



JOHNSON COUNTY  
COMMUNITY HEALTH SERVICES

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Johnson County Community Health Services

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## National NUTRITION Month

March is National Nutrition Month®. This year's theme is "Savor The Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives. The Academy of Nutrition and Dietetics states, "How, when, why and where we eat are just as important as what we eat. Develop a mindful eating pattern that includes nutritious and flavorful foods—that's the best way to savor the flavor of eating right!"



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### WIC DEPARTMENT

(Pictured at left from left to right: Belinda Moreau, Tricia Fleming, Rhonda Breitenbecher, Tammie Crabtree and Beth Logan)

Our WIC program provides individualized Nutrition Counseling free of charge to WIC families each and every day to empower them to make better choices. The team of Nutritionist, **Rhonda Breitenbecher, Tammie Crabtree, IBCLC, Tricia Fleming, MS, RD, LD, IBCLC** and **Beth Logan** along with Administrative Assistant, **Belinda Moreau** change lives by offering healthy foods, nutrition education, breastfeeding support and help in finding health care and other community services. (Our WIC hours and phone number are listed on page 3.)

## "Improving Your Quality of Life"

March is American Diabetes Alert Month. This March make smart food choices to help keep your heart and blood vessels healthy!!

**Eat more:** whole grains, vegetables and fruit, healthy fats (**in moderation**), fish and foods with omega-3

fats. **Cut back on:** red and processed meats, cookies/chocolate/ice cream/other desserts, salty snacks like chips, sugary drinks and cream and solid fats like butter and lard.

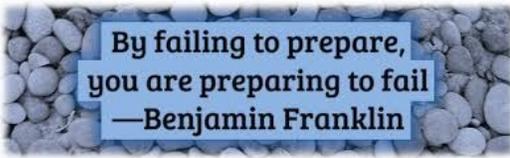
Making smart food choices

can also help you lose weight and keep your blood glucose (sugar) levels on target. Eating smaller servings of your usual foods also can help.

For recipes and information about foods, visit:

[diabetes.org/MyFoodAdvisor](http://diabetes.org/MyFoodAdvisor)





## Severe Weather Preparedness

**Severe Weather Awareness Week is March 13 through the 19th, with the Statewide Tornado drill scheduled to be on the 15th at 1:30 p.m.**

The National Weather Service, the State Emergency Management Agency and Missouri's local emergency management offices urge Missourians to use Missouri Severe Weather Awareness Week as an opportunity to plan and prepare for how they will react in response to severe weather. If

severe weather is not in the forecast, there will be a statewide tornado drill on Tuesday, March 15th at 1:30 p.m. The outdoor warning sirens and weather alert radios will sound, indicating to Missourians that you should seek shelter during the drill. The safest shelter location is the basement or an interior room in the lowest level of a building. We urge families and businesses to practice their procedures during this drill and be sure everyone is aware of what and

where their safest location is.

**Stormaware.mo.gov** is a website that includes detailed videos showing how to take shelter in specific types of buildings, such as, houses with and without basements, mobile homes, and schools. They also have important information about tornado sirens and weather alert radios. The site also includes links to free severe weather texting services that can alert people across Missouri to upcoming severe weather.

## Patient Safety Awareness Week

Patient Safety Awareness Week highlights the need to reduce harm in health care. The National Patient Safety Foundation (NPSF), who have been a central voice for health care safety since 1997, announced **United for Patient Safety**, a campaign designed to spark dialogue and promote action to improve the safety of the health care system for patients and the workforce.



There has been improvement in patient safety over the years but there is still room to do more. We need to instill the message that **“every day is patient safety day.”** Our government, regulators, health professionals and others need to place higher priority on patient safety. If you would like to get involved in Patient Safety Awareness Week, go to: **www.unitedforpatientsafety.org** to learn what you can do!



## WEAR PURPLE DAY

### What is Purple Day??

According to [www.purpleday.org](http://www.purpleday.org), **Purple Day** is an international grassroots effort dedicated to increasing awareness about epilepsy worldwide. Annually, on March 26th, people in countries around the world are invited to wear **purple** and host events in support of epilepsy awareness.

*“I wanted people around the world to come together and teach others about epilepsy.”*

Cassidy Megan, Founder of **Purple Day**



### GET TALKING ABOUT EPILEPSY

According to this website, 50 million people have epilepsy world wide, or an estimated 1 in 100 people. In 50% of these cases, the cause is unknown.

For more information on epilepsy and **Purple Day** go to:

[www.purpleday.org](http://www.purpleday.org)



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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:**  
 3/15: Food Safety @ 10  
 3/24: Food Safety @ 2

**CPR/First Aid:**  
 3/10: CPR/First Aid @ 9

**Other Events:**  
 3/3: Professionals In Aging @ 7 am  
 3/22: CCHC Training @ 6:30 pm  
 3/24: Board Of Trustees Meeting @ 10

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



SOCIAL WORK  
**FORGING SOLUTIONS**  
OUT OF CHALLENGES

## *Social Work Month*



We would like to extend a heartfelt **THANK YOU** to the over 600,000 social workers in our nation. We celebrate their contributions during National Social Work Month in March. This year the National Association of Social Workers (NASW) has issued the theme—**Forging Solutions out of Challenges**. They state, "Today, social work is one of the fastest growing professions in the United States, with more than 600,000 people employed in the field. Professional social workers tackle some of the toughest challenges facing our society. In every city and every community they develop solutions to make mental health and

**Meet our new Social Workers:**



**Melondy Hall, MSW**



**Elizabeth Johnson, BSW**

health care more available, to reduce poverty, to eliminate injustice and discrimination, and to protect vulnerable children and adults from harm."

They also state, "Social workers contribute at all levels of society, working with individuals, families, schools, universities, non-profit agencies, corporations, hospitals, and government offices to mediate conflict, foster positive relationships and create hope and opportunity for people in need."

**THANK YOU  
FOR ALL YOU DO!!**