



THE ULTIMATE GUIDE TO HAVING A HAPPY AND HEALTHY WINTER

We all know how it goes in winter...The temperature drops, and every day seems to be shorter than the last. With darker afternoon and colder weather, finding the motivation to stay healthy and fit can be difficult. It's easy to get in the habit of staying inside and binge-watching on Netflix because it's comfortable and "too cold" to do anything else. You're also more likely to feel the winter blues because you're not out getting sunlight and or activity outside. And to top it all off, 'tis the season for the flu.

We know winter can be harsh, so here are some of the best health and wellness tips for winter to help you beat the blues and reduce the odds of catching those nasty bugs. Use these winter health tips for a very merry season!

Stay hydrated

It's commonly believed that you only need to drink water when it's hot outside or when you're engaged in activities that make you sweat. But, hydration is essential at any time of the year, especially during winter, when dry air takes away from the moisture in your body. Hydration has a significant effect on how your body functions. It's essential not only for cognitive health, but also regulating digestion. Start each day with a large glass of water, and don't forget to carry a bottle with you wherever you go. It's recommended to drink eight eight-ounce glasses of water a day to stay properly hydrated. If you feel its too cold for water, herbal tea counts as water as well!

Calm your carb cravings

Ever wonder why the colder seasons tend to ignite our cravings for more carbs and comfort foods? After you consume these delicious foods, your serotonin levels rise, making your brain think that you are happier. Then as the day wears on, your carb cravings get stronger and stronger as your brain wants to experience that surge in serotonin. To counter this, try eating a protein-packed breakfast to keep your energy levels up throughout the day and be sure to have healthy snacks on hand.

HAPPENINGS



THE ULTIMATE GUIDE TO HAVING A HAPPY AND HEALTHY WINTER (CONT'D)

Make sure to get your healthy fats

Our body's ideal fuel source is good, healthy fats. In the winter months, our bodies naturally prefer to hibernate as the days are shorter, and we're moving slower. Because of this, it's a good idea to pull back on excess carbohydrate consumption and fill your diet with nutrient-dense healthy fats instead. Healthy fats give you energy but won't spike your insulin (the "fat-storing" hormone) as excess carbohydrates do. Also, Omega 3 fatty acids are great for reducing joint pain and stiffness as they are a natural anti-inflammatory. Studies have also shown that omega-3 fatty acids help lower levels of depression, which people commonly feel during the shorter days of winter.

Make sure you get adequate sleep

Getting the right amount of good quality sleep is one of the easiest things you can do to help keep your immune system going strong. Research shows that sleep not only helps support the body's immune system, but lack of sleep also may negatively impact the immune system. According to the National Sleep Foundation, adults should aim for seven to nine hours of sleep per night

Take the right supplements

Multivitamins help fill in the nutritional gaps in your diet so you can stay healthier. While a good multivitamin may not prevent colds, it can help support the immune system and encourage your body to heal faster. Also, Vitamin C is an antioxidant that supports the body's immune system. In addition, taking a high-quality Vitamin D (which we tend to lack during the winter months), and Omega 3/DHA can help with winter blues.

Wash your hands

Frequent hand washing throughout the day is an absolute must in staying healthy in the winter. It not only helps protect your immune system and prevent you from developing the flu and cold, but it protects others around you.

Final thoughts

Many of these tips are easy to implement in your daily life if you add them in slowly. Assessing your health and well-being during the winter will help you to find your own areas for improvement. Recognizing patterns of illness or low energy ahead of time is key to preventing them — or at least to dealing with them as they arise. Hopefully, these health and wellness tips ensure you have many ways to stay healthy, fit, and safe this winter season and beyond.

9.6 million

people die every year from cancer - this number is predicted to almost double by 2030.

At least one third of common cancers are preventable.

70%

of cancer deaths occur in low-to-middle income countries.

Up to 3.7 million lives could be saved each year through resource appropriate strategies for prevention, early detection and timely and quality treatment.

The total annual economic cost of cancer is estimated at approximately

\$1.16 trillion

Cancer is the **second-leading** cause of death worldwide.

#WorldCancerDay 2.4.20

Foundation Update

Over the next 6 months, members of the Barber County Health Coalition are conducting a county wide Community Health Needs Assessment (CHNA) update. (Note: This is different from the 2020 US Census that you will likely complete during the same time period). A similar CHNA was done in 2017 with participation of over 300 county residents.

In order to learn what progress has been made in meeting health needs in the past 3 years, Kiowa District Healthcare, Medicine Lodge Memorial Hospital, Barber County Health Department, Medicine Lodge Community Health Foundation and Friends of Kiowa District Hospital and Manor Foundation are working together with faculty at Wichita State University Community Engagement Institute to conduct an anonymous survey of healthcare perceptions and satisfaction from county residents. Feedback from county residents will also be gathered through community engagement meetings and focus groups.

All Barber county residents are encouraged to take part in the 2020 CHNA. Here's your opportunity to give feedback about what adds to and what challenges your quality of living in our communities in Barber county. Together we can use this information to identify programs and services found to be most important as future plans are made. Dates, times and places where you can get involved will be widely announced as they become available.

AMERICAN HEART MONTH

Traditionally the month for lovers and all things heart related, February also reminds us to take care of our heart. Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices. To make a difference in your community; spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

How can American Heart Month make a difference?
We can use this month to raise awareness about heart disease and how people can prevent it — both at home and in the community.

Here are just a few ideas:

- Encourage families to make small changes, like using spices to season their food instead of salt.
- Motivate teachers and administrators to make physical activity a part of the school day. This can help students start good habits early.
- Ask doctors and nurses to be leaders in their communities by speaking out about ways to prevent heart disease.



*If January is the month of change, February is the month of lasting change.
January is for dreamers, February is for doers. -Marc Parent*

EMPLOYEE SPOTLIGHT

Brena Perschbacher



Where are you from?

Dalhart, Texas

Tell us about your family.

I have been married to Ryon Perschbacher for almost 18 years, we have a daughter, Kate, that just turned 17 years old. She is involved in rodeo, therefore we have lots of animals, including horses, cattle, and goats for her to practice on for her events.

What's the best vacation you've ever been on?

I don't have a favorite vacation, I would just say any that have included white water rafting or snow skiing.

What's something most people don't know about you?

Most people don't know that I am deathly afraid of the dark and snakes.

What aspect of your job do you enjoy the most?

As purchasing and materials management, my most favorite part of my job is getting discounts on supplies. I like to save money where we can at KDH.

What's your favorite thing to do on your days off?

On my days off I like to work in my yard and play with my dog.

What chore do you absolutely hate doing?

My worst chore is cleaning stalls.

What is the best part about working at Kiowa District Healthcare?

The best part about working at KDH is the friendships I have acquired through my 6 years of working here.

Groundhog Day

The legend of Groundhog Day

The earliest mention of Groundhog Day is a diary entry made by James L. Morris of Morgantown, Pennsylvania, on Feb. 2, 1840. The first reported news of a Groundhog Day observance didn't come until years later and appeared in the Punxsutawney Spirit newspaper of Punxsutawney, Pennsylvania, in 1886.

How accurate is Groundhog Day?

While the tradition remains very popular, studies have found no conclusive evidence or a consistent correlation between a groundhog seeing its shadow — or not — and the weather.

What time does groundhog Punxsutawney Phil come out on Groundhog Day?

The most famous groundhog prognosticator is set to come out at 7:25 a.m. on Sunday, Feb. 2 at Gobbler's Knob in Punxsutawney, Pennsylvania, according to the Punxsutawney Groundhog Club. This will mark Punxsutawney Phil's 134th time emerging from his burrow.

What is the main purpose of celebrating Groundhog Day?

The tradition of watching a groundhog emerge from his burrow began as a custom among the German "Dutch" community in Pennsylvania in the 1880s. The 1993 movie "Groundhog Day," starring Bill Murray, also helped boost recognition of the holiday.



IMPORTANT DATES

February 2 - Ground Hog Day

February 14 - Valentine's Day

February 17 - President's Day

February 25 - Mardi Gras

February 26 - Ash Wednesday

February 29 - Leap Day



Shepherd's Pie

Creamy, comforting Shepherd's Pie is a time-tested family favorite.

INGREDIENTS

- 2 large baking potatoes, peeled and diced
- 1/2 cup shredded cheddar cheese
- 1/2 cup non-fat or 1% milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 pound lean ground beef (15% fat)
- 1 teaspoon onion powder (optional)
- 3 Tablespoons flour
- 4 cups frozen mixed vegetables
- 1 teaspoon or cube beef bouillon
- 1 cup water

INSTRUCTIONS

1. Put diced potatoes in saucepan; add enough water to barely cover. Bring to boil. Reduce heat and simmer, covered, until soft (about 15 minutes.).
2. Drain potatoes and mash. Stir in milk, cheese, salt and pepper; set mixture aside.
3. Preheat oven to 375 degrees.
4. Brown meat in a large skillet. Add onion powder, if using. Stir in flour, and cook for 1 minute, stirring constantly.
5. Add vegetables, bouillon and water. Cook 5 minutes until bubbly.
6. Spoon vegetable mixture into 8 inch square baking dish. Spread potato mixture over vegetable/meat mixture.
7. Bake 25 minutes, until hot and bubbly.
8. Refrigerate leftovers within 2 hours.