



Johnson County Community Health Services

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

Volume 2, Issue 4



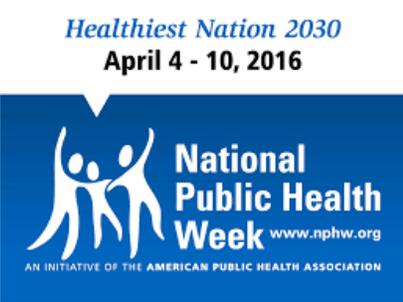
April 2016

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

National Public Health Week

This year's National Public Health Week theme is:

“Healthy Missouri 2030: Making Communities Stronger”



Why should you care about National Public Health Week? The home and neighborhood you live in can impact your health and your opportunity to engage in healthy behaviors. We want people across the U.S. to live in communities where they can be safe and active throughout the day.

The American Public Health Association champions the health of all people and communities. They strengthen the profession of public health; foster understanding, engagement and support for key public health issues; and directly influence public policy to improve global health.

To learn more go to : <http://www.apha.org/> and <http://www.nphw.org/>

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“Improving Your Quality of Life”



World Health Day is celebrated every year on April 7th. The World Health Organization sponsors it and they have announced this

year's theme as: **World Health 2016: Beat Diabetes** affordable actions to tackle diabetes.

They are trying to increase awareness about the rise in diabetes, and it's staggering burden and consequences, in particular in low- and middle-income countries; and to trigger a set of specific, effective and





Stress Awareness Month

Everyone experiences stress at some time or another, and some stress can be good stress! It's when you experience that stress for extended periods of time that it can affect your health and ability to cope and make you feel overwhelmed and out of control.

You can better manage stress through self-care. Avoid things like drugs and alcohol, eat healthy, exercise regularly,



get plenty of sleep and maintain a normal routine. Find someone you can confide in, spend time with loved ones and stay active! Staying active can keep your mind off of things and doing things like volunteering or helping a neighbor can be positive ways to channel your feelings.

For more information on Stress Awareness visit: <http://www.cdc.gov/Features/HandlingStress/index.html>

National Autism Awareness Month



The Autism Society states: "This year we want to go beyond simply promoting autism awareness to encouraging friends and collaborators to become partners in movement toward acceptance and appreciation. Let's embrace a new perspective. For over 50 years we have worked with communities (both large and small) to ensure our actions, through our services and programming, supported all individuals living with autism. Let's expand this work to focus on the rest of us—ensuring acceptance and inclusion in schools and

communities that results in true appreciation of the unique aspects of all people. We want to get one step closer to a society where those with ASDs are truly valued for their unique talents and gifts."

They ask that we join them in celebrating the 2016 National Autism Awareness Month and use it as an opportunity to promote autism awareness and acceptance and to draw attention to the tens of thousands facing an autism diagnosis each year.



For more information go to:

<http://www.autism-society.org/>



STD Awareness Month



April is STD Awareness Month. This year's theme: Talk. Test. Treat.

STDs are on the rise and our community is not immune, we are being affected as well. The good news is that they are preventable. We just need to know how to **talk** about them, when to **test** for them and how to **treat** them.

STD screening and early diagnoses are essential in preventing transmission and

the long term health consequences of STDs.

Abstaining from sex, reducing the number of sexual partners and consistently and correctly using condoms are all effective prevention strategies. Safe, effective vaccines are also available to prevent hepatitis B and some types of the human papillomavirus (HPV) that cause disease and cancer. And for all individuals who are sexually active—particularly young

people—STI (Sexually Transmitted Infection) screening and prompt treatment (if infected) are critical to protect a person's health and prevent transmission to others.

Johnson County Community Health Services provides confidential HIV and STD testing.

For more information go to: www.cdc.gov/std





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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:
4/5: Food Safety @ 10
4/21: Food Safety @ 2

CPR/First Aid:
4/22: CPR/First Aid @ 9

Other Events:
4/2: Childbirth Education @ 9
4/26: CCHC Training @ 6:30 pm
4/27: Breastfeeding Class @ 3
4/28: Board Of Trustees Meeting @ 10

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

CelebrateService *National Volunteer Week* April 10-16, 2016

Johnson County Community Health Services has (and has had) many wonderful Hospice Volunteers. We thank each and every one of you for all you have done to touch the lives of those that needed you. It takes a very special person to do what you do and we want you to know how much we appreciate you!!



thank you!

"The last good thing that may happen in a person's life is a Hospice Volunteer."

Our Hospice Volunteers are a vital component of the Hospice Care Team, and we rely on them to help provide quality patient care, grief support and administration duties.



If you would like to volunteer, please contact our Hospice Volunteer Coordinator by phone (660-747-6121) or visit our website (www.johnsoncountyhealth.org)

I am only one, but still **I AM ONE.**
I cannot do everything, but still **I CAN DO SOMETHING.**
and because I cannot do everything, I will not refuse to do something that **I CAN DO.**

- Hellen Keller

