

SUMMER INTO FALL

SEPTEMBER
2025

September is Suicide Awareness Month

This month is dedicated to help raise awareness about suicide and highlight that it's serious, yet preventable. It's a time to spread hope and spark meaningful action around one of the most crucial mental topics of our time.



KNOW THE 12 SUICIDE WARNING SIGNS

- FEELING LIKE A BURDEN
- BEING ISOLATED
- INCREASED ANXIETY
- FEELING TRAPPED OR IN UNBEARABLE PAIN
- INCREASED SUBSTANCE USE
- LOOKING FOR A WAY TO ACCESS LETHAL MEANS
- INCREASED ANGER OR RAGE
- EXTREME MOOD SWINGS
- EXPRESSING HOPELESSNESS
- SLEEPING TOO LITTLE OR TOO MUCH
- TALKING OR POSTING ABOUT WANTING TO DIE
- MAKING PLANS FOR SUICIDE

5 STEPS TO HELP SOMEONE AT RISK

1. ASK.
2. KEEP THEM SAFE.
3. BE THERE.
4. HELP THEM CONNECT.
5. FOLLOW UP.

"Remember, your AFA EAP provides confidential support to you, your loved ones and flying partners. Don't hesitate to call us at 800-424-2405."

 Association of Flight Attendants-CWA, AFL-CIO | afacwa.org/eap

Riverfest

Our annual participation of the Riverfest parade. Every year we bring on our best assemble and represent our company and the community. We lit up the streets with our vibrant energy and smiles. Care Bears was our theme this year. What a ray of sunshine! (5/30/25)



The Longest Ride

HHHOK hosted The Longest Ride to raise awareness and raised a total of \$1,665.00 for the Alzheimer's Association. We thank all of the riders and volunteers that help make this event successful. Your heart, time and energy made a huge impact! (6/21/25)





JUNE

Sherie Silver 6/4
Michele Glancy 6/13
Angela Araujo 6/18

AUGUST

Vicki Muehler 8/22

HAPPY BIRTHDAY!

JULY

Luke Gollhofer 7/1
Shannan Geiger 7/9
Alec Cazel 7/27
Sarah Davis 7/31

SEPTEMBER

Sarah Adolph 9/6
Tiffany Smith 9/9
Julia Bridges 9/20
Korey Garland 9/26
Tricia Richardson 9/28
Ann Houk 9/29

EVENTS

Veteran Expo

Honoring and supporting our Veterans is a fundamental part of who we are. We connected with others in our community, shared resources and stood alongside those who proudly served our country. We Honor our Veterans daily and are proud of their courage and dedication for our country. (8/23/25)



Dementia Conference

Steven and Jessica shined a lot of light at the Kansas Education Dementia conference! They provided good cheer, helpful information and lots of Home Health & Hospice of Kansas swag at the booth. A special thank you to the Alzheimer's Association Central and Western Kansas for hosting this yearly event. We are honored to partake in this event every year. (6/27/25)



Emergency Preparedness Expo

The Emergency Preparedness Expo at Century II was a success. It was a day full of hands-on training, safety demonstrations and an abundance of opportunities for families to learn to keep their family safe. We had fun interacting with other community members and local organizations who share the same goals. A special thank you to all of the sponsors, Sedgwick County Emergency Management and the Local Emergency Planning Committee. (9/13/25)



Upcoming Events

- Lima Charlie Vet Café -the 4th Thursday of the month
- Annual Hospice Memorial – 10/11/25
- Walk to End Alzheimer's – 10/24/25
- Veteran's Day Parade – 11/8/25



HOME HEALTH * HOSPICE * CARE PLUS PALLIATIVE



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

