

Newsletter

Fall/Winter 2019



Crawford County
Home Health, Hospice & Public Health

From the Desk of:

Home Care Director

Crawford County Home Health, Hospice & Public Health has been Medicare certified since May of 1974 and Hospice certified since May of 1999. Home Health services are provided for people residing in Crawford County. Hospice services are provided for people who live within a 30-mile radius of Denison.

Home Health includes a team of providers: nurses, therapists, and home care aides. Services include home visits to assess needs, provide teaching, assist with illness, provide and/or teach wound care, assist with medications, assist with bathing and other personal care needs, and many other services under the direction of the client's physician.

Rehabilitation services such as Physical, Occupational, and Speech Therapies are coordinated by the Registered Nurse.

We accept Medicare, Medicaid, Private Insurance, State Grant, Medicaid Waivers, Private Pay, or County Pay.

The Home Health nurses are available 24 hours/day.

Why is mental health important for overall health?

Mental and physical health are equally important components of overall health. Mental illness, especially depression, increases the risk for many types of physical health problems, particularly long-lasting conditions like stroke, type 2 diabetes, and heart disease. Similarly, the presence of chronic conditions can increase the risk of mental illness. Mental illnesses are among the most common health condition in the United States. 1 in 5 Americans will experience a mental illness in a given year.

Visit the CDC Mental Health [WEBSITE](#) for more information.



Is Hospice right for you or your loved one?

Hospice is a program of care and support for people who are terminally ill (a life expectancy of 6 months or less) which provides physical, psychological, social, and spiritual care. Services are provided by a team of caregivers including nurses, social workers, aides, therapists, and trained volunteers. Hospice focuses on comfort, not curing an illness. Hospice care can be provided in patient's homes, nursing homes, assisted living facilities, and hospitals. Hospice is paid by Medicare, Medicaid, Insurance, and Private Pay.

For more information about Hospice services, please contact Lynette or Alyssa.

From the Desk of:

Public Health Director

Crawford County Home Health, Hospice & Public Health is the public health agency for Crawford County. Public Health promotes and protects the health of people and the communities where they live, learn, work, and play by trying to prevent people from getting sick or injured. Public health also promotes wellness by encouraging healthy behaviors.

There are many programs available to help us promote wellness and encourage healthy behaviors, including Care for Yourself, Family STEPS Home Visitation, Baby Boutique, Child Adolescent Health, Maternal Health, Family Planning, Child Care Nurse Consultant, Child & Adolescent Immunizations, Adult Immunizations, I-Smile Oral Health, 1st Five Healthy Mental Development, Hawki Outreach, flu vaccination clinics, lead screenings, and communicable disease follow-up.

For more information about the agency and services, visit our newly redesigned [WEBSITE](#) and don't forget to like us on Facebook!

What are you doing to protect your brain?

About 23 percent of American age 65 and older experience cognitive decline (such as difficulty with memory). Cognitive decline is often the first step to dementia and Alzheimer's disease. Today, Alzheimer's disease is the sixth leading cause of death (in Iowa and the U.S.) and it kills more people than breast cancer and prostate cancer combined. No medications can prevent or cure Alzheimer's disease; however you CAN reduce your risk of cognitive decline, dementia, and Alzheimer's disease by up to 70 percent. Take the [Save Your Brain Quiz](#) to find out how much you are already reducing your risk.

HOW DO IOWA KIDS STAY HEALTHY?



THROUGH THE IDEA OF 5210!
It's a fun way to make being healthy easy.

Healthy Choices Count!

5-2-1-0 Healthy Choices Count!

The 5-2-1-0 Healthy Choices Count! Initiative is a nationally recognized evidence-based program that provides an easy way to engage and teach youth, parents, organizations, and others about ways to increase healthy habits. The initiative promotes eating healthy foods, limiting screen time, participating in physical activity, and limiting sugary beverages.

Resources and tools for 5-2-1-0 can be found on the Healthiest State Initiative [WEBSITE](#).

Your Life Iowa

IDPH and DHS have been collaborating over the last six months in response to a behavioral health bill (HF 2546) enacted at the conclusion of the 2018 Iowa Legislative Session. Efforts have focused on creation of a single statewide 24-hour crisis hotline and information and resources for children with mental health disorders and their caregivers. IDPH received funds for Your Life Iowa (YLI). YLI was chosen to become the single statewide resource (crisis hotline, online chat, text) for adult and children's mental health concerns. Beginning July 1, YLI began taking statewide crisis calls, texts, and online chats. YLI is working with each Mental Health and Disability region to transfer their crisis lines to YLI. DHS is busy working with IDPH to develop and launch new mental health content on [Your Life Iowa](#). For more information on this project, contact eric.preuss@idph.iowa.gov.

Immunization Rates for Crawford County

Vaccines are considered to be one of the greatest public health achievements of the 20th century and one of the most economical health interventions. Vaccines teach the immune system how to recognize and fight bacteria and viruses before an infection can happen.

The goal of the Iowa Department of Public Health's (IDPH) Immunization Program is to reduce and ultimately eliminate the incidence of vaccine preventable diseases by working with public and private health care providers throughout the state.

IDPH immunization data show that in Crawford County, 72% of 2 year olds and 61% of 13-15 year olds have received the recommended vaccines. While these percentages have steadily increased over the last 5 years, the goal for each of these age groups is 90%.

For more information about child, adolescent, and adult vaccines you can visit the IDPH Immunizations Program [WEBSITE](#).

3 Actions to Fight the Flu

Take time to get the flu vaccine. This is the first and most important step in protecting against the flu virus.

Take everyday precautions to stop the spread of germs. Limit contact with others when sick, cover your nose and mouth with a tissue when you sneeze or cough, and wash your hands often with soap and water.

Take flu antiviral drugs if your doctor prescribes them. These drugs work best if started within 2 days of getting sick but starting them later can also have benefits, especially for those people at high risk.

Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills, and fatigue.

Visit the CDC [WEBSITE](#) to find out what to do if you get the flu.

Immunizations Save Lives!



Adverse Childhood Experiences & Resilience

Health starts in our homes, schools, workplaces, neighborhoods, and communities and is affected by the quality of the water, safety of our environment, our habits (such as exercise and smoking), the types of food we eat...and many other factors.

Adverse Childhood Experiences ([ACEs](#)) can also affect our health. ACEs is the term used to describe all types of abuse, neglect, and other potentially traumatic experiences that occur to people under the age of 18. Children who have experienced ACEs can overcome these issues when they have someone (teacher, peer, mentor) who takes a genuine interest in them. This interest helps the child build his or her resilience. [Resilience](#) means being able to adapt to life's misfortunes and setbacks.

Access to community resources can also improve the quality of life for people who have experienced ACEs. These resources help reduce stress so the person can concentrate on making improvements to their lives and health. These resources include education, safe and affordable housing, access to healthy food, and clean toxin-free environments.

For more information, contact Paulette Lingle, 1st Five Site Coordinator.

Community Equipment Loan Program

This program provides short-term loans of health-related equipment following hospitalization, surgery, illness, or disability. The equipment is available at no cost to anyone in the Crawford County area. Items offered include walkers, bath benches, stool risers, and canes. If you have questions about the program or need to borrow equipment, contact our office and ask for Ruth.

Blood Pressure Checks

Blood pressure checks are available during office hours as well as at locations in the community. These checks are provided at no cost. If you need your blood pressure checked, please call before you stop in to make sure there is a staff member available to help you.

Flu Vaccine

We still have some adult flu vaccine available. Please call the office and ask for Mary to schedule your flu shot today!

FREE HIV Testing

Walk-in testing is available each month through our partnership with Siouxland Community Health Center. Clinic times vary. Check out our [WEBSITE](#) or call the office for the next clinic date.

How do you know if your children are ready for school? Check their smiles.

All Iowa children enrolling for the first time in **Kindergarten** or **9th grade** must have a dental screening. It's required!

Before school starts:

- Get an official Certificate of Dental Screening from your school nurse or local I-Smile Coordinator
- Make a dental appointment
- Return the completed form to your school

Need help? Contact Jennifer Macke, I-Smile Coordinator or visit the I-Smile [WEBSITE](#).

Safe Sleep

In 1994, the American Academy of Pediatrics (AAP) recommended that babies be put only on their backs to sleep as a way to prevent Sudden Infant Death Syndrome (SIDS). Other recommendations to help reduce risk:

- Firm mattress with tight fitting sheet
- No pillows, blankets, bumper pads, or other soft items (such as stuffed animals)
- Keep the baby away from smoke
- No shared sleep spaces with other people

You can visit [Safe Sleep](#) or contact Wendy Love, Child Care Nurse Consultant, for more information.

Hawki

Hawki (healthy and well kids in Iowa) is a free or low cost health insurance program for kids under 19 years old.

No family pays more than \$40 a month...some families pay nothing at all! A child who qualifies for Hawki dental insurance gets coverage through Delta Dental of Iowa. Health insurance is provided through one of the Managed Care Organizations (MCO) which include Amerigroup and Iowa Total Care.

Some of the eligibility requirements include:

- Resident of Iowa
- Under 19 years of age
- Have no other health insurance

A full list of [eligibility requirements](#) is available or you can contact Renae Schneider, Hawki Outreach Coordinator.



The best way to keep your child safe in the car is to use the right car seat in the right way. Here are some tips to protect your most precious cargo:

Buy the right car seat. Your baby needs to ride in a rear-facing seat until 2 or more years.

Install your car seat. You'll need to decide on using either the seat belt or lower anchors to secure your seat. Both are safe but don't use them both at the same time.

Get the right fit. A properly fitted harness gives the best protection.

Know when to change your car seat. Look at the label to make sure your child is still within the weight, height, and age limits.

For more information, check out [Safe Kids Worldwide](#) or stop by our office and talk to Jennifer or Amy, our car seat technicians.

Chlamydia and Gonorrhea rates increasing.

The Iowa Department of Public Health has found the number of reported cases of chlamydia and gonorrhea continue a decade-long trend of increasing. Between January and June 2019, there were 2572 cases, which is a 14.6% increase from the same period the year before.

Diagnoses have been increasing nation-wide but it's unclear what is driving the increases in Iowa. Cases appear across demographics, including age and race. Testing efforts have increased but that may only account for a small part of the trend.

Testing and treatment for both infections are available throughout the service area through the Family Planning Program. For more information about program services, contact Mary Schwery, FP Nurse.

For more information about sexually transmitted infections, visit the CDC [WEBSITE](#).

Source: The Gazette, 7-31-19

Lead Poisoning Prevention

Lead is highly toxic to children and can cause developmental delays, learning difficulties, headaches, along with many other issues. Lead poisoning happens when children have too much lead in their blood. This is usually caused when toddlers come into contact with lead-based paint chips or lead dust in homes built before 1978.

All Iowa children must have a lead test before starting kindergarten. The Iowa Department of Public Health recommends that children have their first lead test at age 1 and then get tested yearly until they turn 6. Lead tests can be done by your medical provider or at public health.

For more information about lead poisoning or testing, contact Jennifer Chapman, Crawford County Lead Program Coordinator or visit [Lead Poisoning Prevention](#).

Top 10 health questions America asked Dr. Google in 2019

Google users in the US had a lot of questions about blood pressure, the keto diet, and hiccups in 2019. These topics are among the 10 most-searched health-related questions on the search engine this year, according to new data from Google.

To view the entire article, click the link [here](#).

Source: CNN Health, 12-30-19

Grant funding for services is received from:

- Iowa Department of Public Health
- Harrison-Monona-Shelby Early Childhood Iowa
- Buena Vista-Crawford-Sac Early Childhood Iowa
- Boost4Families (Cass) Early Childhood Iowa
- Iowa Child Abuse Prevention Program
- Elderbridge Agency on Aging



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Office Hours:
Monday through Friday
8:00 am to 4:30 pm

Winter Safety for Childcare Providers-Keeping warm and dry

Winter weather can be challenging for childcare providers. Here are a few tips to keep children warm and dry when playing outside.

- Assess the weather conditions, staying alert on wind chills.
- Dress in layers
- Wear a weatherproof coat, boots, hat, and gloves or mittens.
- When clothing becomes wet, immediately take the child inside and change into warm, dry clothing.
- Move scheduled outdoor activities to an alternate indoor location, if weather conditions are unsafe.

For more information about weather safety, contact Wendy Love, Child Care Nurse Consultant.

Vaping, E-Cigarettes, and Electronic Smoking Devices

E-cigarettes (e-cigs), vapes, vape or hookah pens, e-pipes, electronic nicotine delivery systems (ENDS), electronic smoking devices and other vaping products are battery-powered devices that allow users to inhale, or vape, aerosolized liquid (e-juice).

E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine - the addictive drug in regular cigarettes, cigars, and other tobacco products - flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air. E-cigarettes can also be used to deliver marijuana and other drugs.

For more information visit the [IDPH Division of Tobacco Control website](#).

Your Crawford County Home Health, Hospice & Public Health team thanks you for your continued support of programs that improve the health of our citizens.

