

THIS MONTH AT NNI

www.nni.org

Northlanders Awarded at Annual Breakfast

NNI hosted its Annual Awards Breakfast on October 25 at the new Courtyard by Marriott in Briarcliff. The award recipients were John Dillingham, Jay Dillingham Lifetime Achievement Award; Bayer CropScience, Good Neighbor Business of the Year Award; Jeff Williams, Ruthanne Harper Outstanding Public Service Award; Richard Allen and Brandon Cook, Richard Noll Excellence in Government Service Award; Nichole Elliott, Larry McManus Good Neighbor Award; and Kirk Davis, President's Award. BridgePointe and North Bennington were awarded for the Reta Jo Mitchell Best Neighborhood Newsletter and Article award. NNI would like to thank Bayer CropScience, KCMO Aviation Department, Kansas City—City Manager's Department, Hunt Midwest, R.H. Johnson Company, Burns and McDonnell and their other gracious sponsors who support their mission to build a stronger Northland.



NNI Board President Darren Hennen presents John Dillingham with the Lifetime Achievement award.

**NNI gives permission for this article to be re-published in your neighborhood newsletter.*

Prevent the flu and cold this winter

Autumn is a festive time of year when the leaves turn to beautiful shades of orange and red, and the weather is cooling off just in time for the holidays. Unfortunately, autumn is also the prime time for flu season. Flu is short for influenza which affects 20 percent of the U.S. population annually. It's spread by a droplet or airborne transmission through coughing, sneezing and direct contact. The signs are sudden onset of fever, chills, sore throat, headache, runny nose, coughing, light sensitivity and muscle ache. Vomiting and nausea are not symptoms of the flu. To lower the risk of influenza, and the common cold, practice these following tips:



- Wash your hands when you leave and enter the house and before eating.
- Clean surfaces with a virus-killing disinfectant. Cold viruses can survive up to three hours outside the body.
- Viruses are spread through objects that hundreds of people touch everyday: money, gas pumps, shopping carts, door handles, ATM machines, etc. It's a good idea to carry hand sanitizer with you when soap and water aren't available.
- Use proper etiquette by covering your coughing and sneezing.
- Be courteous and stay home if you have the flu or flu-like illness for at least 24 hours after a fever or signs of a fever.
- Avoid touching your mouth and rubbing your nose and eyes. This is the most common and direct way germs are transferred.
- If you feel the onset of the flu, rest and drink plenty of fluids.

This article can be found on NNI's website - go to www.nni.org, click on the 'Neighborhoods' tab, and click on 'Neighborhood Newsletter Article.'

NNI MEETINGS

November 5

1st District Problem Solving, 8:30 a.m.
Open Forum with 1st District Councilmen.

November 13

Seniors Workshop, 9 a.m.
NNI CEO Deb Hermann will discuss Minor Home Repair opportunities.

November 20

Cop Talk, Shoal Creek Police Station
4:30—6:30: Open house tour of the station and academy.
6:30: "Operation Safe Holiday" and crime report with guest speaker Chief Forte.

November 25

Meet Your Councilpersons, 6 p.m.
Discussion with Councilpersons from 1st, 2nd and 4th District.

**All events except Cop Talk are held at NNI. Dates and times are subject to change. NNI will be closed on November 28 and 29 for Thanksgiving.*