



JUNE IS GREAT OUTDOORS MONTH

On June 5th of 2019, the US Senate officially designated June as 'Great Outdoors Month.'

'Great Outdoors Week' began under President Clinton in 1998 and has grown under the Bush, Obama, and Trump administrations into a month-long celebration of the outdoors. Since 2008, governors from across the country have joined in designating June as a month to celebrate the great outdoors and more than half the states have already proclaimed June 2020 as Great Outdoors Month!

There's no better way to spend Great Outdoors Month than getting out to America's public lands and waters. You can stroll through fields of wildflowers, make a new feathered friend, take part in a thrilling event or embrace an American tradition. Connecting to nature and getting some exercise is good for the mind, body and soul. Your chances for adventure are as numerous as the stars in the sky.

Need some ideas to celebrate Great Outdoors Month? Try one of these!

Go Fishing.

Alone or with friends and family, fishing is a fun and relaxing opportunity to enjoy the outdoors. Every year, over 30 million people go fishing, many of them on public lands and waters. From the calm of fly fishing in a Montana stream to the thrill of sportfishing in the Gulf of Mexico, fishing is a great way to support conservation and inspire your next water-cooler story.

HAPPENINGS



Look Up!

After the sun goes down, the skies above America's public lands come alive. Some of the last harbors of dark skies, public lands provide unspoiled views of the stars glittering above. While fewer than 500 stars may be visible at night in urban areas because of light pollution, you can see up to 15,000 stars on some public lands. At public lands across the country, we're working to protect these truly dark skies for visitors to enjoy. Whether you're an astronomy expert or a lover of night skies, these public lands offer up some of the best opportunities to see extraordinary natural lightscapes.

Take a hike.

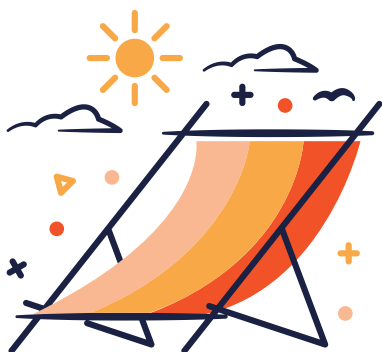
No matter how many times you walk down a trail, there is always something new to be found. Great Outdoors Month is the perfect time to explore the nearly 60,000 miles of trails that honor our country's diverse landscape and history. There are 11 national scenic trails, 19 national historic trails and over 1,200 national recreation trails throughout the country that link historic sites, wildlife refuges, national parks, national forests and wilderness areas. Whether you like to walk, hike, ride horseback, or bicycle, there is a trail for you.

Join the tradition.

Hunters have played a major role in the conservation of the nation's wildlife resources since the late 19th century. American conservation giants like Theodore Roosevelt and Aldo Leopold were both avid sportsmen. Their passion for wildlife and hunting helped shape our nation's wildlife management philosophy and public lands as we know them. By maintaining ethical traditions and respecting nature, sportsmen and women continue to be vital stewards of wildlife and habitat today.

Roll out.

Grab adventure by the handlebars and enjoy some two-wheeled fun on your public lands. Parks, wildlife refuges and recreation areas across the country offer excellent opportunities for bikers to ride through gorgeous landscapes, learn about history from behind their handlebars or even share the trail with wildlife. So strap on your helmet, check your tires, grab your water bottle and scoot on down one of these amazing trails. We hope you have a wheelie good time.



It is the month of June, the month of
leaves and roses, when pleasant
sights salute the eyes and pleasant
scents the noses.

—Nathaniel Parker Willis

Men's Health Month is June!

Did you know that, on average, men are less healthy and have a shorter life expectancy than women? Part of the reason for this health gap is that men don't take care of themselves as well as women do. Men are more likely to engage in unhealthy behavior, and less likely than women to adopt preventive health measures. They're also less likely to have health insurance, more likely to work in dangerous occupations, and often put off going to the doctor even when they really should go. As a result, men die younger — and in greater numbers — of heart disease, stroke, cancer, diabetes, and many other diseases. In 1920, women outlived men by an average of one year. Today, that difference is more than five years. June is recognized as Men's Health Month, the perfect time to prioritize health as a man. Here are some fast facts to show just how important it is to take your health into consideration.



Why Men are at High Risk

- A higher percentage of men have no healthcare coverage.
- Men make 1/2 as many physician visits for prevention.
- Men are employed in the most dangerous occupations, such as mining, fire fighting, construction, and fishing.
- Society discourages healthy behaviors in men and boys.
- Research on male-specific diseases is underfunded.
- Men may have less healthy lifestyles including risk-taking at younger ages.

Effect on the Aging Population

- More males than females are born (105 vs.100), but from age 35, women outnumber men.
- Of the 9 million+ older persons living alone, 80% are women.
- More than 1/2 the elderly widows living in poverty were not poor before the death of their husbands.
- At age 100, women outnumber men 8 –1.

Foundation Update

We are entering another chapter in health care in our community. Construction on the Kiowa District Healthcare Behavioral Health and Wellness building addition project is scheduled to begin early this summer with goal of caring for patients in more suitable expanded areas by end of this year. Spaces intentionally designed to allow room for physical therapy movements and privacy, confidential behavioral health counseling for individuals and groups at the same time and meeting room area large enough for staff education are included in this Phase II of the Kiowa District Healthcare master plan.

Friends of Kiowa District Hospital and Manor Foundation is honored to work with generous donors who made it possible for \$250,000 of the \$450,000 Foundation project pledge to already be available to launch construction. Now is the time when your investment in local health services through your local foundation gives current and future value for your family and community.

With this level of support, by paying forward the dedication those who came before us made to establish and continually improve the quality of life we enjoy in our community today, we now are fortunate to make it possible for future generations to benefit from a well-planned, updated, welcoming environment in which to get health care at home.

Thank you to everyone who has had a role in the planning process, everyone who gives donations in support of the "Where Community and Care Come Together" campaign, and everyone who provides the valuable health care we receive. Our community benefits every day from your endeavors.

You are invited to contact Judy Schrock 620-825-6160, judyschrock26@gmail.com and Janell Goodno 620 825-4131 Ext. 1001, jgoodno@k-d-h.com for more information.



Thai Chicken Broccoli Salad with Peanut Dressing

This no-cook, Thai-inspired salad is high in protein. You can put it together quickly for a healthy evening meal.

Ingredients

Peanut Dressing

- 2 tablespoons low-sodium natural peanut butter
- 2 teaspoons soy sauce (lowest sodium available)
- 1 tablespoon plain rice vinegar or fresh lemon juice
- 2-3 tablespoons water

Thai Chicken and Broccoli Salad

- 2 cups fresh broccoli
- 2 cups chopped cooked skinless chicken breast
- 1 15-ounce can no-salt-added sweet peas, rinsed and drained
- 1 11-ounce can mandarin orange slices in their own juice or light syrup, drained
- 1/4 cup chopped onion (white or yellow or green onions)

Directions

Peanut Dressing

1. In a small bowl, whisk together the peanut butter, vinegar, and soy sauce.
2. Starting with 2 tablespoons water, whisk in enough to thin the dressing to your desired consistency.

Thai Chicken and Broccoli Salad

1. In a large bowl, stir together the salad ingredients.
2. Pour the dressing over the salad, tossing to combine.

Global Running Day

Global Running Day is a worldwide celebration of running that encourages everyone to get moving. This day plays an important role, reminding us of the positives that running can offer and the power of unification. It's mission seems more important than ever right now, as people everywhere attempt to stay active and healthy. During these challenging times, many people are turning to running as a solution to help release anxiety, gain perspective, cope with cabin fever, and keep up wellbeing. Whether you're experienced or a beginner, running is a great way to get exercise in your life. Need a place to start? Try these tips to make running part of your routine!

- **Make a plan:** Duhigg says every habit is made up of a group of cues (time, place, music, other people); a reward (chocolate, massage, smoothie); and a routine (the workout). Write down your cues and rewards and post your plan somewhere you can see it.
- **Keep it regular:** Run at the same time of day and listen to the same pre-workout music. 'The cues have to be consistent,' says Duhigg. 'You're creating neural pathways that make the activity a habit.'
- **Reward yourself:** Treat yourself to something you enjoy straight after you exercise, so your brain associates exercise with an immediate reward. 'You have to teach the brain through experience,' says Duhigg.
- **Build a support system:** Equip your routine with things that will make you feel good, says Duhigg. Run with friends or go to a parkrun, and track your miles so you can see your progress.



Important Dates in June



June 21 - Father's Day