December 4-10, 2016 is National Influenza Vaccination Week (NIVW). The Centers for Disease Control and Prevention (CDC) established NIVW in 2005 to highlight the importance of continuing flu vaccination through the holiday season and beyond. They believe that as long as the flu viruses are spreading and causing illness, vaccination should continue throughout the flu season in order to protect as many people as possible against the flu. The flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. It is believed that these viruses can be spread mainly by droplets that are made when people with the flu cough, sneeze or talk. These droplets can then spread to people nearby or to nearby surfaces or objects that someone can touch and spread to their own mouth or nose. The best way to prevent the flu is by getting a flu vaccine each year. You can get the flu shot at our office at 723 PCA Road, Warrensburg, MO. No appointment necessary.
Cold Temperatures and the Elderly

Elderly people or those who are sick may have a harder time keeping warm in cold weather. Older adults can lose body heat faster than when they were younger. So in cold weather, older adults can find themselves in a serious situation before they even know what’s happening.

Hypothermia is a serious condition that occurs when your body temperature gets very low. Not only being outside in the cold can cause hypothermia for older adults, even being inside in a very cold house can cause it too.

Some tips for keeping warm inside during cold weather include: Setting your heat at 68 degrees or higher (save on heating bills by shutting off rooms you don’t use), wear long johns under your clothing, throw a blanket over your legs and wear socks and slippers, use extra covers on your bed and even wear long johns under your pajamas and most importantly—ask someone to come and check in on you during cold weather.

Signs of hypothermia to look for are:
- cold feet and hands, puffy/swollen face, pale skin, shivering, slowed speech/slurred words, sleepiness, being angry or confused.
- severe signs include: moving slowly/trouble walking/clumsiness, stiff and jerky movements, slow heartbeat, slow and shallow breathing, blacking out or losing consciousness.

Holiday Dinner: Food Safety

Food safety probably isn’t the first thing you think about when planning a holiday dinner. But if you want to keep everyone happy and healthy it is something you need to think about and consider.

Here’s a couple of tips:

WASH YOUR HANDS! Be sure to use hot soapy water and wash them for at least 20 seconds and do so before and after handling food. Also, wash countertops, cutting boards and other surfaces often with hot, soapy water.

REFRIGERATE FOODS PROMPTLY!
Foods should never be left sitting out at room temperatures for more than 2 hours. When you put leftovers away, do so promptly and put them in shallow containers (you may have to divide large amounts up into smaller amounts) so they will cool quickly. Don’t pack your refrigerator, cool air must be able to circulate to keep the food at a safe temperature.

Safe Toys & Gifts Month

December is Safe Toys and Gifts Month. So as you are doing your holiday shopping this year, please keep these tips in mind so that everyone has a safe and fun holiday:

- Children under three years old tend to put everything in their mouths, so avoid buying toys that have small parts that could pose a choking danger.
- Avoid toys with strings, straps or cords longer than seven inches long as they could pose a risk of strangulation.
- Avoid toys with sharp points or edges.
- Be cautious with balloons. Children can choke or suffocate on deflated or broken balloons. Same with packaging, immediately discard plastic wrapping or other toy packaging before the wrapping and packaging become dangerous play things.
- Be sure to keep toys that are appropriate for older children away from younger siblings.

Have a SAFE and happy Holiday!!
Event Calendar

Food Safety Classes:
12/6: Food Safety @ 10
12/15: Food Safety @ 10

CPR/First Aid:
12/8: CPR/First Aid @ 9

Other Events:
12/6: Office Closed at 3:00 p.m. for Staff Meeting
12/15: Board Of Trustees Meeting @ 10
12/26: Office Closed - Christmas

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

Thank You!!

Thank you to EVERYONE that made our 2nd Annual Johnson County Hospice Holiday Homes Tour such a success!!
Thank you to all the wonderful Homeowners, Volunteers, Sponsors, Friends of the Tour, Entertainment, Piano Players, Food Sponsors, Transportation Sponsors, Photographers, and Venue Sponsors.
Your generosity is amazing and makes us proud to serve this community!!