



723 PCA Road
Warrensburg, MO 64093
660-747-6121

Breast Cancer Awareness Month

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Every October thousands celebrate Breast Cancer Awareness Month— Supporting the Fighters, Admiring the Survivors, Honoring the Taken and Never, Ever giving up Hope. The Susan G. Komen Foundation leads this charge every year. Their mission is: To save lives and end breast cancer forever by empowering others, ensuring quality care for all and investing in science to find the cures.



Go **PINK** this October to support those who have fought and are fighting the fight!

For more information go to:
<http://ww5.komen.org/>

“Improving Your Quality of Life”

“Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says I'll try again tomorrow.”

— Mary Anne Radmacher

It's Flu Season!!



Influenza (flu) is a **contagious disease** which affects the lungs and can lead to serious illness, including pneumonia. The flu vaccine is recommended

for everyone 6 months of age and older. The flu vaccine is safe. They have been given to hundreds of millions of people for more than 50 years and have a very good track record. The flu vaccine cannot cause flu illness; however, it can

cause mild side effects that may be mistaken for flu. Some people can be infected with the flu virus but have no symptoms. During this time, you can still spread the virus to others. Don't be the one spreading flu to those you care about. <http://www.cdc.gov/flu/>



National Health Education Month

Since 1995, National Health Education Week (NHEW) has been celebrated during the third full week of October. Sponsored by the Society for Public Health Education (SOPHE), this celebration focuses national attention on a major public health issue and promotes consumers' understanding of the role of health education in promoting the public's health.

National
Health
Education
Week



This year's NHEW will pay tribute to Health Education: Past, Present and Future on October 19-23, 2015.

Daily themes include: Health Education Heroes, This is Health Education, Health Education Today: Partnering for Success, Advancing Health Education: The Role of Health Education Specialist in the Affordable Care Act, and The Future of Health Education: Professional Development.

Eat Better, Eat Together Month!

Studies have shown that families that eat together are healthier and happier. Eating together has many benefits. Some benefits are: It helps build

relationships, we get better nutrition and portion control, it helps us save money, it improves our cooking skills and it gives us more opportunity to try new foods. Many people have busy schedules and are going different directions at dinner time. If this is the case for you and your family, try eating together at breakfast time instead. There is no rule that family mealtime has to be at dinnertime! Get up 15



Food tastes better when you eat it with your family.

minutes early and eat breakfast together! The benefits will amaze you!! Start a new family tradition today and make mealtime together a priority!!

Meals are better when we eat Together!



Fiesta Meatballs in Sauce (Makes 8 servings)

Ingredients:

1/2 medium onion, finely chopped
2 cloves garlic, minced
1 t. vegetable oil
1 pound ground turkey
1 large egg
2/3 c. cornmeal
1/4 c. finely chopped cilantro
2 oz. green chiles, canned
1 t. cumin
1 t. chili powder
1/2 t. salt

Vegetable oil spray

1/2 t. black pepper
1 16-oz. jar salsa
1 14-oz. canned tomatoes, low sodium

Directions:

1. Preheat oven to 350 degrees.
2. Heat vegetable oil in large skillet over medium heat. Add onions, cook for 3-4 minutes, then add garlic and stir. Cook until both are soft.
3. In a large bowl, combine turkey with the

egg, cornmeal, cilantro, chiles and spices. Add the onion mixture and mix completely.

4. Spray baking sheet with vegetable oil. Shape meatballs into balls about 2 T. each. Place on baking sheet and place in oven. Bake for 10-15 minutes or until firm.
5. Pour salsa and canned tomatoes into baking dish. When meatballs are done, place meatballs on top of sauce, cover with foil. Bake in oven for 20 minutes. Serve with beans and rice and green salad.



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We're on the Web!
www.johnsoncountyhealth.org

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



Effective July 6, 2015

WE ACCEPT

Must have a valid photo ID

There will be a convenience fee of \$2.00 per transaction up to \$50.00. Any transactions of \$50.01 & above will include a 4% convenience fee.

Event Calendar

Food Safety Classes:
10/1: Food Safety @ 10
10/20: Food Safety @ 2

CPR/First Aid:
10/8: CPR/First Aid @ 9

Other Events:
10/3: Childbirth Education Class
10/9: Project Community Connect
10/12: Office Closed-Columbus Day
10/22: Board Of Trustees Meeting @ 10
10/24: UCM Homecoming Parade @ 9
10/27: CCHC Training @ 6:30

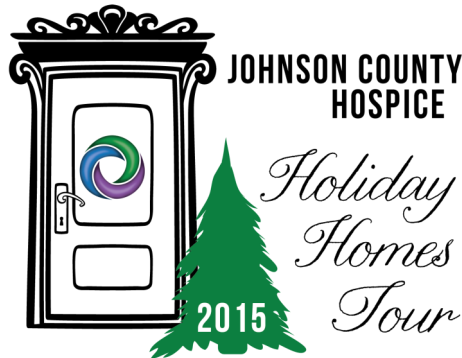
WIC:
Warrensburg 7:30-6pm M-F
Holden 9-3:30 pm 1st, 2nd & 3rd Wednesdays

2015 Hospice Holiday Homes Tour

Join us for our 1st Annual Hospice Holiday Homes Tour!

On our tour we have 5 beautiful homes decorated for the Holidays:

- **The Good House** (Rick & Susie Mills)
- **Traditional Estate** (Bill & Gina Carlyle)
- **Country Manor** (Mike & Michell Ortmeyer)
- **Lakeside Living** (Brent & Denise Hoke)
- **Classic Victorian** (Larry & Margaret Olpin)



Tickets will be available for purchase on **October 1st, 2015** and are available at:

Johnson County Community Health Services, all F&C Banks, RG Federal Credit Union, Warrensburg Chamber of Commerce, Bi-Lo Country Mart and Woods Supermarket.

Event Dates:

Friday, November 20th

5:30 pm—9:00 pm

AND

Saturday, November 21st

9:00 am—3:00 pm

Tickets are \$25 in advance.

\$30 at the door.

\$20 if purchased in groups of 10 or more.

(For more information about the event, please call Johnson County Community Health Services at 660-747-6121 ext. 264)