



BARTON COUNTY HEALTH DEPARTMENT NEWSLETTER

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MYTH

You can catch the flu from the vaccine.

FACT

The flu shot is made from an inactivated virus that can't transmit infection. So people who get sick after receiving a flu vaccination were going to get sick anyway. It takes a week or two to get protection from the vaccine. But people assume that because they got sick after getting the vaccine, the flu shot caused their illness.

NOVEMBER REPORT

From Health Department Director, Shelly Schneider

I have been thinking about all the negative things going on in our world lately. Natural disasters, hate crimes, the inability to get along with each other. While some things are out of our control, other things are not. Life isn't easy right now for a lot of people in our community. Let's take this wonderful time of year to not only be thankful for the things that we have, but the people we have and the experience we have. That with each unique experience, we get to learn or experience something new. I heard a quote that sums this

up: "Everything is hard before it is easy."~ Goethe

I am so thankful for the easy's I get to experience!



From Deputy Health Officer Karen Winkelman, RN

Most of our outreach services have been for Influenza vaccinations, but other services have included other recommended vaccinations and laboratory services. Settings for the provision of services have varied from private facilities, schools, agricultural offices, fire stations, community centers to literally "out in the field"! This is a busy time of year for farmers so we make every effort to accommodate them also!

If you have any questions about the availability of our services, please contact us @ 620-793-1902.

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THE BARTON COUNTY HEALTH DEPARTMENT STAFF IS BUSY PROVIDING OUTREACH SERVICES IN THE COUNTY.

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Count the Kicks Story

By Deb Higgins

"Our story began in November 2018 when I found out that I was pregnant with baby #3. My husband and I had battled infertility and miscarriages for 4 years before a fertility center blessed us with two wonderful boys 20 months apart. Despite all of our previous struggles and our doctor not believing it possible, I had a surprise little girl (Olivia) on the way. The pregnancy was completely different from the start. The biggest difference was movement. I knew I should be counting kicks. But with my other pregnancies nothing had ever been wrong when they didn't reach their counts, so it wasn't something I dwelled upon. I was always told it was just due to my anterior placenta.

By wonderful happenstance, I met Danielle Barkley and found out about her advocacy with Count the Kicks that she began participating in after the tragic passing of her daughter Lydia. I started reading more and more about Count the Kicks and why it's so important to really monitor your baby's movement. Olivia was always incredibly active. As I began to really pay attention, I quickly learned her patterns. I was just shy of 38 weeks when I noticed it was 9 am and she had completely skipped her morning "dance."

The night before I had been in a lot of pain and thought labor was coming, so I didn't want to alarm my husband again. He wasn't home, so I ate her favorite foods and still nothing. I put my son down for a nap and did everything I could think to do to get her moving.

I pressed on my stomach and I could feel her body, but she wasn't reacting to it. I knew that something was definitely wrong. My husband was working and thought I needed to give it more time and I was being paranoid, but I couldn't ignore what Olivia was telling me. I had learned too much from Count the Kicks and had Lydia's story heavy on my heart. I called my doctor and she told me to head into the hospital. They found her heartbeat quickly and relief swept over me. They started tracking her movements and she was doing good. I was so relieved, but I knew something wasn't right and was so vocally anxious about it they gave me an ultrasound. A perfect score is 8, Olivia got a 6. Not terrible, but did nothing to ease my mind. My doctor finally came in to talk to me and I just kept stressing how 10 plus hours without movement is not like her at all. We talked about the small risks of an early induction, but she thought I should trust my instincts and get her here while we still had a healthy baby. Seven hours and half a push later (that girl was ready!), Olivia was born.

The first thing we saw was the cord around her neck, but after a brief pause she started crying and we were able to hold our daughter. My doctor explained that the cord around her neck was likely why her movement decreased and was just as relieved as we were to have her here healthy. I will never be able to express my gratitude to Count the Kicks and Lydia's mom for teaching me the importance of truly listening to my baby. It's because of them that the cord couldn't keep wrapping or get any tighter around her neck and we got to bring home our incredible baby girl. Lydia Barkley's tragically short life opened my eyes and truly saved my daughters life and she will forever be celebrated in our family. I thank God everyday for the advocacy and work of Count the Kicks." - Katherine Jones, Olivia's Mom

Olivia



**FOR ALL OF THOSE MOMMA'S OUT THERE THAT WANT MORE INFORMATION ABOUT COUNT THE KICKS PLEASE VISIT
COUNTHEKICKS.ORG, CALL OR VISIT BARTON COUNTY HEALTH DEPARTMENT**

Child Care Licensing

By Kori Hammeke

Local Surveyor will provide orientation to applicants for licensure; licensed daycare homes, preschools, child care centers, and school age programs.

- Regulation of compliance with Kansas statutes and regulations defining licensed childcare.
- Support and Education of area providers, directors, teachers, and staff.
- Working to ensure the health, safety, and adequate developmental environments for children receiving out of home care.

To Schedule

- Orientation; Call 620.793.1902
- Safe Sleep Training; for professionals, providers, parents, and grandparents.
- Guidance; regarding questions and childcare, practices, state regulations, or reporting concerns.



WIC Provides...

WIC is a nutrition program that provides nutrition and health education, breastfeeding support, healthy food, and referrals to other services free of charge to Kansas Families who qualify. WIC stands for the Special Supplemental Nutrition Program for Women, Infants and Children, but WIC is available to fathers who are primary caregivers as well as two parent families. WIC has improved over the years and with that has become more user friendly and sensitive to the needs of families.

If you are pregnant, nursing or are the parent of a child under the age of 5 stop by the Great Bend WIC office and see what we can offer you and your family.



Special Health Care Needs

By Doneta Messersmith

Special Health Care Needs will be conducting a FREE Family Care Coordination Training on Dec 7th at The Great Bend Senior Center from 9 a.m-5 p.m. Please Register at <https://www.surveymonkey.com/r/GreatBendCCTraining>. There are participant minimums for the training to proceed. We need to have at least 7 families but no more than 15 participants. So if a mother and father want to attend they would both register. We want to reach as many families as possible so if the number of families is large enough it may come down to only one parent attending.

What is Care Coordination?

Patient and family-centered approach that utilizes team-based and assessment activities designed to meet the needs of children and youth while enhancing the capabilities of families. It addresses interrelated medical, behavioral, educational, social, developmental, and financial needs to achieve optimal health.

The purpose of this training is to help parents learn:

- How to identify a medical home
- Techniques to organize information and find reliable resources
- How to navigate health care and insurance systems
- Skills to increase communication and coordination between multiple providers
- How to plan early for child's transitions
- Ideas for coping with stress and finding support
- Advocacy skills



Participants will be eligible to receive a \$100 stipend, upon completion of the training and must be a Kansas resident.

Children and youth with special health care needs (CYSHCN) are those who have, or are at risk for, a chronic physical, developmental, behavioral or emotional condition and also require health and related services of a type or amount beyond that required by children generally.

Pregnant and Parenting Program

By Micca Gutierrez

LYFTE- Lifting Young Families Towards Excellence

- For all pregnant or parenting mothers and families ages 16-24
- Coordinator helps mother to complete education, employment, and other individualized goals
- Offers support and connection to resources
- Offers opportunities to complete skill building activities through online platforms
- Mother meets with coordinator 1-2 times a month. Can meet in Health Department office or a convenient location for the client in the community or in their home.
- No end requirement- Can continue program until they feel they no longer need additional support



Lifting Young Families Towards Excellence

Incentives received for meeting with coordinator throughout the month and rewarded for completing goals

LYFTE is available in Barton county and all surrounding counties!



IRIS of Central Kansas is recruiting organizations to join our web based referral system!



IRIS, integrated referral and intake system, is a web based intake and referral communication tool that helps organizations connect the families we serve to the right resources in the community. Helps providers see resources we have in the community and that might be a good fit for your clients.

A way for all referrals to be completed in one place. Ability to track incoming and out going referrals for your agency. Can check on the status of referrals without having ongoing phone tag/emails. Can send comments and questions to referring agency if more information is needed or there are concerns. This tool helps to engage families through improved communication and increases community capacity by strengthening collaboration and growing our networks!

If your organization is interested in utilizing IRIS, please contact Micca @ (620) 793-1902 All organizations welcome in Central Kansas!

Public Health Educator

By Katelyn Sigler

As Public Health Educator I get to work through a Grant called CDRR (Chronic Disease Risk Reduction). With this Grant there are three main objectives to help improve public health.

Objective 1- Make communities aware of the seriousness of Tobacco, and e-cigarette use. With convincing Great Bend and other cities, the importance of tobacco free parks with reducing the risk of secondhand smoke.

Objective 2- Help communities create healthy eating habits through Farmers Markets, Community Gardens, Senior Farmers Market Nutrition Program and Senior Food Box Program.

Objective 3- Active Transportation, to build community support for better biking and walking transportation. Examples: Complete Streets, crosswalks and better sidewalks for walkers and bikers to transport easily.

For More information: Please Call 620-793-1902



Public Health Update

Vaping Outbreak Information

As of October 22, Kansas has had two confirmed deaths related to vaping. Kansas currently has 16 probable/confirmed vaping related cases, including the two deaths.

Of the cases, 75% are male and the collective ages range from 15-67 years old. 14 of the 16 were hospitalized. Regarding the types of vaping products used, there was a combination reported using only nicotine, only THC, only CBD and a combination of THC and nicotine.

Symptoms of Lung Injury

Reported by some patients in this outbreak symptoms have been reported such as: cough, shortness of breath, or chest pain, nausea, vomiting, abdominal pain, or diarrhea, fever, chills, or weight loss.

Some patients have reported that their symptoms developed over a few days, while others have reported that their symptoms developed over several weeks. A lung infection does not appear to be causing the symptoms.

Great Bend Summer Street Stroll Farmers Market

Great Bend Summer Street Stroll Farmers Market has come to an end, but will be back next summer!



Nursing Student Survey

As the fall season comes to an end we had our nursing students take a survey asking them a few questions about their experience at the Health Department.

What is the most valuable new thing you learned today?

"Many many resources are available outside of just vaccines. Like I could come here and get my baby's car seat checked, or attend ACE's meetings."

"The multitude of resources that are offered at the Health Department."

"This is not the Health Department I knew as a child."

"How many resources are out there and I knew about none of them when I have lived in GB my whole life."



Crustless Pumpkin Pie



Brown Sugar Topping

- ¼ cup packed brown sugar
- ¼ cup quick-cooking oats
- 1 Tbsp margarine, softened

Pumpkin Pie

- 1 can (16 oz) pumpkin
- 1 can (12 oz) evaporated skimmed milk
- 3 egg whites or ½ cup fat-free cholesterol-free egg product
- ½ cup granulated sugar
- ½ cup all-purpose flour
- ½ tsp pumpkin pie spice
- ¾ tsp baking powder
- 1/8 tsp salt
- 2 tsp grated orange peel

1. Heat oven to 350 degrees F. Spray 10-inch pie plate with nonstick cooking spray.

2. In small bowl, mix all brown sugar topping ingredients; set aside.

3. Place all pumpkin pie ingredients in blender or food processor in order listed. Cover and blend until smooth. Pour into pie plate. Sprinkle with topping.

4. Bake 50 to 55 minutes or until knife inserted in center come out clean. Cool 15 minutes.

Refrigerate about 4 hours or until chilled.

*Without
The
Calories*

Get Involved in Your Community!



Central Kansas Partnership

For more information please visit

<https://www.ckpartnership.org/>

Be Well Barton County

For more information please visit

<https://www.ckpartnership.org/>



Rise Up Central Kansas

For more information please check out their Facebook Page

@ Rise Up Central Kansas

**GET TO KNOW
OUR STAFF**

Public Health Nurse

Lindsey Ensley, RN



I am a Public Health Nurse for the Barton County Health Department since August of 2018. Along with my duties as a nurse, I also coordinate BCHD's Emergency Preparedness Program. I work closely with other health care facilities in the county to keep our preparedness plans up to date and to exercise those plans annually.

I am a long time Great Bend resident, living here with my husband, Scott and two children, Blaine and Marlie. I graduated from Kansas State University in 2005 with a Bachelor of Science degree in Early Childhood Education. Then went back to school at Barton County Community College, in 2012, to become a nurse. I love being a nurse. I love to care for people and put them at ease. My time here at the Health Department has been a rewarding and inspiring experience. I'm so proud to be a part of this team!



More Resources.

BREASTFEEDING SUPPORT GROUP	(620)793-1909
CHILD SUPPORT CENTER	(877)572-5722
PARENTS HOTLINE	(800)332-6378
NAT'L DOMESTIC VIOLENCE HOTLINE	(800)799-7233
CRIME STOPPERS	(620)792-1300
POISON CONTROL	(800)222-1222
KANQUIT (QUIT SMOKING)	1(800)QUIT-NOW
TEEN QUIT PROGRAM	YCQ2.ORG
COUNSELING INC.	(620)792-5405
NATIONAL SUICIDE PREVENTION LIFELINE	1(800)273-8255
HUMAN TRAFFICKING HOTLINE	TEL:1-888-373-7888 TEXT: 233733



Barton County Health Department values your opinion and your feedback. Please tell us your likes, dislikes and what you want more information about.

Questions are encouraged!

Call us @ 620.793.1902 or

Email ksigler@bartoncounty.org