Hospice Tree of Lights/Quilt Raffle

The Johnson County Hospice Annual Memory Tree of Lights is located in the lobby of the Western Missouri Medical Center. People may visit the tree at WMMC and fill out a donation form at that location or can come by our office at 723 PCA Road, Warrensburg and fill one out. Suggested donation is $5.00 and can be made in “Memory of”, in “Honor of” or in “Support of Services” (Donors need not have used hospice services to participate.). Your loved one will then be recognized in the publication you choose on the form. Each donation is represented by a light on the tree and is a way to remember your loved ones. Donations go to support Johnson County Hospice patients and their families.

The Johnson County Hospice Quilt Raffle is also going on right now. Tickets can be purchased at the office at 723 PCA Road, Warrensburg, MO. Tickets are 1 for $1 or 6 for $5. If you haven’t gotten your tickets yet, do so quickly! Winner will be drawn on December 11th and will be contacted on December 14th.

“Improving Your Quality of Life”

National Influenza Vaccination Week is December 6-12th. Flu vaccination can keep you from getting sick from flu. Protecting yourself from flu also protects the people around you who are more vulnerable to serious flu illness.

Get Vaccinated Today!!

To get your flu vaccination come by our office at 723 PCA Road, Warrensburg, MO anytime Monday thru Friday, 8:00 a.m. to 5:00 p.m.

No appointment necessary.

For more information on the flu and flu vaccinations visit: www.cdc.gov/flu
Will Sawyer, MD and International Infection Prevention Expert and creator of Henry the Hand and the 4 Principles of Hand Awareness says the power is in your hands to prevent the Flu! The CDC and Prevention say handwashing is the single most effective way to prevent the transmission of disease.

Follow Dr. Sawyer’s 4 Principles of Hand Awareness:

1. **WASH** your hands when they are dirty and **BEFORE** eating.
2. **DO NOT** cough into your hands.
3. **DO NOT** sneeze into your hands.
4. Above all, **DO NOT** put your fingers into your eyes, nose or mouth.

According to the Centers for Disease Control and Prevention (CDC), the proper way to wash your hands is as follows:

1. **WET** your hands with clean, running water, turn off the tap, and apply soap.
2. **LATHER** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
3. **SCRUB** your hands for at least 20 seconds.
4. **RINSE** your hands well under clean, running water.
5. **DRY** your hands using a clean towel or air dry them.

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**Holiday Potluck Safety**

The holidays are approaching fast, and with the holidays, comes Holiday Potlucks! Carrying food from one location to another, sharing dishes with a crowd and food sitting out longer than normal can all be opportunities for bacteria to grow and could cause food poisoning. No one wants to be sick during the holidays, follow these simple tips to keep everyone healthy this Holiday Season:

- The Two-Hour Rule: Foods should not sit at room temperature for more than two hours. Keep track of how long foods have been sitting on the buffet table and discard anything there two hours or more.
- Hot foods should be held at 140 degrees or warmer. On the buffet table you can keep hot foods hot with chafing dishes, slow cookers and warming trays. Cold foods should be held at 40 degrees or colder. Keep foods cold by nesting dishes in bowls of ice. Otherwise, use small serving trays and replace them.

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**Emergency Preparedness/Snow and Cold Temperatures**

**What should you do if you get stranded in your car in cold weather?**
- Tie a brightly colored cloth to the antenna of your car as a signal to rescuers.
- Move anything you need from the trunk into the passenger area.
- Wrap your entire body, including your head, in extra clothing, blankets or newspapers.
- Stay awake. You will be less vulnerable to cold-related health problems.
- Run the motor (and heater) for about 10 minutes per hour, opening the window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.
- As you sit, keep moving your arms and legs to improve your circulation and stay warmer.
- Do not eat unmelted snow because it will lower your body temperature.

Information found at: www.cdc.gov.
2015 Hospice Holiday Homes Tour

We here at Johnson County Community Health Services want to say THANK YOU to each and every one of you that helped make our First Annual Holiday Homes Tour such a success! Thank you to all of our wonderful Sponsors, Friends of the Tour, Volunteers, Participants and Homeowners. Through all of your efforts we were able to raise a little over $11,500 for our Hospice patients and their families.

We sold 319 Tickets to the event, had 159 total Sponsors and 152 total volunteers!

A special Thank You to our Purple Level Sponsors: Quarry City Savings and Loan and SmallCakes!!