

Annual Trunk or Treat

Home Health and Hospice of Kansas held our annual trunk or treat on October 27th. It was a fun time had by all. Even Oreo made an appearance and enjoyed himself. He is such a light to all of us.





Veterans Day Parade

Home Health & Hospice of Kansas had the opportunity to partake in Wichita's annual Veterans Day parade which was held on November 5, 2022. The theme for this year's parade was "Honoring Women Veterans". The parade route began at Main & Central and went south on Main to Douglas. The parade ended at Water Walk. We Honor Veterans!



"May the holiday season bring only happiness and joy to you and your loved ones"

-Author unknown

2022 Annual Hospice Memorial

Annual Hospice Memorial

Home Health & Hospice of Kansas held their annual memorial service on September 17, 2022. Veterans Memorial Park were gracious enough to extend their park for the location. Among staff and patients' families, the Northeast Magnet High School Marine Corp. Junior ROTC were in attendance, along with Veteran, Ronisha Easter who read the poem; "A Soldier Died Today". We are so honored to have the opportunity to provide this celebration and remembrance for our patient's and their families.





SUPPORT

Mental Health Awareness

Many people prioritize their physical health, but mental health is equally important for wellness. In fact mental and physical health are intertwined. According to the CDC, “untreated mental health issues like depression can increase the risk for long term physical health issues like heart disease, stroke, and diabetes”.

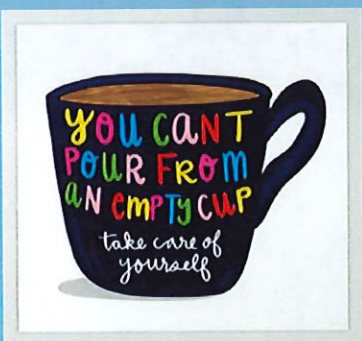
This is especially alarming when it is accompanied by the fact that over 50% of Americans will be diagnosed with mental illness or disorder at some point in their lives.

Mental health affects all areas of life and should always be taken seriously. WHO reports; “depression is one of the leading causes for disability, and suicide as the second leading cause of death for 15-29 year old's”.

<https://hr.uw.edu/cfd/2022/10/04/mental-health-awareness-month/#:~:text=Mental%20health%20awareness%20month%20provides,the%20importance%20of%20mental%20health.>

Take some time to prioritize your mental health

- ◇ Take care of your body: get enough sleep, eat right and stay active
- ◇ Connect with others: talk to trusted people in your life about how you are feeling
- ◇ Take time to unwind from your day: don't forget to do things you enjoy and find solace in
- ◇ Self care is extremely important to your mental health: massage therapy, meditation, good hygiene, visit friends and family to name a few.



2nd ANNUAL TWISTED- CANCER POKER RUN

Home Health & Hospice of Kansas held our second annual poker run on October 8th. All proceeds benefited Victory in the Valley for cancer patients. Food trucks, auctions, games and door prizes were a hit. Singer, Brian Knowles performed at the poker run. All in all, there was roughly 60 riders, and over 80 participants. HHHOK raised \$1,000.00 dollars in donations for Victory in the Valley.

All proceeds benefit Victory in the Valley

TWISTED CANCER Poker Run

Vehicles
Welcome

**Saturday
October 8th
at 10am**

**\$30 per rider
\$10 per passenger
(includes t-shirt and card)
Additional cards
\$5 each**

**"FOOD TRUCKS"
"80/20 PAYOUT"
"SILENT AUCTION"
"GAMES & DOOR PRIZES
AT EVERY STOP!"**



Bryan Knowles

#TWISTEDCANCER

The TWISTED CANCER Poker Run will begin at Twister City Harley-Davidson with multiple stops along the way. The final stop will be Mortdecal's Tavern & Eatery.

**10:00am - Registration'
10:30am - Kickstands UPI
Riders return to Mortdecal's by 3:00pm
Bryan Knowles to perform: 3-6pm**

Follow us on Facebook for additional information and to register for the event.
Or for more information, please contact Ann Houk at 316.409.9104.





September

Jonetta Wanjala 9/1
Korey Garland 9/26
Ann Houk 9/29

October

Shelly Herbers 10/1
Ronisha Easter 10/17
Brian Horsley 10/20

November

Samantha 11/2
Kiana 11/7
Autumn 11/15
Judy 11/18
Laura H. 11/22
Candice 11/22



We Honor Veterans

Every Veteran holiday day we get to spoil our Veterans! These men and women deserve so much more than any of us can provide them. But these sweet gestures just make them smile. Happy Veterans Day to our lovely men and women. Thank you for your ever lasting service.





HOME HEALTH * HOSPICE * CARE PLUS PALLIATIVE

Home Health & Hospice of Kansas

Home Health & Hospice of Kansas is locally owned and operated by Registered Nurses, and has been in business since 2005. We believe in making every life as meaningful as possible. We value the quality of life as much as quantity. Our mission is dedicated to providing exceptional, high quality and comprehensive services to our clients, families and the community. Our nurses, aides, therapists and chaplains are all certified, screened and highly trained to serve our patients with skill and compassion. We offer home health, palliative care and hospice services.

To request information about skilled in-home services, call our office at: **(316) 869-0015.**



Just as the
branches of a
tree strengthen
and grow upwards
to the sky,
we too grow
stronger, striving
for greater
knowledge,
wisdom and new
experiences
as we move
through life.
~Unknown

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