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HEAT STROKE SAFETY

During these extended periods of high temperatures, the possibility of heat stroke is very real. Heat Stroke is a very dangerous rise in body temperature. Signs of a heat stroke are: Body temperature over 103 degrees F; red, hot and dry skin; a fast pulse; headache; dizziness; nausea or vomiting; confusion; and passing out. If you see someone with these symptoms, call 911 immediately. Try to move them to a cool, shady place and loosen or remove heavy clothing. Get cloths soaked in cool water and place on their wrists, ankles, armpits and neck to try and lower their body temperature. If they are awake and can swallow, try to get them to drink some water. The key is to not get to this point. If working outside, take frequent breaks, sitting in the shade and drinking plenty of fluids to keep from getting dehydrated.

ELDERLY & PET SAFETY

Don’t forget about the elderly and your pets during the summer heat!!

If you are hot, your pet is hot! Heat and humidity affects your pets too. They can get sunburns and heat stroke just like you and me. So, during periods of high heat: limit their time exercising, provide them plenty of shade and fresh water, don’t walk them on hot asphalt or sand and NEVER leave them in a car, even if the windows are down!

Seniors are more susceptible to heat related illnesses because of certain chronic health conditions, side effects of certain medications, and the body’s inability to conserve water as we age. Be sure to check on the elderly in your neighborhood and make sure they are ok. Be sure they have a place to go during the heat of the day that is air conditioned.

“Improving Your Quality of Life”

Our children are at risk!!

It's that time of year and temperatures are on the rise! That means if outside temperatures are in the low 80s, the temperature inside a vehicle can reach deadly levels in only 10 minutes (even with a window rolled down 2 inches)!! A child's body temperature also increases 3 to 5 times faster than an adult's.

So, LOOK BEFORE YOU LOCK!! Take precautions to NEVER leave a child in a hot car!
BACK TO SCHOOL SNACKS

Kids are back in school and the schedules are going to get hectic once again! That doesn’t mean you have to sacrifice eating healthy just because you are busy. Make after school snacks fun, quick and nutritious.

Here’s one idea:

**Chocolate-Banana Grahams**

**Ingredients:**
- 1 square graham cracker, broken into 2 rectangles
- 1/2 teaspoon Nutella or other chocolate-hazelnut spread, divided
- 2 slices banana, about 2 inches long
- 1/2 teaspoon sweetened shredded coconut, toasted if desired, divided

**Preparation:** Spread each graham cracker piece with 1/4 teaspoon Nutella and top with a slice of banana and a sprinkling of coconut.

This recipe takes less than 5 minutes to prepare and only has 71 calories!!

This recipe was courtesy of EatingWell and can be found at www.eatingwell.com and was from January/February 2011.

BACK TO SCHOOL IMMUNIZATIONS

We would like to remind everyone that there are:

**NEW REQUIREMENTS** for the 2016-2017 school year. Students entering the 8th and 12th grades are now REQUIRED to have a MENINGITIS immunization along with the Tdap immunization.

If your student is going into the 8th or 12th grade next year and they missed the clinic in school, please bring them by our office at 723 PCA Road, Warrensburg anytime Monday-Friday from 8:00 a.m. to 4:30 p.m. (no appointment necessary) and we will get their immunizations taken care of.

Please remember, YOUR STUDENT WILL NOT BE ENROLLED FOR THE 2016-2017 SCHOOL YEAR WITHOUT PROVIDING PROOF OF ALL REQUIRED IMMUNIZATIONS.

So please don't wait, come in today and get them immunized!!

EXERCISE WITH YOUR CHILD WEEK

August 7-13

Kids have lots of energy!! Harness that energy and get out and get active with them!! Harness that energy into productive playtime with them. Being active WITH your children can help build their confidence and at the same time, teach them the importance of physical activity in having a healthy life.

Children should have at least 60 minutes of physical activity every day. That time flies when you are doing something fun together!!

Try: Riding Bikes; Having a Hula Hoop contest for the whole family; Play Hopscotch; Set up a Badminton or Volleyball net in your yard and challenge your kids to a match; Sign up for dance lessons with your kids; Toss a Frisbee with each other.

Exercising with your children not only benefits your child but it benefits you as well!

It’s a WIN-WIN!! Your whole family reaps the rewards and everyone gets exercise!
“Improving Your Quality of Life” for over 40 years!

Effective July 6, 2015
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SUMMER BASH 2016 RECAP

The 2016 Summer Bash was a blast and we want to thank everyone that stopped by to have some fun with us! The rain held off and we had a great day! The kids had fun playing games and eating popsicles, Mom and Dad enjoyed the food and give-a-ways and everyone enjoyed watching Twister Sports do their demonstrations. A special thanks goes out to the Warrensburg Fire Department and the Johnson County EMS for showing up and letting the kids check out their fire truck and ambulance.

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Event Calendar

Food Safety Classes:
8/4: Food Safety @ 10 & 1 in Holden
8/16: Food Safety @ 10
8/18: ServSafe Training
8/25: Food Safety @ 10

CPR/First Aid:
8/11: CPR/First Aid @ 9

Other Events:
8/18: Breastfeeding Support Group - (Call WIC at 747-2012 For More Information)
8/25: Board Of Trustees Meeting @ 10

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

Johnson County Community Health Services
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Phone: 660-747-6121
Fax: 660-747-1294
WIC: 660-747-2012

We’re on the Web!
www.johnsoncountyhealth.org

“Improving Your Quality of Life” for over 40 years!