



Johnson County Community Health Services

JOHNSON COUNTY
COMMUNITY HEALTH SERVICES
Home Health • Public Health • Hospice

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June is National Safety Month

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According to The National Safety Council, injuries are the leading cause of disability for people of all ages—and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

This June, **Johnson County Community Health Services** encourages you to learn more about important safety issues like prescription drug abuse, distracted driving, and slips, trips and falls.

- Prescription drug abuse: About 18 women die every day from a prescription painkiller overdose. That’s more than 4 times as many as in 1999.
- Slips, Trips and falls: One in 3 older adults falls each year. Many falls lead to broken bones and other health problems.
- Distracted driving: Doing other activities while driving, like texting and eating, increases your chance of crashing. Almost 1 in 5 crashes (18%) that injured someone involved distracted driving.

For more information on these and other safety issues visit the National Safety Council’s website at www.nsc.org.



“Happiness consist of living each day as if it were the first day of your honeymoon and the last day of your vacation.”

—Leo Tolstoy

“Improving Your Quality of Life”

TAKE A VACATION!!

For much needed rest and relaxation, try taking a vacation! Taking a vacation has been shown to lower blood pressure and decrease stress hormones. To make your vacation go

smoothly try following these simple tips:

- Plan ahead.
- Leave your work and worries behind.
- Don’t bust the budget! (Which would cause

more stress.) You don’t have to go all out to get away. Try a “staycation” and check out local attractions like a local museum, park or lake.



Safety At Home



Injuries from falling can have an adverse impact on any of us. It can lead to limited activity, reduced mobility, loss of fitness and a fear of falling. Those 65 and over seem to be at an increased risk of falling. Most of these accidents occur in the home. A few precautions and some minor changes in the home can reduce this risk of injury.

Here are some tips to make your home safer:

- Remove clutter, electrical cords, throw rugs, etc that could be a tripping hazard.
- Arrange your furniture so there is plenty of room for walking.
- Wipe up spills immediately.
- Make sure outdoor areas are well lit.
- Use non-slip adhesive strips on stairs and non-skid mats in the tub and shower.
- Provide adequate lighting in every room and stairway.
- Place nightlights in kitchen, bath and hallways.
- Install grab bars in the tub, shower and near the toilet.
- Install railings on both sides of stairs.



(Information found at: <http://nihseniorhealth.gov/falls/personalchanges/01.html>)

National CPR & AED Awareness Week (June 1-7)

According to the National Safety Council (NSC), about 25% of emergency room visits could be avoided if people had basic first aid and CPR training. CPR (Cardio-Pulmonary Resuscitation) and AED (Automated External Defibrillator) are life saving tools that we should all be aware of. **Johnson County**

Community Health Services provides classes for CPR, AED and First Aid. If you are interested please call us at **660-747-6121**. Also, be sure to visit The American Heart Association's website and learn more about Hands-Only CPR, see their fact sheet at heart.org/handsonlycpr.

This June make the decision to get educated about CPR.

It might just save a life!

SAVE A LIFE

LEARN HANDS-ONLY™ CPR



Sun Safety Week (June 1-8)

Heat Exhaustion can happen when your body is exposed to more heat than it can handle. Be aware of the symptoms of heat exhaustion. Some of them are: *severe thirst, fatigue, headache, nausea, vomiting, diarrhea, profuse sweating, clammy or pale skin, dizziness, rapid pulse and normal or slightly above normal body temperature*. If you are

experiencing these symptoms, do the following: *sit or lie down in the shade, drink cool water or a sports drink*. If symptoms persist, *apply a wet towel and call for medical help*. If you have had a lot of physical activity where you have sweat a lot and haven't had enough fluids, you could experience **heat cramps** (muscle spasms). These can occur suddenly and are

very painful. If these occur, *sit or lie down, drink cool water or a sports drink and stretch the affected muscles*.



(This information was found at www.nsc.org, visit their website to learn more on this topic.)

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We're on the Web!

www.johnsoncountyhealth.org

"Improving Your Quality of Life"



Event Calendar

Food Safety Classes:

6/2: Food Safety @ 10
6/11: Food Safety @ 2
6/17: Food Safety @ 2
6/23: Food Safety @ 10

CPR/First Aid:

6/11 @ 9

Other Events:

6/25: Board Of Trustees Meeting @ 10

WIC:

Warrensburg 7:30-6pm M-F
Holden 9-3:30 pm 1st, 2nd & 3rd Wednesdays

Thank You Hospice Volunteers!!

On May 18th, **Johnson County Community Health Services** had the pleasure of honoring our wonderful Hospice Volunteers at our Annual Hospice Volunteer Banquet. Senator David Pearce was the guest speaker and gave everyone a Dogwood Tree sapling to plant in honor of someone and read the beautiful poem, "When Great Trees Fall" by Maya Angelou. Many businesses in our community also donated items to make the evening a special one for our volunteers and we thank them as well for their donations.

We are very proud and honored to have our Hospice Volunteers. They

all are wonderful people with very special hearts, giving of their time and talents willingly. If you have ever been touched by Hospice in your life, you know just how special these people are. If you know someone that has volunteered their time for a Hospice program, please take time to thank them for what they do. They are amazing people that do amazing things so unselfishly!!

**THANK YOU
VOLUNTEERS!!!!**

