



FALL INTO GOOD HABITS THIS AUTUMN

Welcome back, short days, crisp air and colorful leaves. Think of the new season as a fresh start to your healthy habits. Stow away the swimsuit and dust off the sweaters for apple picking. Enjoy the seasonal produce that makes this season so tasty. And celebrate the holidays like a health pro – by enjoying foods without overindulging. Here's how to enjoy your healthiest autumn yet.

1. **Buy in-season veggies, such as beets, broccoli and brussel sprouts.** Not to mention cabbage, carrots, cauliflower, eggplant, kale and squash. An abundance of tasty autumn vegetables makes it easy to reap the benefits of a plant-based diet, such as diabetes prevention, hypertension control, heart health and more. Consider roasting fall veggies with just a little oil, salt and pepper.
2. **Test and replace batteries.** Check or replace carbon monoxide batteries twice a year: when you change the time on your clocks each spring and fall. Replace smoke alarm alkaline batteries at least once a year. Test alarms every month to ensure they work properly.
3. **Think beyond pies and jack-o-lanterns.** All hail The Great Pumpkin. The pulp of this fall favorite is dense with vitamins A and C, and its tasty seeds, called pepitas, are rich in phytosterols, which may help to lower cholesterol. With all the health benefits of pumpkins, don't they deserve to be more than a craft project that rots a few weeks later? Try a Google search for recipes for, say, roasted pepitas or pumpkin spread.
4. **Take steps to prevent the flu.** Flu season is right around the corner! The single best way to protect against the flu is to get vaccinated each year in the fall. Cover your nose and mouth with a tissue when you cough or sneeze. Wash your hands often. Stay home if you get sick.
5. **While you're at it, steer clear of the common cold, too.** Hydrate with tons of water throughout the day, and your immune system will thank you. The foods you eat can also help prevent the cold. Yogurt, with all its probiotic glory, has been shown to boost the immune system, and one serving of seaweed packs more vitamin C than an orange. Another immunity booster? The aforementioned autumn favorite: pumpkins.
6. **Sign out of Facebook, ditch the fall lineup and head outside.** The leaves are bright on the trees and satisfyingly crunchy under your feet. The (usually) moderate temperature is a reprieve from the sweltering summer and a gift before the frigid winter. What better season to throw on a beanie and head outside? Plus, spending time outdoors increases your vitamin D levels, makes you happier and improves your concentration, according to Harvard Medical School.
7. **Scare off those Halloween candy cravings.** Maybe don't swear off every candy corn kernel – where's the fun in that? Just don't morph into a sugar zombie. If you buy candy for trick-or-treaters, buy only enough for the kids. And wait until Halloween day to buy the candy, so the in-house sweets aren't haunting you throughout October. If you buy the candy sooner, keep it out of sight in a cupboard.
8. **Eat like an athlete – not a couch potato – on game day.** "My favorite football player outperformed another skilled athlete. I'll celebrate his fitness by eating five servings of greasy potato chips!" Not this season. Set out raw veggies and dip instead of chips, and you'll graze much more healthfully. You can improve game-day favorites by cutting pizza into smaller slices or doling chili into cups instead of bowl-sized portions.
9. **Get yourself ready for Daylight Savings Time.** Go to bed earlier when you can, especially the week before the clocks change. Longer periods of darkness = longer periods of sleep!

HAPPENINGS





October is Breast Cancer Awareness Month

Breast cancer is one of the most common kinds of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early. A mammogram – the screening test for breast cancer – can help find breast cancer early when it's easier to treat.

National Breast Cancer Awareness Month is a chance to raise awareness about the importance of finding breast cancer early. Make a difference! Spread the word about mammograms, and encourage communities, organizations, families, and individuals to get involved.

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- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.
- Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.
- Remember to do routine self-breast exams. You know your body better than anyone and checking yourself for changes is an easy and FREE method to detect anything out of the ordinary.



All the Things You Never Knew about Halloween

1. The holiday goes back more than 2,000 years.

Halloween all started as a pre-Christian Celtic festival called Samhain (which means "summer's end") held around the first of November. It celebrated the final day of the harvest and the crossing of spirits over into the other world. People in Ireland, the United Kingdom, and Northern France would ward off ghosts by lighting sacrificial bonfires, and, you guessed it, wearing costumes, according to History.com.

2. Trick-or-treating has existed since medieval times.

Back then, it was known as "guising" in Scotland and Ireland. Young people dressed up in costumes and asked for food or money in exchange for songs, poems, or other "tricks." Today, the tradition has morphed into children to getting dressed up and asking for candy.

5. Sugar rationing during World War II halted trick-or-treating.

After the rationing ended, the tradition grew into what we're familiar with today. Candy companies started launching advertising campaigns to capitalize on the ritual.

6. Now Halloween is the second largest commercial holiday in the country.

It comes after only Christmas. Consumers spent approximately \$9 billion (!) on Halloween last year, according to the National Retail Federation (NRF). That's A LOT of candy and costumes.

7. Americans spend about \$86.79 on Halloween every year.

That includes Halloween decorations, candy, costumes, and cards by the NRF definition. (If you're curious how that compares to Christmas, Americans spent an average of \$1,007 on winter holidays in 2018.)

8. Illinois produces up to five times more pumpkins than any other state.

The Land of Lincoln has more than 15,000 acres devoted to gourd growing, according to the United States Department of Agriculture. Those Illinois farms typically grow more than 500 million pounds of pumpkins annually.

9. Candy corn was originally called "chicken feed."

The Goelitz Confectionery Company sold boxes with a rooster on the front in order to appeal to America's agricultural roots, according to National Geographic. The sugary recipe has gone largely unchanged since the 1880s.

10. Skittles are the top Halloween candy.

The bite-sized candies outranked M&M's, Snickers, and Reese's Cups, according to 11 years of sales data from CandyStore.com. And even though candy corn also made the top 10, the tricolored treats also ranked among the worst Halloween candies, according to a CandyStore.com survey.

IMPORTANT DATES IN OCTOBER

October 2nd	-	National Walk to School Day - 7:35 am at the City Park (5th and Main St)
October 5th	-	Do Something Nice Day
October 14th	-	Columbus Day
October 21st	-	National Check Your Meds Day
October 31st	-	Halloween

EMPLOYEE SPOTLIGHT

Heather Rankin



This month, our Employee Spotlight is Heather Rankin, RN! Heather is from rural Kingman county but now lives in Sharon, KS! Her and her husband Craig have been married for 29 years this October and have two daughters - Haley and Hannah. Haley lives in Meade with her husband and Heather's precious grandbaby, Adalynn Rose, where they farm over 5,000

acres of irrigated corn! Their daughter Hannah just recently graduated from Kansas State University and works as a financial analyst with Rabo Agrifinance. Heather also has a Jack Russell Terrier and 200 bred cows as pets. We asked Heather what chore she absolutely hates doing, to which she responded, "Ironing! Praise be for the 'steam' setting on my dryer!" Something most people might not know about Heather is that she calls her mother every morning on her drive to work.

"There are two things that I absolutely LOVE about my job! Number one, my patients! It is an honor to get to step into their lives and help take care of them. Number two, working with Dr. Wilhelm. He is an awesome physician and teaches me something new most every day we work together... which is saying a lot since we have worked together for quite some time! Kiowa is so lucky to have such a dedicated physician (and he puts up with my poor spelling skills!)" On her days off, Heather loves to see her sweet grandbaby, Adalynn Rose. We asked Heather what the best part about working at KDH was, and she said, "Gosh, it would be hard to name just one thing! My co-workers are at the top of the list. Many of us have worked together for a very long time and have become like family. Secondly would be our patients! I have loved getting to share in their lives from celebrating the good things to giving reassurance and support when the not so good things come along. Kiowa is such a loving, supportive community and it has been a joy to work here for the past 13 years!" We are lucky to have you on our team, Heather!



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



Recognizing Our Physical Therapy Department

National Physical Therapy Month (NPTM) is hosted by the American Physical Therapy Association each October to recognize how physical therapists and physical therapist assistants help transform society by restoring and improving motion in people's lives.

Kiowa District Healthcare offers onsite Physical Therapy services on an outpatient and inpatient basis. We offer individualized care plans designed to suit each patient's specific goals, and will provide the highest level of skilled care in our region. We are staffed with a full time Physical Therapist, Lana Smith, PT, and Physical Therapist Assistant, Brooke Molz, PTA. We are so lucky to have these two on our team at KDH!

National Physician Assistant Week



National Physician Assistant Week is held October 6-12th of every year in order to celebrate and increase awareness of the PA profession. The PA profession was created to improve and expand healthcare. In the mid-1960s, physicians and educators recognized there was a shortage of primary care physicians. To remedy this, Eugene A. Stead Jr., MD, of the Duke University Medical Center put together the first class of PAs, all Navy corpsmen who had received considerable medical training during their military service. The first PA class graduated from the Duke University PA program on Oct. 6, 1967. PAs are patient-focused and patient-education driven. Today, there are more than 90,000 certified PAs in the United States. PAs can lower the demand for care by improving prevention, education and coordination of care.

We are so fortunate at KDH to have such an amazing Physician Assistant - Melissa Stroh. Here's to our PA during National PA Week!

Foundation Update

It was a good time in "Small Town, Saturday Night" at the Friends of Kiowa District Hospital and Manor Foundation's 6th Jeans & Gems dinner and auction last week. Each year this event is an opportunity for our community to experience the benefits of joining together for fun and philanthropy that benefits local health care.

Friends of KDH&M Foundation is honored to host this event. Thanks to the support of generous sponsors, auction item donors, bidders, attendees, financial donors, event emcee, auctioneer, entertainers, caterers and planning group members, over \$30,000 was raised for Kiowa District Healthcare to help with construction of the Wellness and Behavioral Health building addition project. We look forward to seeing this project completed as we continue to fulfill our mission seeking access for all to the best possible health care close to home.



"BUT YOU DON'T LOOK DEPRESSED."

"You just need to change your attitude."

"Stop harping on the negative, you should just start living."

"Everyone feels that way sometimes."

"You have the same illness as my (whoever)."

"Yes, we all feel a little crazy now and then."

It can be scary for someone to realize they may be dealing with a mental health condition. Many will reach out to those closest to them for support and understanding. For some, these experiences end up being negative due to the responses they may receive. Instead of being supportive, those closest to these individuals may say harmful and hurtful things that lead to loneliness and isolation.

If you notice someone is stressed, having a difficult day, experiencing emotional pain or having a mental health need, you can start a conversation and respond in a way that may make all the difference in the world. For many situations, you don't have to be an expert to help – you just have to be there.

Listen actively and respond compassionately by keeping in mind the acronym **V-A-R: Validate** their feelings, **Appreciate** their courage in sharing their struggles with you and **Refer** them to skills and support.

And, always take care of yourself as well. You are doing the right thing by looking out for your friends, and it can be challenging.

Mental Illness Awareness Week: October 6-12



HEALTHIER BEEF CHILI

This autumn comfort food doesn't have to be high in fat and sodium!

INGREDIENTS

- 1 tbsp olive oil
- 1 small onion chopped
- 5 cloves garlic minced
- 1 lb ground beef lean
- 1 tbsp chipotle pepper in adobo sauce (canned)
- 1/2 tbsp chili powder
- 1 tbsp Worcestershire sauce
- 1 tsp ground cumin
- 1 tbsp dry oregano
- 2 tsp steak sauce
- 1 tsp salt
- 1 tsp salt
- 1 tsp black pepper
- 2 16 oz cans kidney beans, rinsed and drained
- 1 can crushed tomatoes
- 1 cup water
- Desired toppings (cheese, parsley, sour cream)

INSTRUCTIONS

1. In a large pot heat the olive oil and add the onion and garlic. Cook the onion for a couple minutes until soft and translucent then add the ground beef and cook until beef is browned and no longer pink, on medium high heat.
2. Add chipotle peppers, chili powder, Worcestershire sauce, cumin, oregano, steak sauce, salt, pepper and stir. Add beans, crushed tomatoes and water. Stir well and bring to a boil.
3. Simmer on low heat for about 45 minutes to 1 hour.
4. Garnish with parsley. Serve with shredded cheddar and sour cream.