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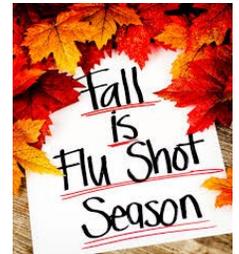
## Emergency Management Exercise

Johnson County Community Health Services is teaming up with Johnson County Emergency Management to conduct a POD Exercise. POD stands for Point of Dispensing and is what we would use if there was an outbreak and we would need to give vaccinations in mass quantities.

**We will be doing this exercise on October 3rd at the First Baptist Church from 11:30 a.m. to 2:00 p.m.**

For the exercise, the simulation is what we would do if we had an outbreak of the Zika Virus in our community and the need to vaccinate a large number of people. For the purpose of practicing, we are administering Flu Vaccine that day in place of a “Zika Vaccine”. You will be able to come by, drive through our POD, get your Flu Vaccination and help us practice in order to better serve our community in the case of an emergency!

A **Point of Distribution** or POD is where the public goes to pick up emergency supplies following a disaster. The need for a POD is based on lack of infrastructure to support normal **distribution** of food, water, or other supplies.



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October 10, 2016



## “Improving Your Quality of Life”

### World Smile Day— October 7, 2016

Back in 1963, Harvey Ball created the smiley face. Out of concern that it had been over-commercialized, he set aside the first Friday

in October of each year as World Smile Day and encouraged people to smile and do acts of kindness to honor the original meaning and intent of the smiley face. *The first World Smile Day was held in 1999.*



Every time you smile at someone, it is an action of love, a gift to that person,  
*a beautiful thing.*  
- Mother Teresa

### October is Breast Cancer Awareness Month.



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

Let's take a look at what we can do to reduce the risk of getting breast cancer. Many factors can influence your breast cancer risk, and most women who develop breast cancer do not have any known risk factors or a history of the disease in their families. However, **you can help lower your risk of breast cancer in the following ways:**

- \*Keep a healthy weight.
- \*Exercise regularly (at least four hours a week).
- \*Don't drink alcohol, or limit alcoholic drinks to no more than one per day.
- \*Avoid exposure to chemicals that can cause cancer (carcinogens).
- \*Try to reduce your exposure to radiation during medical tests like mammograms, X-rays, CT scans, and PET scans.

*\*If you are taking, or have been told to take, hormone replacement therapy or oral contraceptive (birth control pills), ask your doctor about the risks and find out if it is right for you.*

*\*Breastfeed your babies, if possible.*

All the information above was taken from the CDC (Centers for Disease Control and Prevention). You can find more information about Breast Cancer on their website at [www.cdc.gov/BringYourBrave](http://www.cdc.gov/BringYourBrave) or by calling (800) CDC-INFO (800-232-4636).

# go PINK



## Emotional Wellness

**October is National Emotional Wellness Month.** Emotional wellness is just as important as physical wellness and it's not just about being happy all the time. It's about being aware of how you feel and why and how that affects your wellbeing.

When we've had a major life change or find ourselves in new roles (such as a caregiver role), our emotional wellness can be put on the back

burner. **It's important to pay attention to your body and to take care of yourself.** It's important to remember that a healthy caregiver is a better caregiver. It's hard to take care of someone else if you have let your own health, physical and emotional, go by the wayside. It's also important to remember that if you are experiencing a major life change (such as a death in the family), that it's ok to give yourself time to process your new normal. You'll have some good days and some bad days, there is no timeline on emotional healing. In both cases, major life changes and being a caregiver, there are things we can

do to protect our emotional wellness. **Some suggestions are: Try meditating for 10 minutes a day and focus on what is happening around you; surround yourself with things that are positive and make you happy; take care of your body physically (eat healthy, drink lots of water, get enough sleep, exercise regularly); share your feelings with someone you can trust or start a journal.**

**"If you don't like something, change it. If you can't change it, change your attitude."**

—Maya Angelou



## It's Flu Season!!



This time of the year is commonly referred to as "flu season." Flu viruses are most common (in the US) during the fall and winter months and activity often starts to increase in October and November and peaks between December and March, according to the CDC (Centers for Disease Control and Prevention).

The CDC recommends getting an annual flu vaccine and says that is the best way to

protect yourself and your family from the flu. Everyone 6 months and older should get a flu vaccine every year by the end of October, if possible. It's ok to get it later than October but it is most effective if you receive it earlier rather than later. It takes about two weeks after being vaccinated for the body's immune system to fully respond to it and protect you. It is also important to wash your hands regularly and if you are sick stay home

from work or school to prevent spreading it to others. The flu vaccine isn't a perfect tool but it is the best way to protect against the flu. It has been used for over 50 years and has been proven to be safe, **so get your flu shot today!!**





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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:**  
10/4: Food Safety @ 10  
10/20: Food Safety @ 2

**CPR/First Aid:**  
10/6: CPR/First Aid @ 9

**Other Events:**  
10/10: **Columbus Day—Office Closed**  
10/25: CCHC Training @ 6:30 p.m.  
10/26: Breastfeeding Class  
10/27: 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

# Hospice Holiday Homes Tour 2016

Join us for our 2nd Annual Hospice Holiday Homes Tour!!

On our tour we have 5 beautiful homes decorated for the holidays!

- **Historic Manor** (David & Jan Glover)
- **Lions Lakeview** (Theresa Cast)
- **Urban Farmhouse** (Joe & Kelly Good)
- **Wildwood Tranquility** (Judy Edmunds)
- **Woodland Retreat** (Michael & Stephanie Sekelsky)



Tickets will be available for purchase on **October 3rd, 2016** and are available at:

**Warrensburg:** Bi-Lo Country Mart, Comfort Inn, F&C Bank, Johnson County Community Health Services, and the Warrensburg Chamber of Commerce

**Holden:** F&C Bank

**Knob Noster & Higginsville:** Equity Bank  
**Leeton:** Sunflower Bank

**Event Dates:**

Friday, November 18th  
5:30 pm to 9:00 pm  
and  
Saturday, November 19th  
9:00 am to 3:00 pm

Tickets are \$25 in advance. \$30 at the door and \$20 if purchased before the event in groups of 10 or more.

### New this year!!

Milestones Barn will be hosting our Holiday Boutique & Silent Auction! No ticket necessary to get into Milestones Barn and you can come as often as you like. There will be live music, food and shopping!! The Barn will be open the same hours as the tour and bidding for the Silent Auction will end at 3pm on Saturday.



Milestones Barn