Flu season is here, and it’s time to get vaccinated. Last year there were 1,408 flu cases in Johnson County.

This year we are recommending getting a jump start on the flu season by getting your shot early. Don’t wait until others around you may have already been infected. The best preparation for flu season is to get vaccinated early.

The CDC recommends that anyone 6 months or older get the flu shot. Adults 65 years and older should get a special high-dose of the flu shot.

Johnson County Community Health Services has flu shots available, and no appointment needed!
WIC Team Spotlight

Meet Jamillia, our new WIC Nutritionist!

A 2017 graduate from the University of Central Missouri, Jamillia works to provide nutrition and health care information along with WIC services to families in our community.

Helping people take control of their health is one of the main reasons that Jamillia decided to go into the field of nutrition. “It’s fulfilling to help people achieve their goals.”

In her free time Jamillia enjoys spending time with her family and watching movies and shows on Netflix.

Learn more about the great programs and services that WIC offers at JohnsonCountyHealth.org/WIC.

Important vaccines covered by Medicare

As we age there are some important vaccines that every adult should consider getting—and they’re covered by Medicare!

- **Influenza Vaccine**—aka the flu shot. Older adults—even if healthy—are at higher risk when it comes to the flu due to age-related weakening of the immune systems.

- **Shingles Vaccine**—The shingles vaccine is a one-time vaccination that all adults aged 50+ should receive—even if you have already had shingles.

- **Pneumococcal Vaccine**—The pneumococcal vaccine is actually two shots given about a year apart. *(Check with your doctor to see if you’ve had either shot already.)*

- **Hepatitis B Vaccine**—Hepatitis B (or hep B) is a contagious virus that infects the liver. Acute hep B, which usually lasts a few weeks, often mimics symptoms similar to the flu, like fever and nausea. Chronic hep B is long-term, often has no symptoms at all, and can cause liver damage or death.

These vaccines are covered in part by Medicare and most insurances. Consult your physician to see if these are right for you. Learn more about vaccinations at JohnsonCountyHealth.org/immunizations.

JoCo HELPS

Your Community Resources for Needs that Matter

JohnsonCountyHealth.org/JoCoHelps
Event Calendar

**Classes:**
- 10/11: CPR/First-Aid Training @ 9am
- 10/11: Food Safety Training @ 10am
- 10/23: Food Safety Training @ 2pm

**Other Events:**
- 10/8: Columbus Day - Office Closed
- 10/25: Board of Trustees meeting @ 10am

**WIC:**
- Warrensburg 7:30-6pm M-F
  - Holden 9-3:30 pm 1st, 2nd & 3rd Wednesdays
  - Knob Noster 9-3:30 1st & 3rd Thursdays
- 10/11 & 10/25: WIC Walk-In Thursday
  - (No appointment needed)

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**October Recipe of the Month**

**Oatcakes**

**INGREDIENTS**
- 1 cup whole wheat or all purpose flour
- 3 tablespoons sugar
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup cooked steel cut oats
- 1 egg, beaten
- 1/2 cup nonfat yogurt
- 1/2 cup nonfat milk
- 2 tablespoons canola oil
- 1/2 teaspoon vanilla extract
- Cooking spray

**DIRECTIONS**

In a medium bowl, mix together flour, sugar, baking powder, baking soda, and salt. Set aside. In a large bowl, stir together oats, egg, yogurt, milk, oil, and vanilla extract. Add dry ingredients to wet, mixing until slightly lumpy. Grease a skillet with cooking spray and preheat over medium-high heat. Ladle about a 1/4 cup of batter onto the hot skillet. Cook until edges become dry and bubbles begin to form in the center, about 3 minutes. Flip and cook other side until golden and puffed, about another 2 minutes. Remove to a platter and keep warm in a low oven if needed. Continue until all batter is used.

Serves 4

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“Improving your Quality of Life”

Johnson County Community Health Services is an equal opportunity provider and employer.