



Public Health
Prevent. Promote. Protect.
Barton County Health Department

Laboratory
Services

Services We
Provide

**“FOR EACH PETAL ON THE SHAMROCK, THIS
BRINGS A WISH YOUR
WAY: GOOD HEALTH, GOOD LUCK, AND
HAPPINESS FOR TODAY AND EVERY DAY.”**

-IRISH BLESSING

Mindful Practices for Every Day

As you spend time practicing mindfulness, you'll probably find yourself feeling kinder, calmer, and more patient. These shifts in your experience are likely to generate changes in other parts of your life as well.

Mindfulness can help you become more playful, maximize your enjoyment of a long conversation with a friend over a cup of tea, then wind down for a relaxing night's sleep. Try these 4 practices this week:



Try This Simple Walking Meditation

Walking meditation is designed to bring body and mind in sync while we're out and about. And if you don't like to sit and close your eyes to meditate, this is a great alternative that still trains the mind in awareness.



5 Steps of Mindful Listening

1. Ask open-ended questions. To further the conversation and show that you care about what the other person has to say, ask questions that invite the speaker to communicate their point of view.
2. Pay full attention to the conversation.
3. Observe body language.
4. Make eye contact.
5. Be patient.



How to Practice Loving Kindness Meditation

- Carve out some quiet time for yourself (even a few minutes will work) and sit comfortably.
- Imagine yourself experiencing complete physical and emotional wellness and inner peace.
- Repeat three or four positive, reassuring phrases to yourself.



5 Steps to Wind Down and Fall Asleep

1. Schedule technology-free time. ...
2. Separate work from bed. ...
3. Read a book. ...
4. Listen to music. ...
5. Try stretching or light yoga.



MARCH

2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------|----------------------------------------------------|---------|----------------------------------------------------------------------------|----------|--------|----------|
| 04 | 05 | 06 | 01 Barton County Commissioners Meeting 9:00AM | 02 | 03 | 04 |
| 05 | 06 | 07 | 08 Breastfeeding Support Group @3:30PM Barton County Comm'r Meeting | 09 | 10 | 11 |
| 12 11:11 | 13 Central Kansas Partnership Community Meeting | 14 | 15 Breastfeeding Support Group @ 1:30PM Barton County Comm'r Meeting | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 Prenatal Breastfeeding Class @2:00PM Barton County Comm'r Meeting | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 Barton County Commissioners Meeting 9:00AM | 30 | 31 | 01 |

YOUTH CREW 2ND ANNUAL

KICKBALL TOURNAMENT

SATURDAY
MARCH 25

AT GB SPORTS COMPLEX
GAMES START: 1:00PM



WIN
PRIZES +
MEDALS

TO REGISTER PLEASE VISIT:
WWW.CKPARTNERSHIP.ORG
GRADES 6TH-12TH ARE
WELCOME!

HOSTED BY
CENTRAL KANSAS
PARTNERSHIP
YOUTH CREW



**NATIONAL
HUMAN
TRAFFICKING
HOTLINE**



CALL
1-888-373-7888



TEXT
"BeFree" (233733)



LIVE CHAT
humantraffickinghotline.org

24/7 • Toll free
Confidential
200+ languages

GET HELP • REPORT TRAFFICKING

BE WEATHER AWARE

Severe Weather Awareness Week
March 6-10, 2023



More Information

More Information

MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman

**Barton County
Public Health**



Say goodbye to those dark and gloomy winter evenings as we embrace the first day of Spring and Daylight-Saving Time. Longer days, warmer evenings, cheery moods, and outside activities are prominent Spring elements. Exciting things are happening at your health department as we welcome the newness of the season and the "changes" that come with it. Highlights in March:

- Walk Kansas 2023 – Barton County Health Department staff are forming teams for the Walk Kansas program to help participants become healthier. The program is facilitated by our partners at K-State Extension. Consider forming a team with your family, friends, or coworkers. See additional information in this newsletter.
- Bathroom Renovation continues – Great progress is being made on converting two restrooms into one bathroom w/ shower and laundry accommodation for decontamination purposes.
- Grant applications – Aid to Local grant applications managed by the Kansas Department of Health and Environment are due March 15, 2023, @ noon. Staff is diligently completing narratives, objectives, and budgets for approximately 17 grants. This funding, along with county dollars, sustains the services for our community.
- Free Hearing Screenings – Screenings will be sponsored by the Great Bend Masonic Lodge #15 on Friday, March 24, 2023, from 9 am to 1 pm. See the flyer attached.
- Behind the scenes.....This month is the third anniversary of the first identified case of COVID in Barton County. Staff endured the long hours, increased workload, and sleepless nights associated with managing a pandemic. The staff and the community rallied together and formed lasting partnerships that have reached beyond the pandemic.

Explore additional information regarding these highlights and more in the featured articles in this newsletter!

Please feel free to visit the department in person or call

@ 620-793-1902 if you have any questions.

As always, thank you for your support of Public Health!

Barton Community College Healthcare Job Fair



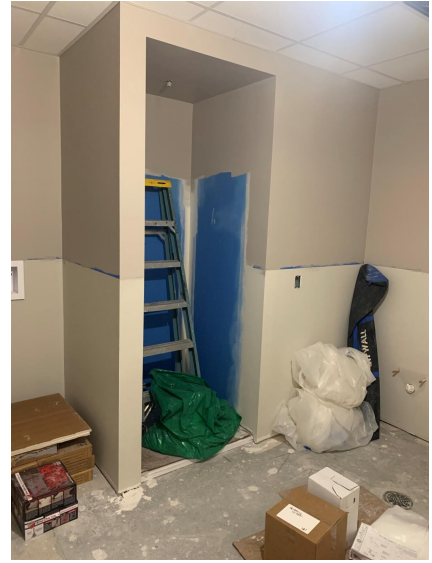
Lime-Honey Fruit Salad

- 1 tsp cornstarch
- ¼ cup lime juice
- ¼ cup honey
- ½ tsp poppy seeds
- 3 medium gala apples, cubed
- 2 medium pears, cubed
- 2 cup seedless red grapes
- 2 cups seedless green grapes

In a small microwave-safe bowl, combine cornstarch and lime juice until smooth. Microwave, uncovered, on high for 20 seconds; stir. Cook 15 seconds longer; stir. Stir in honey and poppy seeds. In a large bowl, combine the apples, pears, and grapes. Pour dressing over fruit; toss to coat. Cover and refrigerate overnight.

Nutrition Facts ¾ cup: 96 calories, 0 fat, 0 cholesterol, 2 mg sodium, 25 g carbohydrate (21g sugars, 2 g fiber), 1 g protein.

Behind the Scenes Of BCHD Bathroom and Hallway Renovation in Progress



GET YOUR LIFE BACK

QUIT VAPING NOW

Learn
More

Your reason to quit gets bigger every day.

Did you know the Kansas Tobacco Quitline has a special, free program for pregnant moms?

Pregnancy & Post-Partum Quit Program

- \$30 Mastercard gift card mailed to your house after each coaching call completed- *Limited time only!*
- Up to 5 coaching calls during pregnancy and 4 coaching calls post-partum.
- Resources designed specifically to help pregnant moms quit.

For free help to quit smoking and vaping, call 1-800-QUIT-NOW (784-8669).

KanQuit!
1-800-QUIT-NOW (784-8669)
KSquit.org

FREE HEARING SCREENINGS

FRIDAY, MARCH 24, 2023
9:00 A.M. - 1:00 P.M.

Sponsored by Great Bend
Masonic Lodge #15

BARTON COUNTY HEALTH DEPARTMENT
1300 KANSAS AVE.
GREAT BEND, KS

Appointments preferred,
Walk-ins accepted

(First come, first served)

Screening and results
in 15-20 minutes

4 stations available

No hearing aid sales

For appointment or more information contact
Greg King at 620-617-3634

Presented by Fort Hays State University Department of
Communication Sciences and Disorders and the Kansas Masons.



KANSAS MASONIC FOUNDATION
Dedicated to Serving Humanity



FORT HAYS STATE UNIVERSITY
DEPARTMENT OF COMMUNICATION SCIENCES
AND DISORDERS

The Health Advisory Committee shall provide guidance, recommendations, and assistance to the Barton County Health Department staff.

Membership requirements may include allied health or the animal health field. The uncompensated position's term is December 31,

BCHD HEALTH ADVISORY COMMITTEE

BARTON COUNTY IS
ACCEPTING APPLICATIONS
FOR TWO FULL TERMS ON
BARTON COUNTY HEALTH
ADVISORY COMMITTEE UNTIL
THE POSITIONS ARE FILLED.



2025.

Return the signed application to
the Human Resource's Office:
by mail to: 1400 Main, Room 107,
Great Bend, KS 67530
or scan and email
to dwatson@bartoncounty.org

Application

BARTON COUNTY HEALTH DEPARTMENT

WE ARE
HIRING
JOIN OUR TEAM

Open Positions

Public Health
Registered Nurse



SEND YOUR APPLICATION TO :



BKaiser@bartoncounty.org



Barton County Health Department

1300 Kansas Ave.,
Great Bend, KS 67530
+1 620-793-1902

Contact Us



Public Health
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