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Warrensburg, MO 64093  
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## HOME HEALTH & HOSPICE

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November is Home Health and Hospice Month. Johnson County Community Health Services proudly serves Johnson and Lafayette Counties with Home Health and Hospice services.

**HOME HEALTH:** Home Health services include physical, occupational, and speech therapy. It also includes nursing for medication and disease teaching and management, wound care, IV therapy and catheter care. Health aides and social workers are also available.

**HOSPICE:** Hospice provides home care and pain management to patients with life-limiting conditions. It focuses on relieving symptoms for patients with a life expectancy of six months or less. Hospice recognizes dying as a natural part of the living process and focuses on maintaining the quality of remaining life, while also addressing the physical, emotional and spiritual needs of both the patient and the family.



## “Improving Your Quality of Life”

Here are some ideas on how to have a **healthier** Thanksgiving:

Remove the skin from the turkey before eating.

Eat breakfast and lunch like normal, don't skip meals to save up calories for the

“big” meal.

Eat plenty of veggies. Fill your plate 2/3 full with vegetables first, before adding meat and potatoes.

Drink lots of water. Don't waste calories on sugary drinks.

Limit your sweets. Keep your dessert portions small or choose fruit instead.

Leave the table when you are finished eating.

**Have a happy and healthy Thanksgiving!!!**

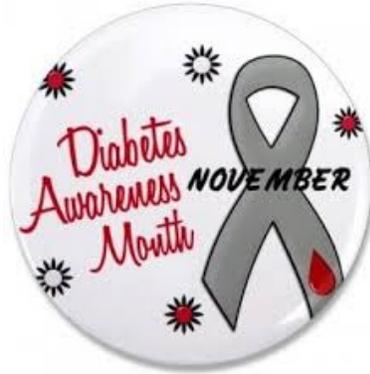


## American Diabetes Month 2015 Theme: EAT WELL, AMERICA!

The **American Diabetes Association** is celebrating it's **75th Anniversary** this year and wants to share a timeless message: *that eating well is one of life's greatest pleasures, and enjoying delicious, healthy food helps with diabetes management.*

Follow the **American Diabetes Association** through the month of November at: [www.diabetesforecast.org/adm](http://www.diabetesforecast.org/adm) to learn more about diabetes, get nutritious recipes, learn how to choose,

prepare, serve and eat healthy food, find tip sheets, shopping lists, and so much more!!



### Common Diabetes Symptoms

- \*Urinating often
- \*Feeling very thirsty
- \*Feeling very hungry-even though you are eating
- \*Extreme fatigue
- \*Blurry vision
- \*Cuts/bruises that are slow to heal
- \*Weight loss-even though you are eating more (type 1)
- \*Tingling, pain or numbness in the hands/feet (type 2)

## November is National Family Caregiver Month



This is National Family Caregiver Month! Remember to honor the caregivers in your life!

More than **65 million** people in the United States provide care for chronically ill, disabled or aged family members or friends during any given year.

Those 65 million people spend **20 hours** a week providing that care.

That care is valued at **\$375 billion** a year, which is almost twice as much as is spent on homecare and nursing home services combined.

*These are huge numbers, take time today to let someone in your life that is a caregiver know how much they are appreciated for what they do!*



## Antibiotics: Will they work when you really need them?

Get Smart About Antibiotics Week is November 16-22, 2015. The one week observance raises awareness of the threat of antibiotic resistance and the importance of appropriate antibiotic prescribing and use. Antibiotics are powerful tools for fighting illness, but overuse of antibiotics has helped create new strains of infectious diseases. The problem is that we expect antibiotics to work for every illness, but they don't. It

is estimated that 50% of antibiotics are unnecessarily prescribed in office settings for upper respiratory infections like cough and cold illness, most of which are caused by viruses. (See chart.) Visit the CDC's website (Centers for Disease Control and Prevention) for more information on this topic.

[www.cdc.gov/getsmart](http://www.cdc.gov/getsmart)

When an antibiotic is not prescribed, ask your healthcare professional for tips on

how to relieve symptoms to feel better.

Illness	Usual Cause		Antibiotic Needed
	Virus	Bacteria	
Cold	<input checked="" type="checkbox"/>	<input type="checkbox"/>	No
Flu	<input checked="" type="checkbox"/>	<input type="checkbox"/>	No
Chest Cold (in otherwise healthy children and adults)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	No
Sore Throats (except strep)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	No
Bronchitis (in otherwise healthy children and adults)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	No
Runny Nose (with green or yellow mucus)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	No
Fluid in the Middle Ear (otitis media with effusion)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	No



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**"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:**  
 11/5: Food Safety @ 10  
 11/10: ServSafe Class @ 8  
 11/17: Food Safety @ 2

**CPR/First Aid:**  
 11/12: CPR/First Aid @ 9

**Other Events:**  
 11/11: Office Closed-Veterans Day Holiday  
 11/19: Board Of Trustees Meeting @ 10  
 11/20 & 11/21: Hospice Holiday Homes Tour  
 11/24: CCHC Training @ 6:30  
 11/26 & 11/27: Office Closed-Thanksgiving Holiday

**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)



[www.johnsoncountyhealth.org/holidayhomestour/](http://www.johnsoncountyhealth.org/holidayhomestour/)

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)*

