



# Public Health Pulse

Mercer County Health Department Newsletter




## HEALTH NEWS

 Walk-in flu shots will be provided at MCHD Monday through Thursday from 8:30 am - 12:00 pm, and 1:00 pm - 4:30 pm. Very occasionally though, our nurses may be out of the office. So we encourage a quick call first to ensure we have staff available.

 September is National Food Safety Month! Did you know that Mercer County has 80 licensed food establishments? This includes restaurants, retail stores, institutions, and mobile units. Each of these facilities follow the FDA Food Code Model that sets guidelines that must be followed to keep the food they serve safe for us to eat. The owners and managers of each food establishment work hard to provide delicious, safe food!

The fun holiday season is approaching.... Halloween, Thanksgiving and Christmas. Let's not forget football tailgating and fall wiener roasts. Do not let these fun family events be spent not feeling well. Good food safety practices is a must.

 October is Breast Cancer Awareness Month, so it's time to think **PINK!** Illinois has higher rates of breast cancer and a higher rate of breast cancer related deaths than national averages. Mercer County itself has higher rates of breast cancer in situ when compared to Illinois and the US. Also, our mammography rate for women over 40 is only just above midpoint at 59.3%, ranking Mercer County at 21st out of 102 counties. We know we can do better, and we are here to help! If you would like a mammogram and don't know where to start or simply have questions, contact us today. We can schedule services, arrange transportation, help with insurance, and more! In the past 18 months, we have been able to assist over 120 women in arranging mammography services.

## Upcoming Events

**Healthy Living Fair**  
September 28th, 2023  
4-6 PM at Aledo Central Park

**Holiday Open House**  
December 6th, 2023  
9 AM-6:30 PM at MCHD

## Health Jokes

**Knock knock.**  
**Who's there?**  
**Atch.**  
**Atch who?**  
**Sorry, I didn't know you had a cold.**

**Q: Why did the banana go to the doctor?**  
**A: It wasn't peeling well.**

## PROGRAM UPDATES

### Office of Wellness Navigation

The Office of Wellness Navigation (OWN) at the MCHD works to support the health of Mercer County residents. Through our current grant programs, we are focused on adolescent health, ages 11-21, and women's health, ages 18-44. We are working towards expanding our services to include all county residents. Our navigators can help assist you with transportation, scheduling, insurance questions, and more!

### Mental Health Action Program (MHAP)

Mental Health Action Program (MHAP) had a busy summer! Beginning in July, we went on tour and provided off-site visits with the Genesis RV and Kurt Doyle, LCSW. This outreach allowed students to continue their mental health counseling while school was out of session. Visits were made in Keithsburg, New Boston, Joy, Viola and Matherville.

August marked the start of a new academic year, which means our student case managers are back in the schools. Megan Bull and Jenifer Frere spend their time working with students who are struggling with mental health concerns and have barriers to receiving care. They spend a good portion of their days providing coping and life skills education with students who are identified by school staff or families. This year, we will be able to provide coping toolkits to students of Mercer County Schools thanks to the ROE #33 and their Community Partnership Grant. These toolkits have items such as stress balls and journals to help with the coping skills education that the case managers are working on with students.

### Dental Program

MCHD's dental program ended last school year with a bang, providing dental services to over 120 Mercer County youth throughout this past spring. We plan to have more clinics again this year at both Mercer County and Sherrard schools, so watch our website and Facebook page for updates. This is a GREAT way to help keep your kids healthy and ready for each school year!

### Public Health Emergency Preparedness (PHEP)

The Public Health Emergency Preparedness Department (PHEP) works to help keep Mercer County residents safe from a wide range of public health threats, including infectious disease, natural disasters, and more. Currently, PHEP has three educational presentations we can provide to the public. Senior Citizen Scam Prevention, Retail Security Awareness and Child Care Facility Safety and Planning.

Along with the presentations, the PHEP department also has a number of family, child and senior safety and preparedness brochures and books with checklists to keep you and your family safe. Be on the lookout for a Facebook post about how to obtain this free material for you and your family.

### Immunization and Communicable Disease Program

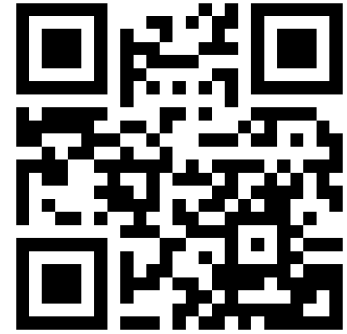
Flu vaccine should be arriving any day. Please watch our Facebook page for announcements regarding availability and clinic schedules. We are working on scheduling dates for some community-based flu clinics this year too. We will post those dates on our Facebook page once the schedule is completed.

We partnered with the Project of the Quad Cities who are coming to Mercer County Health Department on the 4th Monday of every month from 10:00 AM to 2:00 PM. Anyone can walk in and receive free STD testing, PrEP, and harm reduction supplies including Narcan.

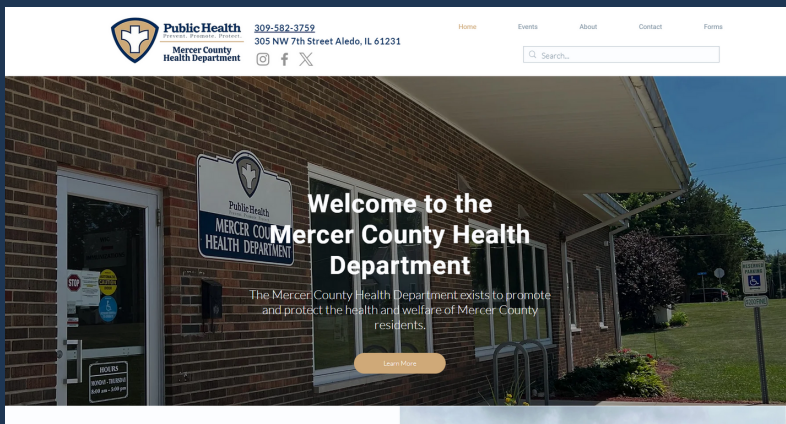
## OTHER INFORMATION

### Scan our QR code!

The Mercer County Health Department offers many programs that provide resources to those who are in need of various health services. In order to connect you with the resources you might need, please fill out the survey to the best of your ability!



### Meet our staff!



## CHECK OUT OUR NEW WEBSITE!

We have recently renewed our website! While this is still a work in progress, visit it today. You can find program information, forms, and more. While we will be adding more information to come, you can view MCHD events and educational opportunities. You will be able to view this newsletter there as well. Moving forward, previous issues of the newsletter can be found there.