As another year comes to an end, we are reminded of the great memories, events and happenings of the past year.

2018 was an eventful year for JCCHS. We have seen team members move on to other opportunities, and welcomed some great faces to our team. 2018 saw the end of Hospice services, but also an increase in Home Healthcare patients. We work alongside our community partners and were a part of some great events. We saw an update of our logo to highlight WIC as an integral part of our community services. These are just a few of the exciting things that happened this past year.

We are looking forward to a great 2019 as we continue our mission and our promise to the communities we serve of Improving Your Quality of Life!
WIC Works!

Research finds participation in the WIC program, which subsidizes healthy foods for young children, is linked with stronger cognitive development and higher test scores.

WIC provides nutritious food such as fresh fruits and vegetables. Pregnant and breastfeeding women also receive nutritional education and counseling.

Research findings suggest that WIC plays a positive role in cognitive development, and meaningfully contributes to children’s educational prospects. Kids who eat healthier food show signs of stronger cognitive development early in life.

Learn more about WIC at JohnsonCountyHealth.org/WIC

3 Reasons to Choose Home Healthcare

There are many reasons that people choose Johnson County Community Health Services—Home Healthcare. Today we are going to highlight 3 that are some of the deciding factors.

1. Home Health Care is cost effective. The average hospital stay costs Medicare $1,500 a day, while the average home care visit costs Medicare just $150 per day.

2. Home Health Care combines efficiency with compassion. Home Health Care keeps families together, while encouraging patient independence. Scientific evidence proves patients heal more quickly at home.

3. Home Health Care from JCCHS is high quality. We use state-of-the-art technology to enhance and extend life.

These among others are reasons that more people recommend Johnson County Community Health Services—Home Healthcare to their friends and family than any other area provider.

If you or a loved one needs home health care, ask your physician to refer you to Johnson County Community Health Services—Home Healthcare!

Recommended to friends and family more than any other area provider!

JoCo HELPS

Your Community Resources for Needs that Matter

JohnsonCountyHealth.org/JoCoHelps
Event Calendar

**Classes:**
12/13: Food Safety Training @ 10am
12/18: Food Safety Training @ 2pm

**Other Events:**
12/20: Board of Trustees meeting @ 10am
12/24: Christmas Eve—Office Closed
12/25: Christmas—Office Closed
1/1: News Years Day—Office Closed

**WIC:**
Warrensburg 7:30-6pm M-F
Holden 9-3:30 pm 1st, 2nd & 3rd Wednesdays
Knob Noster 9-3:30 1st & 3rd Thursdays
12/13 & 12/27: WIC Walk-In Thursday
(No appointment needed)

**December Recipe of the Month**

Sweet Potato Balls

**INGREDIENTS**
- 2 medium sweet potatoes
- 2 tablespoons butter
- 2 tablespoons brown sugar
- 2 tablespoons orange juice
- 1/2 teaspoon ground cinnamon
- 1 cup cornflakes, crushed

**DIRECTIONS**
Microwave or bake sweet potatoes until soft; scoop out flesh and mash.
In a mixing bowl, combine the mashed sweet potato, butter, brown sugar, orange juice and cinnamon.
Shape mixture into 1 1/2 inch balls; roll in crushed cornflakes and place on a baking sheet coated with cooking spray.
Bake at 350 degrees for 15-20 minutes or until cornflakes are golden and sweet potato balls are heated through.

*Makes 12 balls*

"Improving your Quality of Life"

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