



STAYING SAFE AS THE STATE REOPENS

Governor Laura Kelly released her four phase plan to reopen the state on April 30th. As we enter phase one, restaurants, childcare centers, higher education facilities, libraries, and retail stores are allowed to reopen, some with restrictions. While for many this serves as the green light shining, it is imperative to realize that phase one still advises social distancing. COVID-19 still poses a serious threat as it can be spread quickly from person to person among close contact within 6 feet of others.

Each of us is undoubtedly counting down the days until we can hug our friends, throw a party, file into a stadium or board an airplane; but with global confirmed cases and COVID-19 deaths rising by the thousands each day, it's important to remember that even as some restrictions loosen, there's still much we don't know about the long-term behavior of this virus. Even in states that are starting to reopen, the warning remains clear: If cases surge again, the lockdowns will return.

At the end of the day, we must remember that the goal of the stay-at-home order is to keep our hospitals from being overwhelmed with patients in critical condition and to minimize risk for acquiring life-threatening symptoms. As our state begins loosening our stay-at-home order, here are some important tips to remember in order to keep us all safe and allow reopening to happen gradually.

HAPPENINGS



-Keep washing your hands!

Although there are substantial economical reasons for business to reopen, the need for good hand hygiene does not disappear. Make sure the good hand-washing habits you've acquired over this time will stick around. Always wash your hands after coming into contact with people and common surfaces.

-Don't immediately go visit high risk people.

Many of us have been separated from our loved ones who are older or immunocompromised for weeks at this point. That being said, now is not the time to barrage those loved ones with company. As we await a vaccine that can protect that at-risk population, it could be up to a year until that vaccine comes. While the vaccine may take that long, antibody testing is a promising method in development that could tell a person if they have been exposed. This all being said, it is still a good idea to keep your distance from those who are at risk.

-Don't plan a big international vacation.

After staying home for over a month, each of us is itching to hop on a plane and explore somewhere new. Although airfare and hotel prices may be enticingly cheap when nonessential travel is deemed acceptable again, you should remember that intermingling with strangers is nearly impossible to avoid in airports and airplanes.

-Don't toss out your face masks!

It is likely that we will be asked to wear masks for an extended amount of time to continue reducing the spread, especially when people begin to congregate as businesses and places open up gradually.

-Don't get too comfortable.

For many of us, it is a large relief that things are beginning to reopen and that it is starting to feel as if we may be on our way back to 'normal.' What's important to understand is that we may have to learn a new normal. It is impossible to know what's around the corner with COVID-19. A sudden surge in new cases could make it necessary to reinstate quarantine measures, or, worse, if a new strain emerges.

When the time comes, the smart thing to do is remain cautiously optimistic about regaining your freedom to move, but remain realistic that we don't know what the future holds. So keep those homemade face masks handy.



Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental illness. May is Mental Health Awareness Month and every year the goal is to fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families.

Mental Health Awareness Month was started in the United States in 1949 by the Mental Health America organization (then known as the National Association for Mental Health). Its purpose is to raise awareness and educate the public about mental illnesses, such as the 18.1% of Americans who suffer from depression, schizophrenia, and bipolar disorder; the realities of living with these conditions; and strategies for attaining mental health and wellness. It also aims to draw attention to suicide, which can be precipitated by some mental illnesses.

For the month of May, Mental Health America and NAMI are challenging you to make small positive changes in your life that can benefit your mind and your body. You may be surprised by how much positive impact one small change can have on your life.

Foundation Update

What will our community health care look like when the COVID-19 crisis is under control?

Fortunately, Kiowa District Healthcare administrators, board members and staff keep this question in mind as they deal with the current needs and concerns related to providing care during a pandemic. Plans for the Behavioral Health and Wellness building project that includes space dedicated for Mental Health Services and Physical Therapy are near completion. As soon as all the pieces of the plan are in place, construction can begin with the goal of completion by the end of this year.

"Where Community and Care Come Together" Phase 2 capital campaign is pledged to contribute \$450,000 of the \$1.35 million project cost. Friends of Kiowa District Hospital and Manor Foundation is honored to announce generous donors have already helped us reach \$200,000 towards our goal! 100% of donated Phase 2 funds directly support Kiowa District Healthcare capital needs and help leverage additional grant funding. Every gift in any amount is deeply appreciated.

To learn more about "Where Community and Care Come Together" Phase 2 capital campaign and how your support can make a difference in local health care that benefits all of us, contact Janell Goodno, KDH CEO\CFO, 620-825-4131, jgoodno@k-d-h.com, or Judy Schrock, Friends of KDH&M Foundation President, 620-825-6160, judy schrock26@gmail.com.



One Ingredient Banana Ice Cream

What should you do with over-ripe bananas? Don't toss them! Freeze them and then throw them in the blender to make this delicious and creamy frozen dessert.

Ingredients

- 2 1/2 bananas (can use 2-3 bananas)
- 3 tablespoon 1% milk
- chocolate syrup (optional)

Directions

1. When bananas have become very ripe, peel and slice them into medium size round pieces. Place on a plastic wrap covered baking sheet and put in freezer overnight.
2. Place frozen bananas in a food processor or blender with a small splash of milk (not over 1/4 cup total).
3. Pulse food processor or blender until bananas begin to break up. They will be tiny balls of bananas at this point.
4. Using a spoon or rubber spatula, scrape down the banana mixture. Continue running the food processor until the mixture is smooth and creamy. This may take a few minutes. The ice cream will look and tasted like soft serve ice cream when finished.
5. Serve in an ice cream cone or in a small bowl with a small ribbon of chocolate syrup on top (optional).

Important Dates in May



May 10 - Mother's Day

May 29 - National Don't Fry Day

May 31 - Memorial Day

The Science of Sleep

Why you need your daily dose of zzzs

Sleep not only feels good, but it's vital for our overall health. Science has shown us that sleep allows your brain to do some basic housecleaning. While you sleep, your brain takes out the trash and carefully puts away your memories. Enough sleep also keeps the rest of your body running in tiptop shape, helping you to burn fat and rejuvenate tissue. In fact, sleep is an important daily medicine for your brain and body.

Wake up to good health

More and more people are appreciating the important role of sleep. A sleep study revealed that the vast majority of people rated a good night's sleep as the most important factor for their health and well-being. This is especially true as we age, and the majority of survey respondents over age 55 strongly agreed that there is an important connection between mattresses and health. Most people surveyed also believe sleep is an essential factor in work productivity, overall energy, and physical and mental agility. Despite this fact, more Americans are getting less sleep than ever before. 45% of those surveyed recently say they are not getting enough sleep, compared with 27% in 2000 and 36% in 2004. With such an epidemic going around, it's important to work hard at getting enough sleep so you can start the day refreshed and rejuvenated.

78% of people surveyed say they want improvement in their sleep quality, and 49% say they would like to own a better mattress than they currently do.

What lies beneath

Studies reveal that your mattress plays an important, if not critical, role in how well and how long you sleep. Four out of five survey respondents agreed that poor mattresses affect sleep quality. Once a mattress is seven years old it has reached the end of its lifespan, and can no longer support and cushion your body well enough for you to sleep comfortably and get the benefits you need from sleep. Replacing your mattress can make it easier to sleep, relieving back pain and body aches. 85% of people surveyed believe sleeping on a bad mattress can cause serious back problems. Getting a new mattress also means that the pounds and pounds of pet dander, dust mites and allergens that have taken up residence in your old mattress are gone, allowing you to breathe easier and be healthier while you sleep. A healthier you starts with a new mattress.