



JOHNSON COUNTY
COMMUNITY HEALTH SERVICES
Home Health • Public Health • Hospice

Johnson County Community Health Services

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

Summer Safety Series (Part2)



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WATER SAFETY



Watch kids around pools. Most drowning and near-drowning incidents occur when a child falls into a pool. Never leave a child unsupervised near a pool.

If you plan to swim in a river or stream, use extreme caution and stay away from swift moving water. Heavy rain and flash flooding makes many swim holes, rivers and streams unpredictable and dangerous.

Don't allow floaties or other flotation devices to take the place of close supervision and teach your children to never enter the water without an adult present.

When boating, insist on a life jacket.



FIREWORKS SAFETY

Follow these safety tips when using fireworks:

***Never allow young children to play with or ignite fireworks.**

***Always have an adult supervise fireworks activities, even sparklers. Sparklers burn at temperatures of about 2000 degrees!**

***Never place any part of your body directly over a fireworks device when lighting the fuse.**

***Never try to re-light or pick up fireworks that have not ignited fully.**

***Never point or throw fireworks at another person.**

***Keep a bucket of water or a garden hose handy in case of fire or other mishap.**



“Improving Your Quality of Life”



Sunscreen is an important tool in the fight against skin cancer, but it is only effective if used properly.

First you must choose the right sunscreen. Be sure it is a **Broad Spectrum Sunscreen**. Broad Spectrum means that it protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB)

rays, both of which can cause cancer.

It should be **SPF (Sun Protection Factor) 30 or higher.**

This determines how well a sunscreen protects you from sunburn.

It should be **water resistant** or very water resistant for up to 40 or 80 minutes. Sunscreens are

not waterproof or sweatproof and need to be reapplied. Reapply every 2 hours or more often if in and out of water.

Be sure to follow directions on the bottle, shake it up before using, apply generously 20 minutes before going out and be sure it hasn't expired.





Proper Tick Removal



Ticks can infect in ten hours or less. Prompt removal can prevent serious illness or death!

The first step is to try and not get ticks on you in the first place. Avoid areas ticks would be in (over-hanging grass and brush) and stay on walkways and paths. Dress properly by wearing light-colored clothing and tuck pants into socks. Be sure to apply insect repellent containing 20-50% DEET.

Once you come in from spending time

outdoors, promptly do a thorough body check and check for any ticks. If you find any, remove them immediately.

Follow these steps to properly remove an attached tick:

1. Using tweezers, grasp tick near the mouth-parts, as close to the skin as possible.
2. Pull tick firmly, straight out, away from skin. Do not jerk or twist the tick.
3. DO NOT use alcohol, matches or

petroleum jelly to remove the tick.

4. Wash your hands and the bite site with soap and water after the tick is removed. Apply an antiseptic to the bite site.
5. Tell your doctor you had a tick bite if you develop symptoms such as fever, headache, fatigue or rash.

Summer Recipe: Caprese Avocado Toast

This delicious recipe brought to you by
Two Peas & Their Pod

[http://
www.twopeasandtheirpod.com/
caprese-avocado-toast/](http://www.twopeasandtheirpod.com/caprese-avocado-toast/)



Yield: Serves 4 prep/total time: 10 minutes

Ingredients:

2 ripe avocados
2 teaspoons fresh lemon juice
Sea salt & black pepper, to taste
4 slices bread, toasted
4 ounces fresh mozzarella, sliced & cut into pieces, to fit the bread
1 cup grape tomatoes, halved
1/4 cup basil leaves, roughly chopped
Balsamic Glaze, for drizzling

Directions:

1. Cut the avocados in half, remove pit and scoop the flesh into a small bowl. Add the lemon juice, sea salt and pepper. With a fork, mash the ingredients together, keeping the texture slightly chunky.
2. Spread the mashed avocado evenly onto toasted bread slices. Top with fresh mozzarella slices, tomatoes and basil. Season with additional salt and pepper, if desired. Drizzle with balsamic glaze and serve immediately.

National Make A Difference To Children Month



July is National
"Make a
Difference
to Children"
Month

Show a child today that you care!!



Do you remember an adult from your childhood that made a difference in your life?? **Be that adult today!!** This yearly observance gives us all the opportunity to think about what we can do for a child today that can make a difference in their life now and forever.

Pick an event or activity to do with a child today (in addition to your own children). Do something that will make a positive difference or impact on that child. Support an organization that serves children by either volunteering your time or by supporting them financially.

Make a difference in a child's life today!!



Johnson County Community Health Services
723 PCA Road
Warrensburg, MO 64093
Phone: 660-747-6121
Fax: 660-747-1294
WIC: 660-747-2012



"Improving Your Quality of Life"

for over 40 years!



Event Calendar

Food Safety Classes:
 7/21: Food Safety @ 2
 7/26: Food Safety @ 10

CPR/First Aid:
 7/14: CPR/First Aid @ 9

Other Events:
7/4: Office Closed
 7/27: Breastfeeding Class -
 (Call WIC at 747-2012 For More Information)
 7/28: Board Of Trustees Meeting @ 10

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

Save The Date - Holiday Homes Tour 2016



We are looking for event Sponsors and Volunteers again this year!!

If you are interested in being a sponsor, donating an item or volunteering to help out in one of the homes, please give us a call today!!

660-747-6121



What did we do with the proceeds from last year's Holiday Homes Tour? Your wonderful efforts have allowed us to:

- *Provide "Comfort Care Bags" for all patients upon admission.
- *We started an "Indigent Patient Fund" by setting aside 50% of the event proceeds to build up over the next 5 years, which will allow us to be able to offer services to those without insurance or any means to pay for hospice service.
- *Offering a "Gift of Remembrance" to the families.
- *Building up our inventory of bed alarms, baby/video monitors, washable bed pads and lumbar pillows to make available to every hospice patient, as needed.



This year's Hospice Holiday Homes Tour will be:

November 18th and 19th.