Meet Jessica!

The Environmental Public Health Specialist that work with Johnson County Community Health Services are very busy people. From inspecting and working with the restaurants and other food serving establishments in the county to permitting septic and other wastewater systems, even lodging inspections and child care inspections, Our Environmental Public Health Specialist are working hard to make Johnson County a great place to live, work, eat and play!

Jessica Hill in the latest addition to the staff and soon you may catch her performing a food safety inspection on your favorite restaurant.

Jessica brings a wonderful skill set to the agency, please welcome her to our community!
eWIC cards are coming!

Beginning in June of 2020, WIC clients will be able to use a new and more convenient tool for their WIC benefits!

The new eWIC cards will make it easier to use WIC benefits at your local grocery store and allow clients to track their purchases, credit balances and more!

"We are excited that WIC clients at Johnson County Community Health Services will be among the first in the state to be able to use this new service" - Rhonda Breitenbecher, WIC Coordinator

Contact our WIC office at 660-747-2012 or follow us on Instagram at @JCCHS.WIC

Fall Risk...Reduced!

Falls in the home can be painful, and often result in injury that could require a hospital visit. Anne Bott, therapy Coordinator for JCCHS has outlined some common items that can lead to falls.

- Poor lighting, trip hazards or other dangers in your home.
- Lack of exercise, which can reduce your strength, balance and coordination.
- Lack of stair handrails or poor stair design.
- Lack of grab bars in your bathroom.
- Inadequate lighting, slippery or uneven surfaces.

Our Home Health team works with you to help reduce fall hazards in your home to help reduce re-hospitalization.
Calendar of Events

Classes:
02/13: CPR/First Aid class @ 9:00am
02/13: Food Safety Training @ 10am
02/25: Food Safety Training @ 2pm

Other Events:
0/27: Board of Trustees meeting @ 10am

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

February Recipe of the Month
Guacamole

INGREDIENTS
3 medium avocados
Juice from 1 lime
¼ teaspoon salt
¼ cup onion, diced
3 tablespoons fresh cilantro, chopped
2 medium tomatoes, diced
1 clove garlic, minced
Cayenne pepper to taste

DIRECTIONS
1. Cut avocados in half and remove the pit; scoop out flesh into a medium bowl.
2. Add lime juice and salt; mash with a fork until smooth.
3. Mix in onion, cilantro, tomatoes, and garlic.
4. Add cayenne to taste if desired.

Serves 8  WIC food count: 5

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.