No one likes getting sick. So, getting a yearly shot helps protect yourself and those around you. Plus, it’s available at no cost to you (with most insurance plans).

The flu shot is a good idea for just about everyone. But these people are at an even higher risk of health problems from the flu:

**Pregnant Moms:** Pregnancy can put you at higher risk for getting the flu and put your unborn baby at risk, too. But getting a flu shot can help protect you and your baby.

**Children and Families:** Young children have a higher risk of health problems from the flu. Newborns are also at a high risk but can’t get the flu shot until they are six months old.

**People with a Chronic Condition or Caregivers:** People with a weakened immune system are more likely to get very ill from the flu. Getting your yearly flu shot helps protect yourself and those around you.

**Seniors or Those Who Care for Them:** Our immune defenses weaken with age. And people age 65 and older are at a higher risk for health issues from the flu. If you’re a senior or live with seniors, a flu shot will help protect you all.

Flu shots are offered with **NO APPOINTMENT NEEDED** and only takes a few minutes.

Our immunization clinic is open Monday—Friday 8:00am—4:30pm.
Meet Anne—Therapy Coordinator

Meet Anne Bott, therapy Coordinator for Johnson County Community Health Services—Home Health. Anne is a registered and licensed occupational therapist. This means she works to help people do the things they want and need to do through the therapeutic use of daily activities (occupations).

As Therapy Coordinator for JCCHS Anne works with our physical therapy team and other occupational therapists to make sure that our patients receive top-tier quality and compassionate care that they can trust.

“I want each of our therapy patients to know that we are going to treat them just as a member of our family and provided the best possible care.”

To learn more our occupational and physical therapy team and our other skilled nursing care, visit JohnsonCountyHealth.org.

Environmental Focus

Each year our Environmental Public Health Specialists inspect over 250 food serving establishments in Johnson County. So what are some of the things that our inspectors look for when they make their surprise visit to area restaurants?

“Among the many things we look for during our inspections are to make sure the ice machines and soda fountains are cleaned and well maintained.” says Tiffany Klassen, environmental public health specialist.

Our inspectors really work in partnership with each establishment so that they can provide not only safe food, but also a safe environment for their customers.

Tiffany adds, “We also try to make sure other areas are cleaned and well taken care of such as the restrooms, air vents, floors and walls.”

Food inspection reports for restaurants, hotels, schools, hospitals and more can be found on our website at: JohnsonCountyHealth.org.

HELP INTERRUPT THE STEADY CLIMB IN STDs WITH THESE THREE STEPS:

TALK
Talk openly about STDs with your partners & healthcare providers.

TEST
Get tested. It’s the only way to know if you have an STD.

TREAT
If you have an STD, work with your provider to get the right medicine.
October Recipe of the Month

Microwave Apple

**INGREDIENTS**

1 apple  
1 teaspoon cinnamon  
1 tablespoon raisins

**DIRECTIONS**

1. Core the apple and place on a microwave-safe plate.
2. Sprinkle apple with cinnamon.
3. Cover with a microwave-safe bowl and microwave for 1 minute.
4. Top with raisins and enjoy!

Serves: 1

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Event Calendar

**Classes:**

- 10/10: CPR/First Aid class @ 9:00am
- 10/10: Food Safety Training @ 10am
- 10/22: Food Safety Training @ 2pm
- 10/24: Child Care training @ 6:30pm

**Other Events:**

- 10/24: Board of Trustees meeting @ 10am

**WIC:**

- Warrensburg: Monday—Thursday  
  - Walk-In Tuesday (Every Tuesday)  
  - Holdens 1st, 2nd & 3rd Wednesdays  
  - Knob Noster 1st & 3rd Thursdays

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"Improving Your Quality of Life" for over 40 years!

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JohnsonCountyHealth.org

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