/2 tsp. nutmeg,
- 1/2 tsp. cloves
- 1 can (1 1/2 c.) evaporated milk
- 1 box yellow cake mix
- 1 cup chopped pecans (opt.)
- 1 stick butter, melted



Make pumpkin pie filling according to directions on the can of Libby's pumpkin. Pour batter into greased 9 x 13 inch pan. Top with package of yellow cake mix. Sprinkle pecans over cake mix. Melt butter and pour over dry cake mix. Bake 1 hour at 350 degrees. Serve plain or topped with whipped cream.



Halloween Trivia Quiz

1. Who wrote *The Headless Horseman*?
A. Washington Irving B. Ralph Waldo Emerson C. Cletus Irving D. Cletus Emerson
2. Who invented the bobbing for apples game?
A. The Romans B. The Celts C. The Cavaliers D. The Norsemen
3. What is a *Will O' the Wisp*?
A. Willow tree twig B. Sprig of pussy willow C. Spider web D. Marsh gas
4. Why do "witches" need brooms?
A. Sweep a magic circle B. Hide a magic wand C. Transportation D. All of the above
5. Who was squashed by a flying house?
A. Esmeralda B. Witch of the East C. Glinda D. Witch of the West
6. When did *Trick or Treating* become popular in the United States?
A. 1776 B. 1600 C. 1950 D. 1865
7. What were the original Jack O' Lanterns made from?
A. Papier Mache B. Turnips C. Wax D. Apples
8. How did Halloween get its spooky reputation?
A. It gets dark early B. All Soul's Day C. Pagan tradition D. All of the above
9. Halloween tradition c. 1700's: the poor knocked on doors to receive small cakes in exchange for
A. a days work B. a broom C. a prayer D. a black cat

FORD-IROQUOIS PUBLIC HEALTH HOME HEALTH SERVICES



Our nurses specializing in home health care will provide the highest quality skilled care right in your own home!

- Skilled assessment & development of a comprehensive care plan
- Coordination of patient care with the physician, therapist, and all others involved in the patient's care
- IV therapy
- Other medication supervision
- Wound care
- Education and training of the patient, family members and other caregivers

If the doctor recommends that you or a loved one received home health services, you have a choice among several area providers.

Please say "**Ford-Iroquois Home Health**" to receive excellent care and attention.

FORD-IROQUOIS PUBLIC HEALTH ADULT IMMUNIZATION SERVICES

- Flu
- Pneumonia
- TD (tetanus and diphtheria)
- Hepatitis A
- Hepatitis B
- HPV (up to age 26)
- Shingles (age 60 and older)
- Chickenpox
- MMR
- Meningitis
- TDAP (tetanus, diphtheria, and pertussis)

Prevent the spread of communicable and vaccine-preventable diseases in our community. Keeping up with available immunizations improves your overall health, and reduces the risk of serious illness or death.



Call us today **800-282-3339**



Halloween Trivia Answers:

1. **A Washington Irving** wrote *The Headless Horseman* as well as *Rip Van Winkle*. Born during the British ceasefire of the American Revolution in 1783, Irving was named after General George Washington.
2. **B While the Romans** brought the apple to the British Isles, **the Celts** made apples part of the fun and games during their Harvest Festival, Samhain (pronounced Sow-in).
3. **D Paranormalists** call it ghost orbs. Folklorists call it Will O' the Wisp. Scientists call it **marsh gas**, caused by the oxidation of phosphine and methane from the decay of organic material. It is a naturally occurring phenomenon which can be seen in wooded areas.
4. **D All of the above**, we assume.
5. **B The Wicked Witch of the East**; She was flat as a pancake, except for her feet which wore the magical ruby slippers. There's no place like home!
6. **C In the 1950's**, trick or treating became the "right" of children in the United States to dress in costume and wander the neighborhoods in search of candy. While there is evidence of it during the earlier decades of the Twentieth Century, it was not accepted and tolerated until then.
7. **B Turnips** were hollowed out, carved with shapes, and fitted with lighted candles in Ireland. Those who came to America soon found the pumpkin to be better suited as a vegetable lantern.
8. **D All of the above**. Long, dark nights lit only by the moon or flickering candles...pagan beliefs that, after Samhain, the veil between the living and the dead is the thinnest...the Catholic holy day, known as All Soul's Day, is set aside for prayers in remembrance of the dead...all combine to give October 31st a rather frightening flavor.
9. **C Prayer**; the original form of knocking on doors to receive a treat involved offering a prayer instead of a trick. This is another variation of the Celtic tradition of feeding the poor during the

**SUPPORT GROUP
FOR CAREGIVERS AND
GRANDPARENTS RAISING
GRANDCHILDREN**



**October 11, 2011
Ford-Iroquois Public Health Department
114 North Third Street
Watseka, IL**

1:30PM to 3:30 PM

Refreshments will be served