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Medication is an important part of many treatment plans. These simple steps for medication safety can help with your recovery and lower potential dangers from misuse.

- Make a list of medication you take now, including over-the-counter, vitamins, and herbal supplements.

**Medication Tips**

- Make a list of the times and how you take medication.
- Make a list of medication you cannot take and why.
- Make a copy of this list for your family member or caregiver. *(Keep a copy with you at all times)*
- Take the list with you whenever you visit your doctor’s office, pharmacy or hospital.
- Use the same pharmacy for all your prescriptions.

If you don’t understand something or have questions about your medication, ask your doctor or pharmacist.

**Johnson County Opioid Prescription Update**

In 2017 Johnson County joined other Missouri counties in partnership with St. Louis County for a prescription drug monitoring program (PDMP) to help monitor the prescribing and dispensing of opioids. One of the goals of the program was to reduce the number of people who misuse, abuse, or overdose while making sure patients have access to safe, effective treatment.

Johnson County continues to do well with a dispensation rate significantly lower than the state average. This is good news. Other surrounding counties are seeing increased rates of prescribing and dispensation.

It is important that our communities and partners remain vigilant against this growing problem. Deaths from prescription opioids—drugs like oxycodone, hydrocodone, and methadone—have more than quadrupled since 1999 in the United States.

To learn more go to: www.stlouisco.com/PDMP

**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.
December Recipe of the Month

Texas Breakfast Scramble

**INGREDIENTS**
- 1 tablespoon vegetable oil
- 2 medium potatoes, cubed
- 1 green pepper, diced
- 1 red pepper, diced
- 4 eggs
- ½ cup cheddar or jack cheese, grated
- Salt and pepper to taste
- 4 corn tortillas

**DIRECTIONS**
1. Heat oil in a skillet.
2. Sauté potatoes for 2-3 minutes; cover and cook until soft.
3. Add red and green peppers and sauté 2-3 minutes.
4. In a bowl, whisk the eggs and pour them over the potato and pepper mixture.
5. Add cheese, salt and pepper, and scramble until eggs are done.
6. Serve with corn tortillas and salsa, if desired.

Serves 4  
WIC food count: 5

*recipe courtesy of TexasWIC.org

Event Calendar

**Classes:**
- 12/19: CPR/First Aid class @ 9:00am
- 12/12: Food Safety Training @ 10am
- 12/17: Food Safety Training @ 2pm

**Other Events:**
- 12/19: Board of Trustees meeting @ 10am
- 12/24 & 12/25: JCCHS Closed—Happy Holidays!

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

“Improving your Quality of Life”

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