

Lafayette County Health Department

A community of safe, prepared and healthy people.

June 30, 2016

National Public Health Week Winners

Presentations at Daycares/Preschools

The Lafayette County Health Department staff visits child care facilities in the county to present educational health programs to the children. The purpose of this program is to increase children's awareness of health issues. Programs that will be presented are on nutrition.

Programs/Services

- Environmental Health
- Communicable Disease
- Immunizations/Education
- School activities
- Emergency Preparedness
- Vital Records—birth/death certificates



Public Health
Prevent. Promote. Protect.



Concordia



Dave's



Piggly Wiggly



Jim's



Thompson's



Save A Lot

Prevent. Promote. Protect.

HEART TO HEART

Over 175 people were in attendance for the 19th annual Heart-to-Heart Health Forum for Women on April 5, 2016. Berry Acres served as a lovely venue for women to come together and learn more



about their heart health. There were many health screenings & informational booths provided by various healthcare agencies and related organizations from Lafayette County and the surrounding area. After finishing the heart screenings, participants had the opportunity to complete the American Heart Association's My Life Check heart risk assessment which gave them a heart score indicating areas where they were good, areas where they need improvement and had suggestions they could implement to improve their health outlook.

"The number of women who took time to attend this event show that women are interested and

Health Screenings.

ready to take a greater role in their health care and we were happy to be a part of this opportunity," states Megan Curry, RN with Lafayette County Health Department.

Included in the evening's activities were a variety of exhibitors highlighting the theme "Healthy is Beautiful". Interactive segments were comprised of "Self-defense" by the Odessa Police Department; "Hands Only" CPR by



Dena Stark with Odessa Medical Group and "Yoga Basics" by Julie Stever,

Information Booths.

instructor at Home Town Yoga. One of the highpoints of the event was the speaker, Marcia McCoy, Director of the Muriel I. Kauffman Women's Heart Center at Saint Luke's Mid America Heart Institute in Kansas City, Missouri. Marcia delivered the latest updates on heart related issues for women and the message that "the sooner healthy habits are adopted the better". Another high spot was the display of the latest fashions from Special Occasions in Odessa, Limrick's and Gigi's, clothing merchants from Lexington. Culinary Arts Students from Lex La-Ray Technical School in

Lexington provided the participants with samples of heart healthy entrees, appetizers, dessert and punch.

Breann Hackward,
Public Health Educator.



HEART TO HEART



In memory of Kimberly Smith.

Kolkmeyer.

The event was dedicated to the memory of Kimberly Smith, daughter of Bob and Margo Smith of Odessa. Kimberly through her own experience with diabetes, heart disease and stroke became a strong advocate for women’s heart health.

Unfortunately, she passed away in January this year, however her spirit was alive and well at the Heart-to-Heart and we know she would be proud to see all the women present at the event wanting to make a difference in their health. A resolution

adopted by the Missouri House of Representative in honor of

Kimberly was read and presented to her parents by Lisa

Kolkmeyer, standing in for her husband, Representative Glen

The program was funded through generous contributions from area businesses, agencies and organizations including: **GOLD LEVEL SPONSORS**-Berry Acres, Bank of Odessa, Crossroads Charitable Foundation, Lafayette Regional Health Center, B&L Bank, Maple Realty, Scott Heriford, DDS, Health Care Foundation of Greater Kansas City, Samuel U. Rodgers Health Clinic, and the Health Care Collaborative of Rural Missouri; **SILVER LEVEL SPONSORS**-Fugate Motors and Odessa Heating and Cooling; **BRONZE LEVEL SPONSORS**-Kleinschmidt’s, Central Bank of Odessa, Red Cross Pharmacy of Odessa and Lexington, Odessa Diesel Repair, County Line Auto Parts, Slater Insurance, Gary & Patricia Warren, Terry & Bonnie White, The Neighborhood Clinic, Ruth Beamer in memory of Mattie Bess



Ryland, The Odessan, Xi Epsilon

Upsilon-Beta Sigma Phi, Withrow’s

Body Shop, The Drug Store and H & R Block **OTHER CONTRIBUTORS**-JR’s Custom Pipe Bending, T & N Auto Parts and Riders 66. I

Fashion Show.



Speaker Marcia McCoy

A special thank you to the following supporters who helped make this event possible JJ’s Down Home Café, The Dawg House, Casey’s General Store, The Added Touch Salon and Day Spa, Kyla’s Cakes N Bakes, China Buffet Chinese Restaurant, Hair Mechanix, Silver Fox Antiques, The Mixing Bowl, Tucker’s Liquor, Odessa Rotary, Butterfly

Fields Nursery, Home Town Yoga, Relax Sation Massage, Special Occasions, Gigi’s, Limrick’s, Lex La-Ray Culinary Arts Students and Lex La-Ray PN Program Students, Lakshmi Venkitachalam, PhD, FAHA, UMKC School of Medicine, Haley Maxon, RN FNP, Family Practice Associates and Julie Davenport, RN, Director of Clinical Operations

HEART TO HEART DRAWING WINNER

The drawing was for a \$50 gift card to a number of listed restaurants.

LAFAYETTE COUNTY NURSING MOM'S CLUB

The Lafayette County Nursing Mom's Club began in May for all nursing and expectant moms who would like to learn more about breastfeeding. Kids are welcome, snacks will be provided. The two locations are:

Group One: Lexington

Location: Lafayette County Health Department

Date and Time: First Thursday of the month at 3:30 p.m.

Group Two: Higginsville

Location: Salem United Church of Christ

1500 N. Main St

Higginsville, MO 64037

30 YEARS OF SERVICE



This Month Lafayette County Health Department staff recognized Carol Wells for 30 years of dedicated service to the health department and to the community. For many visitors and callers Carol has been the face and voice of the health department, manning the front desk since 1986. Her cheerful and friendly manner and her dedication and hard work have endeared her to everyone. Thanks to Carol for working for us all and we look forward to even more years of continued service.