



## AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

Today, there are so many questions surrounding vaccines and their safety, however, vaccines truly are safe and effective. Because vaccines are given to millions of healthy people — including children — to prevent serious diseases, they're held to very high safety standards. Before a vaccine is licensed in the United States, the Food and Drug Administration reviews all aspects of development, including where and how the vaccine is made and the studies that have been conducted in people who received the vaccine. The FDA will not license a vaccine unless it meets standards for effectiveness. Results of studies get reviewed again by the Center for Disease Control and Prevention, the American Academy of Pediatrics, and the American Academy of Family Physicians before a licensed vaccine is officially recommended to be given to children. Every lot of vaccine is tested to ensure quality (including safety) before the vaccine reaches the public. In addition, the FDA regularly inspects places where vaccines are made. For more information about vaccines, please visit [www.cdc.gov/vaccines/index.html](http://www.cdc.gov/vaccines/index.html).

August was named in honor of Augustus Caesar. It has 31 days because Augustus wanted as many days as Julius Caesar's month of July had. The extra day was taken from February!

# HAPPENINGS



# WORLD BREASTFEEDING WEEK

August 1st - August 7th

August is the time of year that the medical community takes to examine and point out the positive effect breastfeeding can have on both mothers and children. While roughly 75% of mothers start out breastfeeding (according to the CDC), that number falls dramatically as babies approach their first birthday – much sooner than it should.

Research has shown that being breastfed can lead to a healthier life for babies. The many health benefits include:

- Protection against many common infections
- Nutritionally balanced meals
- Better survival for the first year of life

In addition to these benefits, breast milk has also been found to include many nutrients, vitamins and antibodies which contribute to the development of everything from babies' immune to digestive systems. When talking about breastfeeding, you may hear the word "colostrum" – the first thick milk you make during pregnancy and just after birth. Colostrum is especially rich in these nutrients.

Beginning life with breastfeeding can also include lowered risk for conditions such as:

- Allergies
- Asthma
- Obesity
- Type 2 Diabetes
- Sudden Infant Death Syndrome

While the benefits toward babies are numerous, the health benefits of breast feeding extend to mothers as well. Breastfeeding has been found to help a mother's healing after the trauma of childbirth, and has also shown to lower the risk of diseases including:

- Certain Types of Breast Cancer
- Ovarian Cancer
- Type 2 Diabetes

While formula is an acknowledged alternative, keep in mind the benefits shared by mothers and children by breastfeeding!



**IT'S ESTIMATED THAT \$13 BILLION IN HEALTHCARE COSTS WOULD BE SAVED PER YEAR IF 90 PERCENT OF U.S. INFANTS WERE BREASTFED EXCLUSIVELY FOR SIX MONTHS.**

## EMPLOYEE SPOTLIGHT

Our Employee Spotlight for the month is Taylor Binder. Taylor works in the Radiology department and is from Westmoreland, KS. She is married to Justin Binder and together they have lots of fur babies - a mini Aussie named Hank, a Great Pyrenees named Fender, 7 goats, 5 chickens, 4 kitties, and 6 horses. Taylor has traveled all over the world, but her most memorable trip was to Australia. She says that, "Everything about Australia is absolutely amazing!" When asked about something that would surprise us about herself, she said, "I attended college on a show choir scholarship. I love all music and you can catch me singing at pretty much any time! I also learned sign language for my high school senior exit project and signed the National Anthem at several sporting events, including a K-State game!" On her days off work (when she can get them!), you can find Taylor hanging out at the barn with her husband keeping busy or riding horses &



roping. We asked Taylor what aspect of her job she enjoys the most, to which she responded, "I love that every patient and exam is a little different, and sometimes you must get creative when capturing a good image." Taylor says she is happiest when she is home with her family. Finally, we asked her what the best part of working at Kiowa District Healthcare was. She said, "Since we are a small hospital, you really get to know the employees that you work with and they truly become your family." Thanks, Taylor! We are happy to have you at KDH!

# CAN YOU BELIEVE IT?

The 2019-2020 school year starts August 22nd for South Barber Schools. Now is a great time to schedule your child's annual well child exam if you have not already! The American Academy of Pediatrics recommends well-child visits from infancy all the way through adolescence. There are many benefits of scheduling well-child visits annually. Your child will receive preventative care, such as receiving immunizations, their growth and development will be measured, you can speak about any concerns you may have, and you will create strong, trustworthy relationships between you, your provider and your child. Mary Wilkins, APRN at Kiowa District Rural Health Clinic is certified in KanCare and Sooner Care and accepts well child exams on Monday's and Tuesday's! Get your child's in before the school year begins!



## Food for Thought: Preventing & Managing Diabetes Through Nutrition

Kiowa District Hospital put on its first 'Food for Thought,' program, a lunch event focused on providing health education to the community. Caitlin Powell, Registered Dietitian, as well as Rachel Allen, Dietary Manager at Cohesive Healthcare presented information to community members focusing on how the food we eat can dictate the progression of diabetes. Included at the event was a complimentary lunch, free informational materials, as well as a cookbook giveaway. The event hosted over 20 participants and was well enjoyed by all!



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



# Foundation Update

At this harvest time, remember that donations to Friends of Kiowa District Hospital & Manor Foundation can be made as grain transfers at the OK Coop grain elevator in Kiowa. Tax benefit for donation of commodities in any amount may be available to donors. For all contributions of grain valued to be in excess of \$5,000.00 the donor must complete all parts of IRS form 8283 (downloaded from IRS.gov website or available from Janell Goodno, CFO at Kiowa District Hospital) and submit the form to the Foundation Director, Judy Schrock, for signature.

Please consult with your tax advisor to learn how you can use this option to make a contribution to our local health care service and achieve benefits in your personal or business financial planning. Thank you and we hope you had a safe, bountiful harvest.

## The Importance of Family Mealtime

For many parents, it would be much easier and simpler to forget about family dinners. Jobs, children, after-school activities all contribute to families being constantly on the go, thus feeling the need to eat on the run.

But more and more parents are realizing the importance of shared family time at the dinner table. Often, this is the only time when all family members are all together in one place.

Researchers have found that families who share meals together on a regular basis, whether it's breakfast, lunch or dinner reap many benefits.

- Family meals are more nutritious. A Harvard study found that families who eat together are twice as likely to eat their five servings of fruits and vegetables as families who don't eat together.
- Kids who eat family meals tend to eat a wider variety of foods and become less picky eaters.
- Family meals provide an opportunity for family members to come together, strengthen ties and build better relationships. They build a sense of belonging which leads to better self-esteem.
- Family meals offer parents a chance to be role models. They can set an example of healthy eating and polite table manners.
- Family meals help prevent obesity. Research shows that people tend to eat less during family meals because they eat more slowly, and talk more.
- Research shows that kids who eat family meals have a lower chance of engaging in high risk behaviors such as substance use and violence, and fewer psychological problems.

*"Whilst August yet wears her golden crown,  
Ripening fields lush-bright with promise;  
Summer waxes long, then wanes, quietly passing  
Her fading green glory on to riotous Autumn."  
-Michelle L. Thieme*

Try this recipe with your family tonight!



## QUICK TRICK CHICKEN TACOS

### INGREDIENTS

Serves 4-6

- 1 lb. boneless, skinless chicken thighs, cut into 1-inch strips
- 1 tablespoon olive oil
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 medium onion, thinly sliced
- 1 large sweet bell pepper, sliced into strips
- 1 cup fresh or frozen corn kernels
- 3/4 cup prepared salsa of your choice
- Juice of 1 lime
- Flour tortillas, for serving
- Shredded lettuce and sliced avocado (optional) for topping

### INSTRUCTIONS

1. Heat the olive oil in a large skillet over medium-high heat.
2. Add the chicken strips and sprinkle with salt and pepper. Cook until browned on one side, about 3 minutes.
3. Flip the chicken over and add the onions and bell pepper strips to the pan. Cook, stirring occasionally, for another 2-3 minutes, until the vegetables begin to soften slightly.
4. Add the corn and salsa to the pan. Stir well, cover and simmer for 5 minutes.
5. Remove from the heat, stir in the lime juice and serve in flour tortillas, with avocado and shredded lettuce.