



Johnson County Community Health Services

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

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Staying Healthy Month

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January is the beginning of a new year and for many of us, a month of resolutions and new habits. Health and wellness go hand-in-hand with resolutions, thus the reason that

January is National Staying Healthy Month. It's a great time to put things into perspective and to start new, healthy habits that can carry you all through the new year.

- *Don't Smoke
- *Maintain a Healthy Weight
- *Eat Right
- *Keep Active
- *Manage Stress
- *Get Suggested Screenings



Healthy = Happy



“Improving Your Quality of Life”

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons. It's a very real thing and if you suspect that you may have it, you need to see your doctor. If you tend to get “blue”

fighting winter blues

1. Be productive!
2. Get up and exercise.
3. Make plans to see friends.
4. Make healthy choices.
5. Create an upbeat playlist.

healthwayjournal.com

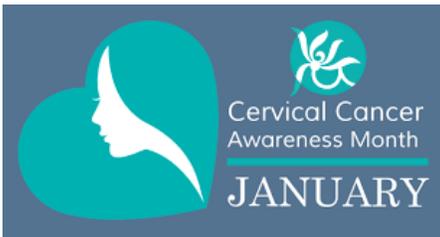
in the winter, try opening your blinds and let the sunlight come in, get outside and take walks and exercise regularly. These things can help to lift your mood.





Cervical Health Awareness Month

The Centers for Disease Control and Prevention (CDC) states that Cancer is a disease in which cells in the body grow out of control. Cancer is always named for the part of the body where it starts, even if it spreads to other body parts later.



When cancer starts in the cervix, it is called cervical cancer. Cervical cancer is highly preventable in most Western countries because screening tests and a vaccine to prevent HPV (human papillomavirus) infections are available. When cervical cancer is found early, it is highly treatable.

Two HPV vaccines are available to protect females against the types of HPV that cause most cervical, vaginal and vulvar cancers. Both vaccines are recommended for 11 and 12 year old girls and for females 13-26 years of age

who did not get any or all of the shots when they were younger. These vaccines also can be given to girls as young as 9. It is recommended that females get the same vaccine brand for all three doses, whenever possible. It is important to note that women who are vaccinated against HPV still need to have regular Pap test to screen for cervical cancer. For more information on the HPV vaccination go to the cdc.gov website or call us at **660-747-6121** and visit with one of our Public Health Nurses.

Folic Acid Awareness

Folic Acid is a B vitamin. Our bodies use it to make new cells. Everyone needs folic acid! The CDC urges women to take 400 mcg of folic acid every day, especially if



considering getting pregnant. Taking folic acid (starting at least one month prior to getting pregnant)

helps to prevent major birth defects of the baby's brain and spine. There are two ways a person can get enough folic acid in their diet.

1. Take a vitamin that has folic acid in it every day.
2. Eat a bowl of breakfast cereal that has 100% of the daily value of folic acid (400 mcg) every day.



TIPS FOR SETTING GOALS

As we start a new year and think about New Year Resolutions, you might consider goal setting as one. Setting clear, defined goals can help you to measure and take pride in those goals, and they will help you accomplish what you set out to do! Use the mnemonic to the far right as a guide to setting goals. Be sure

when setting goals to be precise, set priorities, write your goals down, and be sure they are realistic goals!

Create a "big picture" goal and then set smaller goals to reach it, once you've done all of that, be sure to **FOLLOW THROUGH!!**



"If you aim at nothing, you will hit it every time"
Author Unknown





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"Improving Your Quality of Life"

for over 40 years!



Effective July 6, 2015

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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:
1/5: Food Safety @ 10
1/28: Food Safety @ 2

CPR/First Aid:
1/14: CPR/First Aid @ 9

Other Events:
1/1: **Office Closed**-New Year Holiday
1/9: Child Birth Education Class
1/18: **Office Closed**-Martin Luther King Jr. Day
1/26: CCHC Training @ 6:30
1/28: Board Of Trustees Meeting @ 10

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

Community Outreach—A look back on 2015

2015 was a busy year for Johnson County Community Health Services. Here are a few of the events we participated in:

- Hosted a WIN Coffee
- Ribbon Cutting for National Public Health Week
- KOKO Spring Expo
- Old Drum Day Festival
- Health Fair at Enersys
- Knob Noster Parade
- Summer Bash
- Love What's Local Sidewalk Sale
- P.A.C.K. Event

- WMMC Health Fair
- Odessa Parade
- UCM Athletic Auction
- WCEC Annual Meeting
- Senior Festival
- Holden Parade.
- Get The Red Out
- Higginsville Parade
- Powell Gardens Tractor Show
- CLIMB Health & Education Day
- Project Community Connect
- UCM Homecoming Parade
- WILS Community Forum
- Sweet Treat Trail

Hospice Holiday Homes Tour

