



10 TIPS FOR REINVENTING YOURSELF DURING HEALTHY AGING MONTH

Healthy Aging Month is an annual observance month designed to focus national attention on the positive aspects of growing older.

1. **Do not act your age** or at least what you think your current age should act like. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. Some people may say this is denial, but we say it's positive thinking and goes a long way toward feeling better about yourself. (Tip: Don't keep looking in the mirror, just FEEL IT!)
2. **Be positive in your conversations** and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive. (Tip: Stop watching the police reports on the local news.)
3. **Surround yourself with energetic, happy, positive people** of all ages and you will be happier too. Distance yourself from people who do not have a positive outlook on life. They will only depress you and stop you from moving forward. (Tip: Smile often. It's contagious and wards off naysayers.)
4. **Walk like a vibrant, healthy person.** Come on. You can do it! Analyze your gait. Do you walk slowly or perhaps, have a fear of falling? (Tip: Make a conscious effort to take big strides, walk with your heel first, and wear comfortable shoes.)
5. **Stand up straight!** You can knock off the appearance of a few extra years with this trick your mother kept trying to tell you. Look at yourself in the mirror. Are you holding your stomach in, have your shoulders back, chin up? Fix your stance and practice it every day, all day until it is natural. You will look great and feel better.
6. **How's your smile?** Research shows people who smile more often are happier. Your teeth are just as important to your good health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being. (Tip: Go to the dentist regularly and look into teeth whitening.)
7. **Lonely?** Pick up the phone, landline, or cell and make a call to do one or more of the following: Volunteer your time, take a class, invite someone to meet for lunch, brunch, dinner, or coffee. (Tip: Volunteer at the local public school to stay in touch with younger people and to keep current on trends or choose a new person every week for dining out!)
8. **Start walking** not only for your health but to see the neighbors. Have a dog? You'll be amazed how the dog can be a conversation starter. (Tip: If you don't have time for a dog, go to your local animal shelter and volunteer. You will be thrilled by the puppy love!)
9. **Get a physical.** Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while. (Tip: For a list of recommended annual health screenings, a great resource is the My Health Finder.)
10. **Find your inner artist.** Who says taking music lessons is for young school children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin, or tuba? Have you ever wondered if you could paint a portrait or scenic in oil? What about working in wood?

HAPPENINGS



September is the ninth month and the only month with the same number of letters in its name in English as the number of the month.

Kansas Health Foundation Awards Health Improvement Grant to the Foundation

The Kansas Health Foundation (KHF) has awarded more than \$362,000 to 17 organizations across the state in an effort to build capacity to reduce health disparities through its Impact and Capacity Grants (ICG) Initiative. These grants of up to \$25,000 are given to nonprofits addressing at least one of KHF's four impact areas: educational attainment, access to care, healthy behaviors or civic and community engagement. "These grants for direct health-improvement projects and building organization capacity will help address health needs of Kansans," said Michael Lennen, KHF interim president and CEO. "We look forward to seeing what difference these projects can make."

Friends of Kiowa District Hospital and Manor Foundation was given a \$25,000 capacity building grant to hire a community health worker to increase capacity of staff to better understand and resolve health care access barriers for underserved Barber County community members.



WORLD SUICIDE PREVENTION DAY

Every year on September 10th, countries around the world join together to bring attention to World Suicide Prevention Day.

Suicide prevention remains a universal challenge. Every year, suicide is among the top 20 leading causes of death globally for people of all ages. It is responsible for over 800,000 deaths, which equates to one suicide every 40 seconds. Every life lost represents someone's spouse, child, parent, friend or colleague. For each suicide approximately 135 people suffer intense grief or are otherwise affected. This amounts to 108 million people per year who are profoundly impacted by suicidal behavior. Suicidal behavior includes suicide, along with suicidal ideation and suicide attempts. For every suicide, 25 people make a suicide attempt and many more have serious thoughts of suicide.

You can make a difference – as a member of society, as a child, as a parent, as a friend, as a colleague or as a neighbor. There are many things that you can do daily, and also on World Suicide Prevention Day (WSPD), to prevent suicidal behavior. You can raise awareness about the issue, educate yourself and others about the causes of suicide and warning signs for suicide, show compassion and care for those who are in distress in your community, question the stigma associated with suicide, suicidal behavior and mental health problems and share your own experiences.

Kiowa District Healthcare is hosting a mental health awareness presentation on September 12th at 2:00 pm in the South Barber High School Auditorium. Join us, and start making a difference in our community for those who are impacted by mental health problems.

"That old September feeling ... of summer passing, vacation nearly done, obligations gathering, books and football in the air ... Another fall, another turned page: there was something of jubilee in that annual autumnal beginning, as if last year's mistakes and failures had been wiped clean by summer."
— Wallace Stegner

IMPORTANT DATES IN SEPTEMBER

September 2nd	- Labor Day Celebration - 5K, Cake Walk, Bingo, Tacos, Inflatables, and more!
September 10th	- World Suicide Prevention Day
September 21st	- 6th Jeans and Gems at Kiowa Community Building 5:30 pm - 11:00 pm
September 23rd	- Yoga in the Park at Kiowa City Park 7:30 pm

EMPLOYEE SPOTLIGHT

Krisgina Fossoh



This month, our Employee Spotlight is Krisgina Fossoh, Director of Nursing at the Manor! Krisgina grew up in Hunnewell, KS and currently resides in Kiowa KS. She is the single mother of 5 children - one son who is married and in the army at Fort Bragg in North Carolina, and four daughters. Her oldest daughter is Army reserve and is going to school

to be a nurse, and she also has a 14 y/o daughter, a 9 year old daughter and a 6 y/o daughter. One thing that is on Krisgina's bucket list is to visit Machu Picchu in Peru to explore the Inca ruins. When asked what her most memorable experience was, Krisgina answered, "attending my daughters military graduation, and when I was young, riding between my parents on a motorcycle, riding and camping from Kansas to Colorado." A few things that others might not know about Krisgina is that when she was in high school she was a cheerleader, her first job was at South Haven Guest Home as a cook and dishwasher, and at the end of her college career she was a part of the Kansas Newman College Spirit Squad dance team. "Last I knew, a huge picture of me in my spirit squad outfit was taken from the student union when it was remodeled and hung in the admission's office!" At work, Krisgina loves spending time with her residents and allowing them to tell stories about their life's adventures. On her days off, she likes to spend time with her children, travel to new places, spend time with friends, attend classes or groups she has an interest in at the time, work on spiritual and personal growth and development, health and wellness, and networking. We asked Krisgina what one dish she absolutely, positively refused to eat, and she said, "I have no desire to eat or try blowfish!" Finally, we asked her what her favorite part of working at Kiowa District Healthcare was. She said, "I enjoy the people I work with and how welcoming and supportive the community is."



Like us on Facebook to stay up to date on events, programs, and more health tips!



Are you eating enough fruits and veggies?

Just 1 in 10 adults meet the federal fruit or vegetable recommendations, according to a new study published in a report by the CDC in 2017. A diet rich in vegetables and fruits can lower blood pressure, reduce the risk of heart disease and stroke, prevent some types of cancer, lower risk of eye and digestive problems, and have a positive effect upon blood sugar, which can help keep appetite in check. Eating non-starchy vegetables and fruits like apples, pears, and green leafy vegetables may even promote weight loss. Their low glycemic loads prevent blood sugar spikes that can increase hunger.

Here are some tips to help you eat more vegetables and fruits each day:

1. Keep fruit where you can see it.
2. Explore the produce aisle and choose something new.
3. Skip the potatoes.
4. Try cooking new recipes that include more veggies.

JEANS & gems
SMALL TOWN SATURDAY NIGHT

SEPT 21ST

Buy your tickets in advance and be entered into a drawing for a \$50 auction credit!

\$30 single / \$50 couple

Foundation Update

Get your tickets to join Friends of KDH&M Foundation for the 6th Jeans & Gems "Small Town Saturday Night" burger bar with all the trimmings, drinks, shortcake bar, MC and DJ Austin Graves, live entertainment by Lane Haas Band, and spirited fundraising auctions.

Thanks to strong support from sponsors and auction bidders, previous Jeans & Gems events raised \$120,000 for the benefit of local health care services. This year the funds will help support Phase II of our "Where Community and Care Come Together" campaign for the Wellness/Physical Therapy and Behavioral Health Building Addition Project.

For all advance ticket holders there will be a drawing for a \$50 auction credit. Tickets are \$30/person or \$50/couple & may be purchased at Kiowa District Hospital Business Office. You can get a preview look at many of the auction items displayed in Studio 534 front windows and KDH Facebook page. Come have a Saturday Night fun time that benefits local health care for all of us.

Is your child's backpack too heavy?



Backpacks that are too heavy or are worn incorrectly can cause problems for children and teenagers. Improperly used backpacks may injure muscles and joints. This can lead to severe back, neck, and shoulder pain, as well as posture problems.

To prevent injury when using a backpack, do the following:

- **Always use both shoulder straps** when carrying the backpack. The correct use of both of the wide, well-padded shoulder straps will help distribute the weight of the backpack across the back.
- **Tighten the straps** to keep the load closer to the back.
- **Organize the items inside** so that heavier items are low and towards the center of the backpack.
- **Pack light**, removing items if the backpack is too heavy.
- **Carry only those items that are required for the day** and, if possible, leave unnecessary books at home or school.
- **Lift properly by bending at the knees** when picking up a backpack.
- **Only allow children to carry 10-15%** of their body weight in their backpack.



BREAKFAST BANANA SPLIT

Who says you can't eat dessert for breakfast?

INGREDIENTS

- 1 banana, split lengthwise
- 1 c. vanilla yogurt
- 1/4 c. blueberries
- 1/4 c. chopped strawberries
- 4 tbsp. granola
- Honey, for drizzling

INSTRUCTIONS

1. Place banana slices in a long narrow serving dish. Scoop yogurt on top. Drizzle with honey and top with blueberries, strawberries and granola. Serve immediately.



September 23rd - 7:30 pm
in Progress Park