

ADAIR COUNTY



OCTOBER 2025
NEWSLETTER

OCTOBER BIRTHDAYS

TAMMY KEY	10/01	DIANA THOMAS	10/05
PAM MIHALEVICH	10/06	ROGER SPEAK	10/06
TAMMY MILLER	10/07	JASON LENE	10/08
ANDREW MITCHELL	10/12	DILLON SULLIVAN	10/17
JOHNNY GUNNELS	10/21	LISA OPAL	10/25
	MARK OPAL	10/30	

OCTOBER ANNIVERSARIES

KHADIJAH BARNES ONE YEAR PAUL BARNHART ONE YEAR
KHEMSAK JONES ONE YEAR

HEATHER KELLEY EIGHT YEARS!!!

WHAT MAKES THIS SO SPECIAL IS HEATHER IS NOW VESTED IN CERF RETIREMENT. SO SHE IS ALSO VESTED IN LAGERS, AT 5 YEARS, CERF SAVINGS (THE 457/401 VOLUNTARY PLAN) AT 5 YEARS AND NOW CERF RETIREMENT AT 8 YEARS.

CONGRATS HEATHER!

WHEN YOU PUT MONEY INTO CERF SAVINGS IT IS MATCHED 50% ON THE FIRST 4%. SO, IF YOU PUT 4% IN EACH PAY PERIODS ITS REALLY LIKE PUTTING IN 6%. IT'S HARD TO GO WRONG IF YOU EARN 50% RIGHT AWAY. IF YOU WANT TO LEARN MORE CONTACT ME ANY TIME. morskog@adaircomo.gov 234-7914

OCTOBER DATES ON INTEREST

- 10/03** THE ADAIR COUNTY HEALTH DEPARTMENT WILL HAVE A DRIVE THROUGH FLU CLINIC.
- 10/10** KHS HOMECOMING. PARADE AT 4PM WITH GAME AT 7.
- 10/13** **COLUMBUS DAY. COURTHOUSE WILL BE CLOSED.**
- 10/18** TRUMAN HOMECOMING. PARADE STARTS AT 9AM.
- 10/25** ATSU FOUNDERS DAY.
- 10/25** KRAFT'S 3RD ANNUAL BOLOGNA FEST. ON THE SQUARE.
- 10/30** **7TH ANNUAL HALLOWEEN TOWN. WILL BE HELD ON THE SQUARE THIS YEAR.**
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I WOULD LIKE TO THANK EVERYONE THAT WAS ABLE TO SHOW UP FOR THIS PICTURE TO SUPPORT THE NOE FAMILY DURING THIS DIFFICULT TIME. IF ANYONE WOULD LIKE TO DONATE ANYTHING TO THE NOE FAMILY, CONTACT THE ADMINISTRATORS OFFICE AT

660-785-3211

I HAVE INCLUDED SOME EVENTS THAT WERE PRINTED IN "THE KIRKSVILLE QUARTERLY" AT THE END OF THIS NEWSLETTER.

ABOUT DENTAL NETWORKS + BENEFITS



You can use any dental provider of your choice, but using an in-network provider could lower your out-of-pocket costs.

INFO BITES

ABOUT: PREVENTIVE CARE

Preventive care, like cleanings, exams, and x-rays, are covered at 100%* at any provider (i.e. both in-network and out-of-network).

ABOUT: DENTAL NETWORKS

You have access to four (4) dental networks:

1. Aetna Dental Administrators
2. Dentemax
3. GEHA Solutions/Connection Dental
4. Zelis Dental

ABOUT: NOVANET

Your plan ID card might list "NovaNet," which is a search engine that allows you to search multiple networks at the same time.

TIP: GET A PRE-DETERMINATION

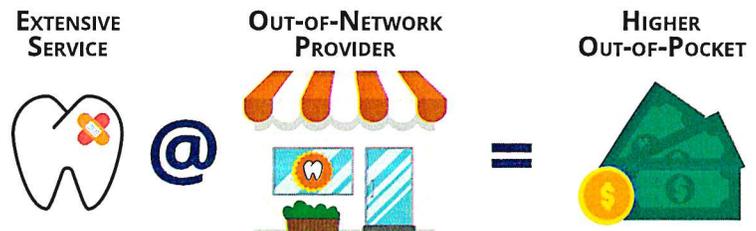
If you would like to know your cost(s) for a given service, you (or your provider) can call GBS to receive a pre-determination of benefits.

OTHER, MORE EXTENSIVE SERVICE

If you receive more extensive service (like a crown or filling), you can take advantage of discounts if you use an in-network provider.



If you use an out-of-network provider, you'll be responsible for both your deductible and coinsurance plus the difference between the plan allowable charges and the provider's billed charges.



PPO NETWORK SEARCH ENGINES

Aetna Dental: www.aetna.com/dentaladministrators

All Other Networks: www.novanetppo.com; www.zelis.com/find-a-provider/

*Preventive care as defined by the member's Plan Document. Members should review their Plan Document prior to receiving service.



Heart Disease, Stroke & Oral Health

Your Mouth, The Gateway to Your Body



The health of your mouth may affect your overall health. Poor oral health may influence your body's response to heart disease and stroke. Healthy gums help protect your body from the bacteria (germs) on your teeth and in your mouth that can cause an infection.

Gum (Periodontal) Disease If germs stay on your teeth for too long, layers of plaque and tartar (hardened plaque) develop. This buildup leads to early gum disease, called gingivitis. Red, swollen, tender or bleeding gums are signs of an early gum infection. Unless the infection is treated the inflammation continues. As gum disease progresses, the bacteria invade surrounding bone and supporting structures that hold teeth in place. Painful chewing, loose or sensitive teeth, or gums that pull away from teeth are signs of severe gum disease, also called periodontitis. Your entire body reacts to the infection and inflammation in your mouth.

Inflammation causes problems in other parts of the body.

Inflammation is the body's natural response to an infection. Experts think that as inflamed blood vessels swell less blood may flow to the heart and the rest of the body, raising blood pressure.

Bacteria may enter the bloodstream through the gums and become part of fatty plaques (a buildup of fat, cholesterol, calcium and other substances) in blood vessels.

- ▼ A stroke occurs when fatty plaques break off the wall of a blood vessel and travel to the brain cutting off its blood supply.
- ▼ A heart attack occurs when fatty plaques block a blood vessel leading to the heart.



Eliminate smoking and improve your overall health.

Smoking is related to gum disease, heart disease and stroke. Smoking weakens your body's immune system. This makes it harder to fight off a gum infection. Once you have gum damage, smoking also makes it harder for your gums to heal.

Nicotine in tobacco causes blood vessels to constrict. As vessels narrow, blood pressure rises. Undetected or uncontrolled high blood pressure leads to heart disease, stroke, kidney failure and premature death. Quitting smoking and maintaining a healthy blood pressure through diet, exercise and nutrition may reduce the risk of developing heart disease and stroke.

Additional research needs to be conducted on the relationship between oral health and heart disease and stroke. However, it is important to note that people with good oral health generally have fewer chronic diseases, including heart disease and stroke.

References

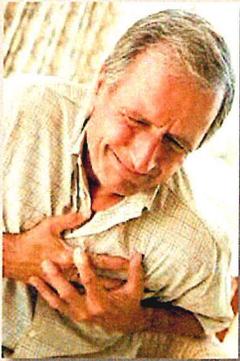
WebMD , accessed June 2, 2014. <http://www.webmd.com/oral-health/features/oral-health-the-mouth-body-connection>.

National Institutes of Health, National Institute of Dental and Craniofacial Research., <http://www.nidcr.nih.gov/OralHealth/Topics/HeartDisease/>, accessed June 2, 2014.

"Heart Disease and Oral Health: Role of oral bacteria in heart plaque," http://www.health.harvard.edu/press_releases/heart-disease-oral-health, February 2007, accessed June 2, 2014.

Centers for Disease Control and Prevention, "Smoking, Gum Disease and Tooth Disease", "<http://www.cdc.gov/tobacco/campaign/tips/diseases/periodontal-gum-disease.html>, accessed 8/21/2014.

Heart Attack Warning Signs



Chest discomfort - Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body - Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness of breath with or without chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

Warning Signs in Women

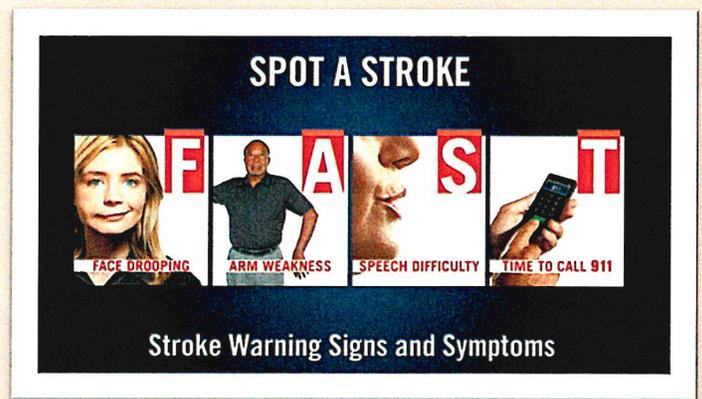
As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

If you or someone close to you show signs of a heart attack, call 9-1-1 right away. **Minutes Matter!**

References:

American Heart Association, www.heart.org, accessed 08/13/2014.

American Stroke Association, www.strokeassociation.org, accessed 08/13/2014.



Face Drooping Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

Arm Weakness Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

Speech Difficulty Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?

Time to call 9-1-1 If someone shows these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

Keep Your Heart and Mouth Healthy

- ♥ See your dentist regularly and tell your dentist about your heart condition.
- ♥ If you take blood thinning medications speak with your dentist and physician before your appointment. Provide your dentist with a list of any medications that you take.
- ♥ Good oral hygiene habits may help prevent some types of heart infections. Brush your teeth with fluoride toothpaste at least twice a day and floss at least once a day. Maintain a healthy diet that is low in sugar.
- ♥ You may need to take special precautions if you have any of the following conditions: prosthetic heart valve, history of endocarditis, or a heart defect (such as a damaged valve). If needed and prescribed by your dentist or physician, take an antibiotic before your dental appointment.

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Maryland Department of Health and Mental Hygiene
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<http://phpa.dhmh.maryland.gov/oralhealth>

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Office of
Oral Health

Maryland Department of Health and Mental Hygiene



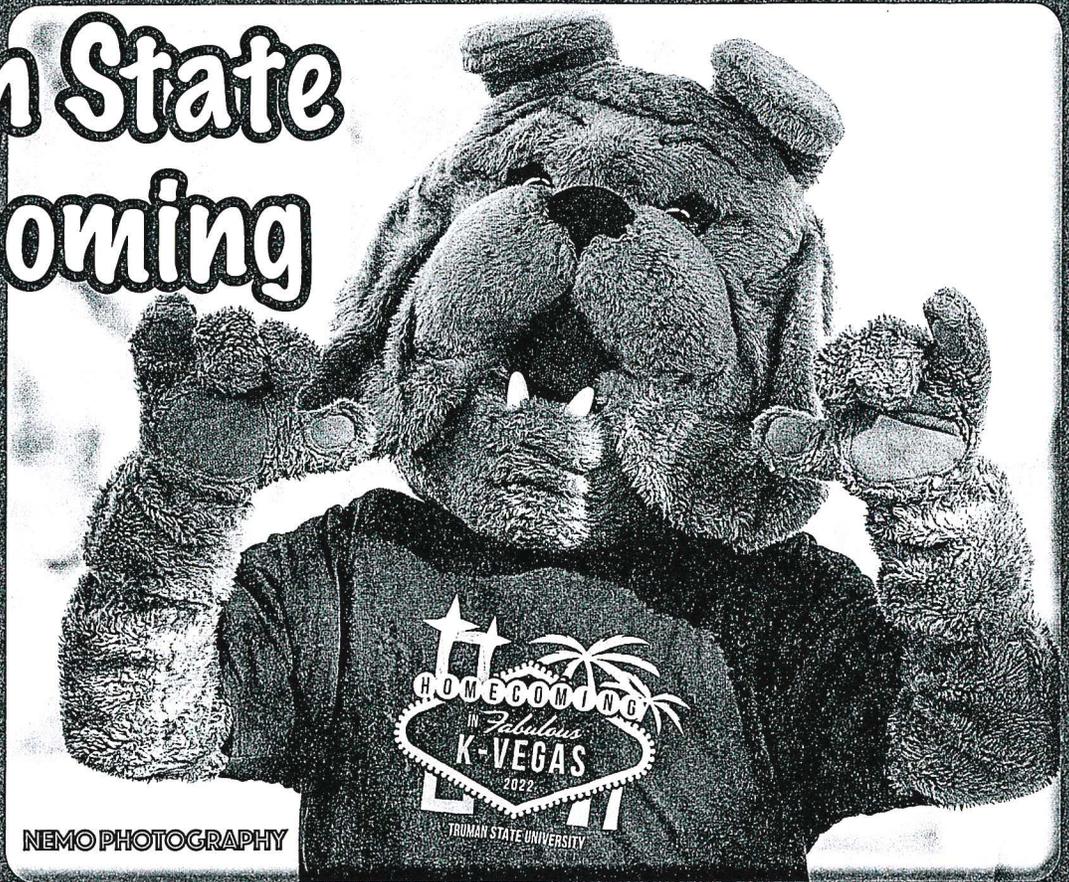
Larry Hogan, Governor | Boyd Rutherford, Lt. Governor | Dennis Schrader, Secretary

Revised 01/17

Truman State Homecoming

Truman State University Homecoming parade and football game will be held on Oct. 18, with the parade starting at 9 a.m. followed by a tailgate party and the game at 1:30 p.m.

The Bulldog tradition began in 1939, and has been celebrated every year except the WWII years of 1942-45.



NEMO PHOTOGRAPHY

Kirksville HS Homecoming



Kirksville High School will hold their homecoming on Friday, Oct. 10, with the homecoming Parade held in downtown Kirksville at 4 p.m. and the football game being played at Spainhower Field at 7 p.m.

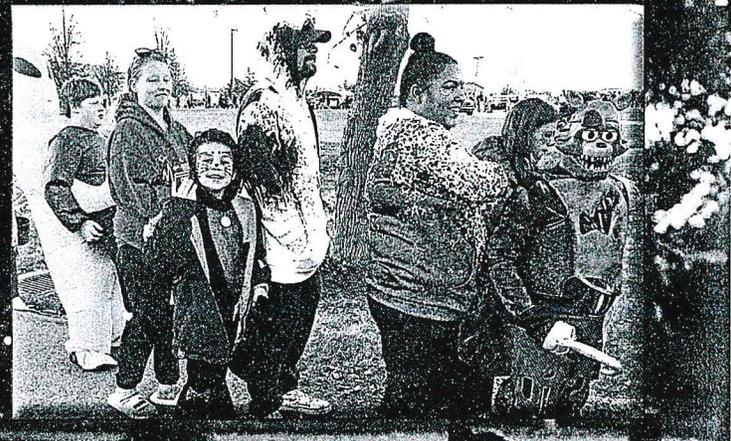
7th annual Halloween Town set for Oct. 31

Halloween Town brings hundreds of kids and families together to celebrate Halloween. The event is made possible by the Kirksville Parks and Recreation Department and more than 100 community partners. This year will be the 7th Halloween Town, a safe, fun and interactive trick-or-treat experience all in one location. Changes may be coming to the event this year, so visit kirksvilledailyexpress.com in October for all the details.



Halloween Flashlight EGGstravaganza

The Flashlight Eggstavaganza will be held on Saturday, October 25th at the North Park Sports Complex. Prepare for an egg-hunting adventure like no other as 11,000 eggs filled with candy and toys are scattered across the ballfields. Don't forget to bring your flashlight and a bag because the egg hunt begins promptly at 7 p.m.!



Missouri Hunter Education Skills Session

Join the Missouri Department of Conservation's Hunter Education skills session on Oct. 3 from 5:30-9 p.m. and Oct. 25 from 8:30 a.m. - 12:30 p.m.

Participants must be 11 years old and have first completed the knowledge portion of the course prior to attending the skills session. This is done either by completing the online version (for a fee) and showing a screenshot or copy of the certificate, or filling out the student manual chapter review questions and bringing the booklet to class for instructor review (no charge).

Free student manuals are available at the Northeast Regional Office (3500 S. Baltimore Street in Kirksville) or from the MDC website. At the end of the skills session, participants will take a 35-question test over the information covered in both the knowledge and skills portions of the Missouri Hunter Education course.

Registration is required but only participants seeking certification should register; parents or guardians are welcome to attend but should not register. Please do not bring young children who are not attending the class itself as they are in a very focused group.

