



JOHNSON COUNTY
COMMUNITY HEALTH SERVICES

Home Health • Public Health • Hospice

Johnson County Community Health Services

Volume 1, Issue 9

December 2015

723 PCA Road
Warrensburg, MO 64093
660-747-6121

Hospice Tree of Lights/Quilt Raffle

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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



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National Handwashing Awareness Week December 6-12, 2015

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.

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.



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

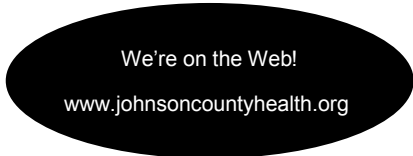
will reduce the risk of carbon monoxide poisoning.

- 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.



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"Improving Your Quality of Life"

for over 40 years!



Effective July 6, 2015

WE ACCEPT

Must have a valid photo ID

There will be a convenience fee of \$2.00 per transaction up to \$50.00. Any transactions of \$50.01 & above will include a 4% convenience fee.

Event Calendar

Food Safety Classes:
 12/8: Food Safety @ 10
 12/17: Food Safety @ 10

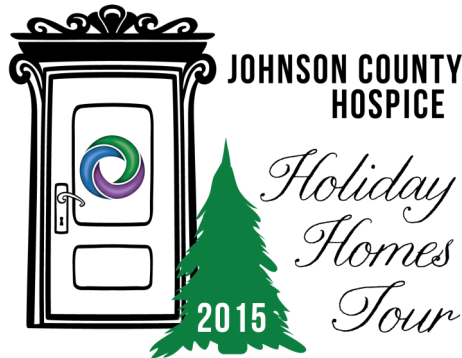
CPR/First Aid:
 12/10: CPR/First Aid @ 9

Other Events:
 12/11: **Office Closed** from 3:00-5:00 p.m.
 for Office Meeting
 12/17: Board Of Trustees Meeting @ 10
 12/24 and 12/25: **Office Closed**
 for Christmas Holiday
 01/01/16: **Office Closed**-New Year Holiday

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

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



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



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!

