



BARTON COUNTY HEALTH DEPARTMENT NEWSLETTER

Issue 3. December 2019



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WHAT IS PUBLIC HEALTH??

Public health is the science of protecting and improving the health of people and their communities. This work is achieved by promoting healthy lifestyles, researching disease and injury prevention, and detecting, preventing and responding to infectious diseases.

Overall, public health is concerned with protecting the health of entire populations. These populations can be as small as a local neighborhood, or as big as an entire country or region of the world.

Public health professionals try to prevent problems from happening or recurring through implementing educational programs, recommending policies, administering services and conducting research—in contrast to clinical professionals like doctors and nurses, who focus primarily on treating individuals after they become sick or injured. Public health also works to limit health disparities. A large part of public health is promoting healthcare equity, quality and accessibility.

Definition by: <https://www.cdcfoundation.org/what-public-health>

DECEMBER REPORT

From Health Department Director, Shelly Schneider

At a time when everyone is in a hurry checking off items on their To-Do list, it is easy to forget about our reason “Why”! “Why” do I do what I do all day long? What is my truly passionate desire? What is my part in our community? I truly believe that we all can make a difference in our Barton County, but it will take all of us to discover or rediscover our reason “WHY”.... Look forward this Christmas season into the New Year and see how your “Why” fits into the big picture of Barton County! Reach out and help someone. Smile at someone. Hold open a door for someone. One small gesture can change the trajectory of someone else’s future! Be that small gesture!



Outreach Success!!

From Deputy Health Officer Karen Winkelman, RN

51%

Of the Influenza Vaccines were provided at outreaches!

All Time High
Of
49
Outreach
Locations!!

2,333

TOTAL VACCINES
ADMINISTERED BY BARTON
COUNTY HEALTH DEPARTMENT
STAFF

Break Time for Nursing Mothers

By Bev Frizell

The Fair Labor Standards Act (FLSA) requires employers to provide break time and space for a covered nonexempt nursing mother to express breast milk for her nursing child for one year after her child's birth.

- o Employers must allow covered employees reasonable break time to express breast milk each time such employee has a need to express milk.
- o The space must be:
 - functional for expressing milk
 - shielding from view
 - free from intrusion
 - available as needed, AND
 - NOT a bathroom



Exempt employees may be covered under a State law providing breaks for nursing mothers. If an employer has fewer than 50 employees and can demonstrate that compliance and with this law would impose an undue hardship on the employer, that employer does not have to provide nursing breaks.

Note: Employers are not required to pay nursing mothers for breaks taken for the purpose of expressing milk. However, where employers already provide paid breaks, the employer must pay an employee who uses those breaks to express milk.

Child Care Licensing

By Kori Hammeke

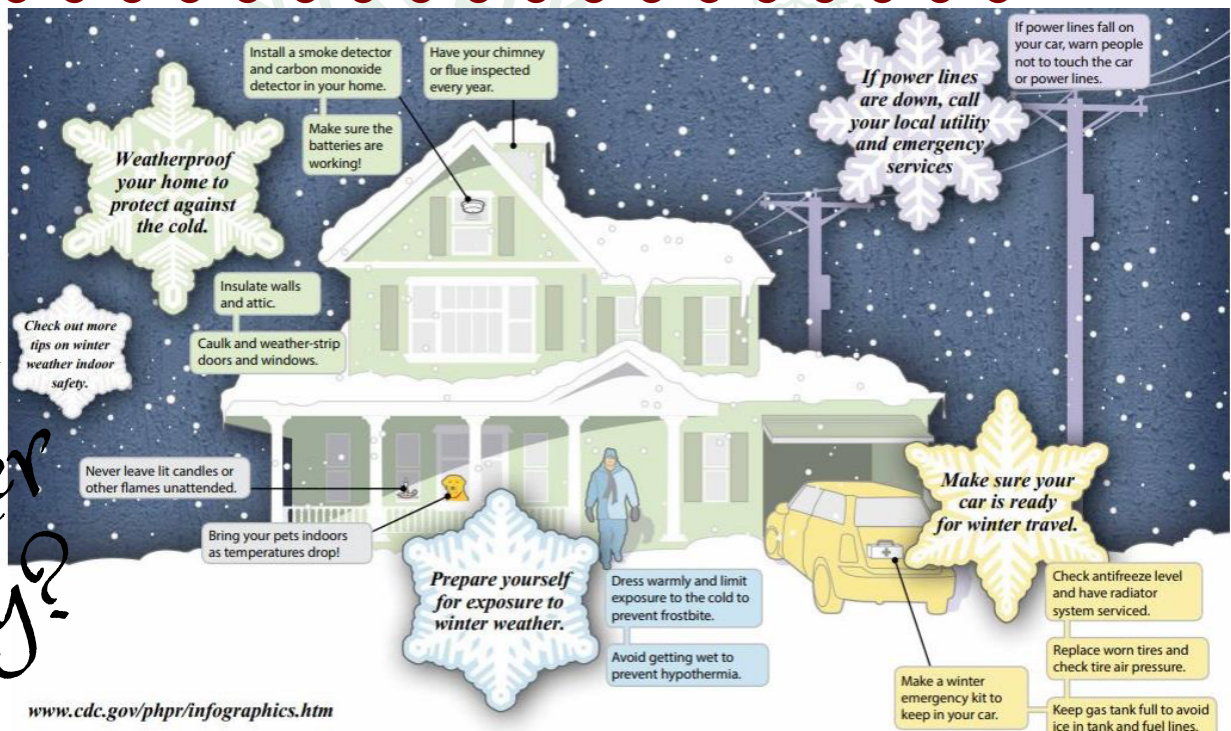
Hello and Happy Fall Y'all!

Thank you to all our area providers who attended the wonderful KCCTO training at Grace Community Church on 11-2-19.

We had 85 ladies for the morning training with Stephanie Keller and 80 ladies for the afternoon training with Janet Newton. What a great example of our daycare providers going the extra mile to better care for our Kansas Kids!

I am excited to partner with area agencies in an attempt to provide another Spring provider training. There will be updates on that event as soon as a date and time are secured. For now, I can provide a little insight to an upcoming training with Child Care Aware coming in early February. I will be sure to provide the details of the upcoming training's as soon as times and dates are in place!

As always, I am honored to assist and support current providers and look forward to assisting and supporting potential new providers. Please give me a call at the health department for any questions or concerns I may be of help with! I try to schedule orientation for new providers at their convenience as much as possible. Please call with any questions regarding the orientation scheduling and process. A very Blessed and Happy Holiday Season to You and Yours!



WIC Provides...

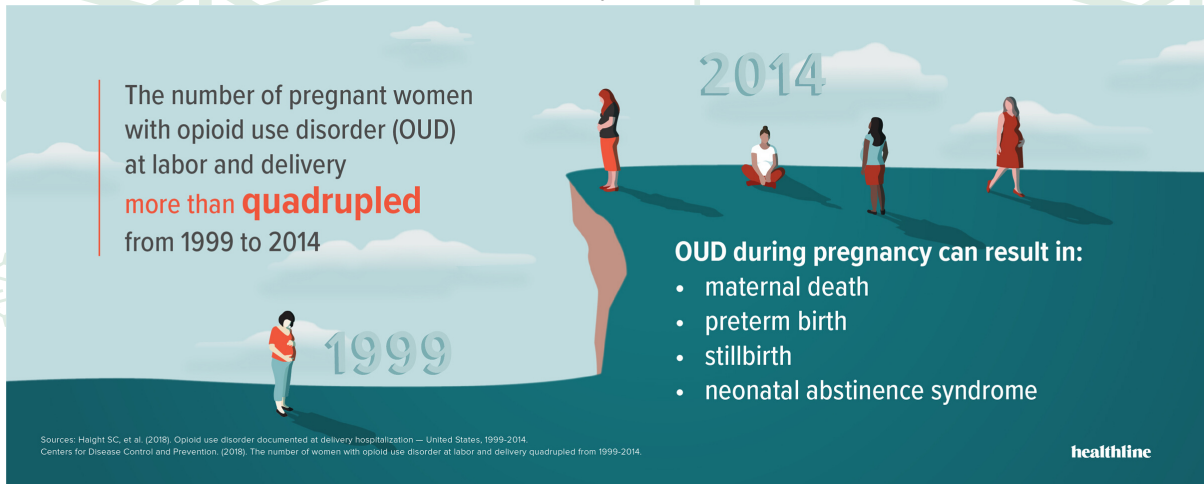
WIC is a nutrition program that provides nutrition and health education, breastfeeding support, healthy food, and referrals to other services free of charge to Kansas Families who qualify. WIC stands for the Special Supplemental Nutrition Program for Women, Infants and Children, but WIC is available 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.

Opioid Overdose Deaths on the Rise

By Micca Gutierrez

I was fortunate this fall to be able to attend the 2019 Governor's Conference for the Prevention of Child Abuse & Neglect. I always look forward to this conference as the speakers and presenters are always up to date on current issues and help to bring new resources and thought-provoking topics to the table. One of the sessions I was most influenced by was The Power of Supporting Women with OUD. (Opioid Use Dependency) Did you know that every 7 ½ minutes there is an accidental overdose due to opioids? And every 15 minutes a baby is born suffering from opioid withdrawal? We discussed stigma and shame is the number one reason mother's do not seek treatment. We discussed the importance of building rapport, being transparent, how to engage these women in services and the importance of collaboration in our community. We were given resources to be able to assure safe, stable nurturing environments for both mother and children.



Resources

Counseling, Inc.
620-792-5405
counselingincgb@attnet

Dream, Inc
620-792-5152
dreamhays.com

Heart of Kansas Family Health Care
620-792-5700
heartofkansas.com

Heartland Regional Alcohol and Drug Assessment Center
800-281-0029
hradac.com

Germ Alert!



It's flu season!



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 November 22, Kansas has had two confirmed deaths related to vaping. Kansas currently has 23 probable/confirmed vaping related cases, including the two deaths. Of the cases, 74% are male and the collective ages range from 15-67 years old. 21 of the 23 were hospitalized. Regarding the types of vaping products used, there was a combination or those reporting 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.



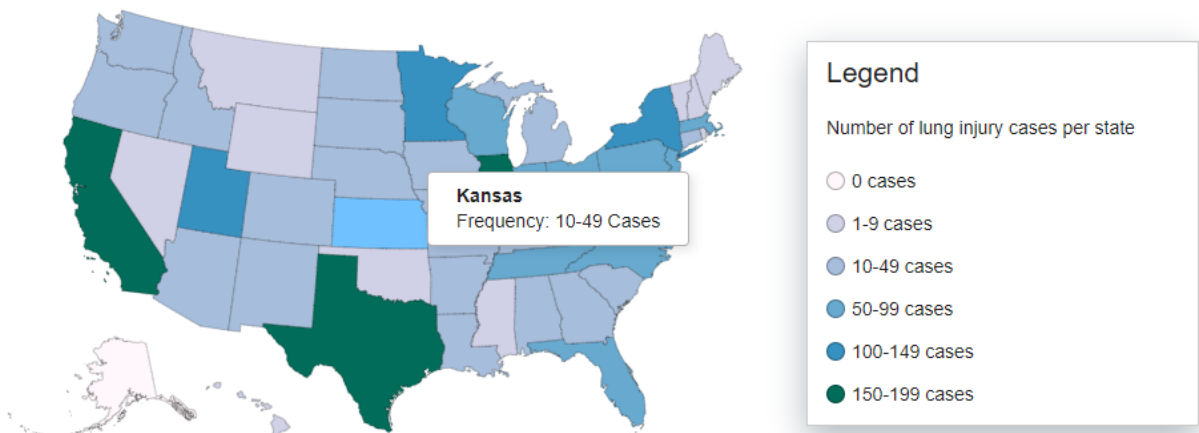
Youth and young adults can access the new e-cigarette quit program by texting "DITCHJUUL" to 88709. Parents and other adults looking to help young people quit should text "QUIT" to (202) 899-7550.

Need Help Quitting?



The Kansas Tobacco Quitline www.KSquit.org or 1-800-QUIT-NOW (784-8669) provides: FREE one-on-one coaching to help tobacco users quit. Available 24 hours a day/7 days a week online or by phone. Trained Quit Coaches Support to create an individual plan to quit tobacco and fight cravings. This FREE service is available to Kansans who are ready to quit any form of tobacco.

Number of Lung Injury Cases Reported to CDC as of November 13, 2019



Children with Special Health Care Needs

By: Doneta Messersmith

Supporting You: A Peer Support Network

Support for Families of Children with Special Health Care Needs



What is Supporting You?

Supporting you helps connect parents and caregivers of children with special health care needs with peers who have like experiences and/or circumstances in life. Our goal is for you to gain emotional support from a caring and compassionate peer, who shares a connection with you and is willing to tell their own personal story while they walk alongside you as you tell yours.

Supporting You is a peer-to-peer support network where you can:



Communicate and connect



Share ideas and resources



Gain support



Find that you are not alone

As a Support Peer, you can:

- Provide emotional support
- Build friendships
- Make a difference to someone else
- Learn from others

As a Connected Peer, you can:

- Receive emotional support
- Learn from someone who has "been there"
- Know you are not alone
- Learn about resources

For More Information:

➤ www.SupportingYouKansas.org ☎ 316-573-7097 ✉ cassandracc@cox.net

Sign up today! www.SupportingYouKansas.org

Supporting You is a collaboration between the Special Health Services Family Advisory Council and the Kansas Department of Health and Environment.



White Chicken Chili

Chili

Recipe by: Shannon Royer

- (2) Cans- White Beans (do not drain)
- (1) Can Chicken Broth
- (1) Williams Chicken Chili Seasoning Packet
- (1) Small can chopped green chilies
- 2 Tablespoon of Olive Oil
- 1/2 Small Onion- finely chopped
- 1/2 Teaspoon chopped garlic
- 2 Chicken Breasts

1. Cook onion and chilies with the olive oil for 5 minutes on medium heat.

2. Add garlic seasoning packet, and 1/2 of chicken broth

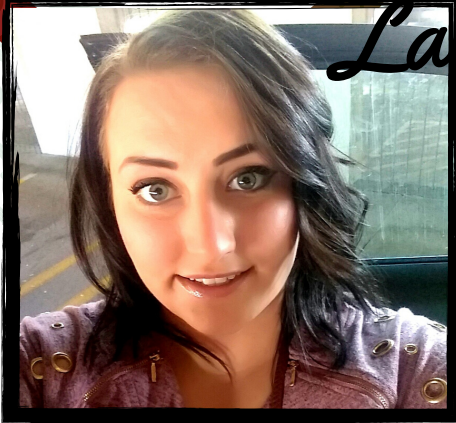
3. Add beans, the rest of the chicken broth and chopped chicken. Cook on medium heat for about 30 minutes.

4. Thicken the broth with 3 Tablespoon of corn starch and 1/4 cup of milk. Simmer for 10 minutes.

Very tasty with chopped tomato and green onion sprinkled on top- add a spoon of sour cream!

**GET TO KNOW
OUR STAFF**

Front Line Clerical



Laura Martinez

I am Clerical at the Barton County Health Department. I have been here since November of 2018. Before this I was a CNA for 6 years. I very much enjoy being a part of this team. I have a husband and two amazing children. I look forward to many more years here at the Health Department.

Xochitl Flores



My name is Xochitl Flores and I joined the Barton County Health Department in late August. I was born and raised in Great Bend and I am also a 2007 Great Bend High School graduate. After graduation I moved to Salina and was married which resulted in having 2 amazing boys, Jesus and Victor Torres. Being at the health department has taught me many things about the services that are provided. Apart from the services, the staff is truly amazing at what they bring to the table and it is such a positive environment to work at.

Jennifer McAllister



I moved here from Colorado with my husband Mike and our dog Sarge. We have three children between the two of us, my son Gary who is a Medic in the ARMY, Mike has two daughters, Sterling who lives here in Great Bend with our four year old granddaughter Remington, and then the youngest is Shadin who lives with her mom in Hutch. I have an Associate's Degree in Business Management and Accounting and help run our trucking business. I have been in healthcare since 1993, doing anything from CNA work to working in dialysis for the last 16 years. I am looking forward to helping the people in Barton County and proud to be a part of the team here at the Health Department.



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

