

THE Leavenworth CONNECTION



SEPTEMBER 2016

EDITORS: LISA ALLEN & CASSANDRA LINCOLN

UNITED WAY

Your generosity helps the United Way, the largest privately funded non-profit organization in the world. The United Way positively impacts millions of lives each year. On September 1, Hallmark hosted the Leavenworth county United Way Kick-Off breakfast. We are hoping for your continued participation to make this our best campaign ever. New this year, Hallmark is offering a one-time pledge option. Hallmark will be hosting a guest speaker from the United Way at a date yet to be announced. Stay tuned for more information at start-ups and on the CTV.

Flu Vaccines 2016

Protect yourself and others. The Centers for Disease Control and Prevention recommends annual flu vaccines for most people age 6 months and older. Hallmark Medical Departments will be offering the quadrivalent flu vaccine again this year covering four strains of the influenza virus.

There is no out-of-pocket expense for Hallmark employees and their adult dependents enrolled in Aetna, Cigna or United Health Care coverage through the AON health exchange. Medicare eligible retirees and all others are not eligible for reimbursement and will be subject to a \$25 fee.

Your Hallmark Aetna, Cigna or United Health Care insurance card is required.

***If unable to attend the Flu vaccine clinic please stop by the medical office on a Monday or Wednesday to receive your flu vaccine. ***

WHEN: Friday, October 14

6:30am – 9:00am

AND

3:30pm – 5:00pm

WHERE: Rosewood Room

CARD SHOP



Summer is over, fall is approaching and then of course the holidays will be here before we know it. The card shop has all the holidays covered, Halloween, Thanksgiving and Christmas! Stop in and see the great selection of items for all the holidays and of course all your Hallmark greeting cards! Several new ornaments will debut in October, so check the card shop daily for the best selection.





Prostate Health

What is the Prostate? The prostate is the male sex gland that produces seminal fluid. The prostate gland is walnut sized and located below the bladder.

What is prostatitis? An infection of the prostate is called Prostatitis. Prostatitis is the most common prostate issue for men under the age of 50. Fever, painful urination, groin pain, body aches, and/or discharge are all symptoms. STDs such as Chlamydia or urinary tract infections such as E.coli can cause prostatitis. Antibiotics are usually the treatment.

What is BPH? An enlarged prostate is called BPH (benign prostatic hyperplasia). BPH is not cancerous and is associated with aging. It's the most common prostate health problem among men between 50 and 60. By the age of 80 roughly 80% - 90% of men have BPH. Symptoms of BPH include incomplete emptying of bladder, weak urine stream, frequent urination or difficulty starting urination. BPH does not cause prostate cancer.

What is prostate cancer? Prostate cancer is one of the most common types of cancer in men. It is usually very slow growing and often remains confined to the prostate gland. While most prostate cancers grow slowly other types are aggressive and can spread. But detected early and still confined to the prostate gland, prostate cancer has a good chance of successful treatment.

Increased risk factors include: Older age, being African American, family history of prostate or breast cancer, and obesity.

Prostate Screenings: Though there is some debate regarding prostate screenings, men should consider screenings in their 50's, sooner for those with risk factors. Screening tests may include a DRE (digital rectal exam) and a PSA (prostate-specific antigen) test via blood draw. Discuss with you doctor. If an abnormal DRE or PSA arise, your doctor will order an ultrasound or collect a prostate tissue sample which will be sent off to the lab to diagnose.

Keep your prostate healthy by living a healthy lifestyle. Eat plenty of fruits and vegetables, exercise and maintain a healthy weight.

BIRTHDAYS

02	Tim Jackson
04	Meghan Fields
05	Mike Simmons
05	Peggy Tullis
06	Ed Seute
07	Cheryl Sullivan
07	Scott Widdice
08	Glinda Harris
11	Tory Gross
11	T'Nesha Harris
11	Anna Webb
14	Mark King
15	David Baugher
16	Rick Zielinski
17	Andrea Lisowski
17	Sherry Morris
23	Becky Atkins
23	Ken Brown
23	Rick Meyersick
24	Rick McMillian
27	Janice Ivy
27	Nancy Trexler
28	Michelle Sims

ANNIVERSARIES

40th Peggy Evrard
Sept. 15, Webtron

**NEED MONEY
ADDED TO YOUR
VALUE CARD?**

**PLEASE VISIT
THE CARD SHOP
DURING OPEN HOURS**

Monday - Friday
7:45 AM to 8:30 AM
11:20 AM to 12:50 PM
2:50 PM to 4:00 PM

Leavenworth Card Shop
Coordinator: Nancy Trexler
Phone: 2-3701

Hallmark Health Reward Videos

Most find watching their health reward videos from home on their PC is the easiest option to earn their reward points. To view from home use the following option.

www.hallmarkretireeclub.com

Scroll down the right hand side until you find "hallmark health". Choose the "click here" link.

If viewing from a work PC use the following link.

<http://home.hallmark.com/Benefits-And-Programs/Health-Seminars-videos>

THANK YOU

My family would like to thank everyone for the tremendous support after the passing of our daughter. The abundance of prayers, cards and sentiments shared were much appreciated.

Ken Brown & family

Thank you for the cards and your words of comfort. Your thoughtfulness, generosity and support during the loss of our mother and grandmother is greatly appreciated.

Alan, Joe , and Preston Collins



RENAISSANCE FESTIVAL
Weekends-Sept 3rd-Oct. 16th
Plus Labor Day & Columbus Day.
Rain or Shine
10am - 7pm
Tickets: Adults \$16.50
Children \$10.00

SEE LISA ALLEN TO PURCHASE