

**FEATURED TOPICS:  
TOWN HALL MEETINGS  
APRIL 15 FOOT HEALTH  
AWARENESS MONTH**

# Tama County Public Health & Home Care Quarterly Newsletter

*From the desk of Linda Rosenberger, RN  
CEO Executive Director*



## UPCOMING EVENTS:

**March 26th World  
Tuberculosis Day**

**April 3-9:  
Public Health  
Week**

**April 26:  
Administrative  
Professional Day**

**April 22-29:  
National Infant  
Immunization  
Week**



## Skilled Nursing Services:

Our Registered Nurses offer FREE evaluations of your health care needs.

Did you know Medicare will pay for Skilled Nursing Services in your home?

The Registered Nurse works closely with your physician to provide health care in your home and coordinates community resources available to assist you in your home.

Some of the services provided, but not limited to, by our Registered Nurses are: Injections, Blood Draws, Wound Care, Diabetic Teaching, Pre-filling Insulin Syringes, Medication Management, Health Teaching, Tracheostomy Care and IV Therapy.

## Town Hall Meetings

Tama County Public Health & Home Care has been collaborating with local law enforcement, the faith community, schools, health professionals, substance and domestic abuse programs, childcare providers, and parents to provide community awareness programs.

Two of our community's health needs that have been identified are: 1) a high incidence of teenage pregnancies in Tama County and 2) the number of alcohol and drug abuse reported amongst teens.

The latest statistics show that 9.5% of the births in Tama County were from teen pregnancies. Tama County continues to rank above the State of Iowa average of 9.1%.

The 2002 Iowa Youth Survey for Tama County revealed that 12% of the 6<sup>th</sup> graders surveyed disagreed with the statement "It is against my values to use alcohol and drugs as a teenager". Forty-one percent of the Tama County eighth graders reported drinking more than a few sips of alcohol by 14 years of age. Ten percent of the youth surveyed reported having tried huffing by 14 years of age. (The state average is 6%).

On April 5<sup>th</sup> - Ted Sikes a nationally recognized speaker with Family Life Council will be speaking at our next "Town Hall Meeting" which will be held at the Reinig Center in Toledo at 7:00 p.m. This event is free to the public.

If you are a parent or work with teens, you won't want to miss this presentation. By attending this conference you will: Better understand adolescent sexual health issues Gain knowledge about why it is important to discuss "sex" with teens and learn some valuable "how to talk to your teen" tips Learn effective strategies to engage teens in discussion of sexual responsibility and abstinence Understand the effectiveness of community support for teen pregnancy prevention and other related teen issues



## April is Foot Health Awareness Month

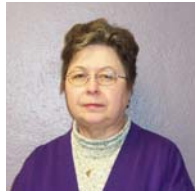
Winter is hard on the feet. Not only are your feet confined to wooly socks and heavy boots, they also are more prone to infection. Fungal infections and ingrown toenails are two of the most common ailments for our feet. The following is a list of tips from the American Podiatric Medical Association to avoid infection and other foot problems this winter. Practice good hygiene. Like other parts of your body, your feet need special attention. Wash your feet with soap and water and dry them thoroughly. Change your shoes, socks and hosiery daily. Be kind to your feet. Properly fitting shoes are essential to good foot health. Most people wear shoes that are too tight, which can cause serious problems. Take the time to get your feet measured while shoe shopping to find the right fit. When possible, wear shower shoes in public showers. Use a quality foot powder. Talcum, not starch, will help deter infection. Avoid wearing tight hosiery which promotes moisture. Wear socks made of synthetic fibers. They tend to take away moisture faster. If it is difficult for you to touch your toes and take care of your feet, Brenda Bridges, LPN- our trained, experienced nurse, can provide toenail care. In home clinics are available or you may choose to attend one of the foot care clinics in your community. Our Foot Care Clinics are well received among our elderly population. There is a \$5.00 charge for these services.



## Featured Employees:

*The featured employees for this quarter's newsletter are  
Diane Mussig, RN and Brenda Bridges, LPN*

### Diane Mussig, RN



Diane has lived in Gladbrook most of her life. She has 6 sons and one daughter, who are all grown now, and very musically inclined. She has 6 grandchildren. She joined TCPH&HC in 2002 and has 39 years of nursing experience. Her life experiences assist her in being very patient and understanding with our clients.

### Brenda Bridges, LPN



Brenda is a native of Chelsea and currently lives in Toledo. She is married and has 3 sons and 1 daughter. Brenda likes to spend time in her flowerbeds. She joined TCPH & HC in 2000 and has 11 years of nursing experience. Her specialties are "foot care" and being a caring homemaker-home health aide to our clients.

## For more information contact:

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