

# Community Health News

Encouraging good Health in our Community

July 2019  
VOL. 8  
No. 7

## JULY 2019

### July 1 - 31

- 7/8 **Grief Recovery Support Group** Monday, Start Time 5:30 pm, End Time 7:00 pm, Bothwell Education Center classroom 4, East 14<sup>th</sup> Street and South Ingram Avenue. for more information call (660) 442-5804
- 7/9 **Labor and Birthday Party Part 1** Start time 6:30 pm ending 9:00 pm, Bothwell Education Center, 14<sup>th</sup> & Ingram. FREE. For more information or to register contact Community Outreach at (660) 827-9138
- 7/12 **Labor and Birthday Party Part 2** Start time 6:30 pm ending 9:00 pm, Bothwell Education Center, 14<sup>th</sup> & Ingram. FREE. For more information or to register contact Community Outreach at (660) 827-9138
- 7/15 **Grief Recovery Support Group** Monday, Start Time 5:30 pm, End Time 7:00 pm, Bothwell Education Center classroom 4, East 14<sup>th</sup> Street and South Ingram Avenue. for more information call (660) 442-5804
- 7/16 **Breastfeeding 101** 10:00 Am, Pettis County Health Center, 911 E. 16th Street, Registration required for more information call (660) 827-4599
- 7/16 **High Hopes (Cancer Support Group)** 4:30 pm, on the 3<sup>rd</sup> Tuesday of each month, FREE, Susan O'Brien Fischer Cancer Center (Bothwell Regional Health Center), for more information call (660) 829-7792. NO registration required.
- 7/16 **Diabetes Support Group** 11:00 am – 12:00 pm, Bothwell Education Center, 14<sup>th</sup> & Ingram, FREE, For more information call (660) 827-9334
- 7/17 **Taking Care of Your Newborn** Start time 6:30 pm, ending time 8:30 pm. Bothwell Education Center, 14<sup>th</sup> & Ingram. FEE \$25.00. For more information Contact Melissa Cotton at (660) 827-9138
- 7/18 **Breastfeeding 101** 3:00 pm, Pettis County Health Center, 911 E. 16th Street, Registration required for more information call (660) 827-4599
- 7/25 **Alzheimer's Support** Start time at 7:00 pm End at 8:00 pm, Wesley United Methodist Church, FREE, for information contact Betty Hopkins at (660) 281-0822



## Happenings

Wellness 1<sup>st</sup> and 3<sup>rd</sup>  
Monday of the month from  
7:30-8:30 am  
(July 1<sup>st</sup> and July 15<sup>th</sup>)  
Women's Wellness  
July 18<sup>th</sup> and 25<sup>th</sup>  
Senior Health Expo  
July 19<sup>th</sup> from 1 to 3 pm at  
the Senior Center-Pettis  
County Health Center will  
be there with information  
on wellness for seniors.

### Heat stroke in dogs

**a dog's body temperature**

- 107-109° heat stroke
- ≈104° heat exhaustion
- 100.5-102.5° normal

**signs of heat stroke:**

- ⊗ Heavy panting, difficulty breathing, excessive thirst
- ⊗ Bright red tongue and mucus membranes, which turn grey as shock sets in
- ⊗ Thick saliva, drooling, vomiting, and/or diarrhea
- ⊗ Unsteadiness and staggering
- ⊗ Lethargy

⚠ By the time the signs of heat stroke are visible, it's often too late.

**some dogs are more at risk**

- ⚠ SHORT-NOSED
- ⚠ LONG-HAIRED
- ⚠ YOUNG

**the dangers of heat stroke**

104° body temp. → 107° mins of suffering →

- ⊗ Collapse
- ⊗ Seizures
- ⊗ Coma
- ⊗ Organ failure
- ⊗ Death

Petplan

**Stay Hydrated**

Drink more water than usual - and don't wait until you're thirsty!

BEAT THE HEAT

CDC

**6 Tips for a Healthy Summer**

1. **Quit Smoking**  
You can quit today! Call 1-800-QUIT-NOW for free support.
2. **Eat a Healthy Diet**  
Delicious fruits and veggies make any summer meal healthier.
3. **Get Active!**  
Get at least 150 minutes of aerobic physical activity every week.
4. **Keep Cool in Extreme Heat**  
Be safe when temperatures rise: Stay cool, stay hydrated, and stay informed.
5. **Wear Sunscreen & Insect Repellent**  
Use sunscreen with at least SPF 15, and use insect repellent to prevent bug bites. Apply sunscreen first.
6. **Rethink your Drink!**  
Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.

HHS.gov

### Water Aerobics Daytime Classes June 5 – Aug 8 (Sedalia Parks and Recreation Dept.)

#### Water Aerobics Morning Classes

**Place:** Liberty Pool

**Time:** 11:30 am – 12:30 pm

**Days:** Every Tuesday, Thursday in July (Will not meet on July 3)

**Age group:** Adults

**Price:** \$5.00 per class

(Exact change only-paid at pool Punch Pass: 8 visits for \$40.00 (purchase at either pool or parks)

For more information Contact (660) 826-4930

#### Water Aerobics Evening Classes

**Place:** Centennial Pool

**Time:** 6:15 pm – 7:15 pm



## **Pound Fitness (Convention Hall in Liberty Park)**

**Mondays**

**July 15 – August 5**

**5:30 pm – 6:30 pm**



**Thursdays**

**July 18 – August 8**

**6:40 pm – 7:40 pm**

**Register by July 11**

**\$20.00 per session**

## **YOGA (evening) (Sedalia Parks and Recreation Dept.)**

**July - Tuesdays & Thursdays**

**5:30 – 6:30 pm**

**Half session (1x a week) = \$32**

**Full session (2x a week) = \$64**

**For more information call (660) 826-4930**



## **YOGA (morning) (Convention Hall in Liberty Park)**

**July - Mon. & Thurs. Days**

**9:00 am – 10:00 am**

**Half session (1x a week) = \$32**

**Full session (2x a week) = \$64**

**For more information call (660) 826-4930**

## **Health Tip**

As families take to the water this summer, there's reason for extra caution – 800 children drown every year, and two-thirds of fatal drownings occur between May and August. Drowning is the leading cause of death for children ages 1-4, the second leading cause of death for children 5-14 years of age and the third leading cause for children under 1 and older teens ages 15-17. Safety Tips: Watch kids when they are in or around water, without being distracted. Keep young children within arm's reach of an adult. Make sure older children swim with a partner every time. Teach children how to swim. Every child is different, so enroll children in swim lessons when they are ready. Consider their age, development and how often they are around water. Make sure kids know how to swim and learn these five water survival skills: Step or jump into water over their head and return to the surface. Float or tread water for one minute. Turn around in a full circle and find an exit. Swim 25 yards to exit the water. Exit the water. If in a pool, be able to exit without using the ladder. Install fences around home pools. A pool fence should surround all sides of the pool and be at least four feet tall with self-closing and self-latching gates. Empty kids' pools after each use. Store them upside down so they do not collect water. Know what to do in an emergency. Learning CPR and basic water rescue skills may help you save a child's life.

## **Nutrition Tip**

### **16 Water-Rich Foods That Help You Stay Hydrated**

Proper hydration is extremely important for your health. In fact, not drinking enough water can lead to dehydration, which can cause fatigue, headaches, skin problems, muscle cramps, low blood pressure and a rapid heart rate. What's more, prolonged dehydration can lead to serious complications like organ failure. Experts generally recommend drinking several glasses of water per day to meet your hydration needs. But while drinking water is very important, you can also get it from foods. The following food are healthy foods that can contribute a large amount of water to your diet; Watermelon, Strawberries, Cantaloupe, Peaches, Oranges, Cucumber, Lettuces, Zucchini, Celery, Tomatoes, Bell peppers, Cauliflower, Cabbage, Grapefruit, Coconut water, Cottage cheese.

## **Minty Watermelon Popsicles**

3 cups watermelon slices, divided

1 tablespoon fresh mint leaves

1 1/2 cups coconut water

2 tablespoons lime juice

1 tablespoon honey

In a blender, puree 2 1/2 cups diced watermelon pieces, mint leaves, coconut water, lime juice and honey. Cut the remaining 1/2 cup watermelon slices into 1/4 inch cubes. Pour and evenly divide them among the Popsicle molds. Stir the Popsicle mixture, then fill each mold. Insert the Popsicle sticks, if it does not stay in place use a piece of tape to hold them into place. Freeze for at least 6 hours, or overnight.

