

Services

Provide



October 11th

Susank:8:30AM-9:30AM Beaver:10:00AM- 11:00AM Odin:11:30AM-12:30PM Claflin:1:30PM-2:30PM

October 13th

Galatia:9:30AM-10:30AM Olmitz:11:00AM-12:00PM Albert:1:00PM- 2:00PM Pawnee Rock:2:30PM-3:30PM





SEPTEMBER

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2).		281	d0	di	01	02
03	04 LABOR Health Department Closed	05 Barton County Commissioners Meeting 9:00AM	Breastfeeding Support Group @ 3:30 PM	O7 SSS Farmers Market 4-7PM	-Staff Work Day- Health Department CLOSED	09
10	11 Central Kanson PARTITERS/IIP Central Kansas Partnership Community Meeting	Barton County Commissioners Meeting 9:00AM	Breastfeeding Support Group @ 1:30 PM	SSS Farmers Market 4-7PM	15	Suicide Prevention Awareness Event Glow For Life Run/Walk
17	18	Barton County Commissioners Meeting 9:00AM	Prenatal Breastfeeding Class @ 2:00PM	SSS Farmers Market 4-7PM	Recovery Out-Loud 6:30pm	23 Suicide Awareness Ride FALL Pedal for Prevention
24	25	Women's Expo 3:30-7:00PM	27	SSS Farmers Market 4-7PM	29	Drive Thru Flu Clinic 10:00AM-1:00PM

MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman



August was a busy month for the health department staff. Vaccinations were administered to prepare our students for the school year. Our Barton County Health Department Advisory Committee hosted a meeting/luncheon with the Barton County Commissioners, who also serve as Barton County's Board of Health. There was informative conversation engagement with staff, along with department tours and mobile outreach unit tours. The Maternal Child Health program staff continues providing services, classes, and support groups for pregnant and postpartum women and their new babies. Meet our new staff! Check out the highlights in this newsletter.

But.....Summer is now a memory as we anticipate the changes associated with Fall. We are planning our Flu Vaccine outreaches to the rural communities in Barton County and providing Flu Vaccine in our clinic on a walk-in basis. A Saturday drive-thru is also being planned to accommodate our community's needs. (See additional information in this newsletter). Staff will be attending several professional development training courses throughout the month. We will also be present and collaborating with community partners on events......

Women's Health Expo, Barton Community College Resource Event, Golden Belt Glow For Life Suicide Awareness Walk/Run, Recovery Out Loud Celebration, etc.

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!

SATURDAY FLU VACCINATION CLINIC! BARTON COUNTY HEALTH DEPARTMENT FLU DRIVE THRU CLINIC **Public Health**

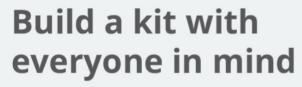
1300 Kansas Avenue

Saturday, September 30th, 2023 10:00AM-1:00PM

Forms Available online @ https://www.bartoncounty.org **Bring Insurance Information**



Spanish







Prepare un kit tomando en cuenta a todos.





Lindsey Ensley, RN



This National Preparedness Month, we are reminding you to build your emergency kit. Don't forget to include:

- Non-perishable food and water that can last several days.
- Flashlights, radios, and extra batteries.
- First aid kit. **#KSPrepared**





Universal Home Visiting Program is an education home visiting program that provides prenatal and postpartum support to caregivers and their families in Barton County with no out-of-pocket expense to participants. Registered nurses and community liaisons provide education and family support through home and office visits.

How do you sign up? Complete a phone self-referral by calling (620) 793-1902



National Food Safety Education Month POP QUIZ

True or False?

If ready-to-cook food is contaminated with bacteria that could make you sick, freezing will kill the bacteria.

Click For



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).



Did you know? Mothers who were enrolled in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) during pregnancy (32.5%) had a significantly higher rate of smoking in the 3 months before pregnancy than those who were not enrolled in WIC (14%). See the fact sheet for more information, including a map displaying each county's maternal smoking rate.

The Kansas Tobacco Quitline (www.KSquit.org or 1-800-QUIT-NOW) provides FREE one-on-one coaching for Kansans ready to quit using any form of tobacco, including vaping. Professional counseling is available in multiple languages 24 hours a day, 7 days a week. The Quitline pregnancy program offers up to 5 coaching sessions during pregnancy and 4 sessions postpartum with the same female Coach and

includes the option to receive free text message support.

Right now, the Quitline pregnancy program is offering a \$30 Mastercard gift card after each coaching call is completed.

Fact Sheet

BARTON COUNY HEALTH DEPARTMENT

WE ARE HIRING JOIN OUR TEAM

Open Positions

Public Health Registered Nurse

Public Health LPN

Women, infants and children (WIC) Clerk/Interpreter



SEND YOUR APPLICATION TO:



BKaiser@bartoncounty.org



Visit our Website

Meet our new amazing staff members!



Grab and Go Egg Cups



Ingredients

- Vegetable oil cooking spray (for muffin pan)
- 2 oz low sodium uncured ham deli slices
- 1/4 C cheddar cheese, shredded (low-fat)

- 12 large eggs
- ½ C (2 oz)spinach, chopped
- 1 red bell pepper, diced

Directions

Mise en Place

- Preheat oven to 400° and spray four muffin cups with cooking spray
- Measure out 1/4 C shredded cheddar cheese and set aside
- Hand-shred ham slices and set aside
- Set aside 12 large eggs
- Chop spinach
- Wash and dry red bell pepper, then dice ½ C of bell pepper

Prepare

- Whisk eggs together in a large bowl and add in spinach, ham, shredded cheese, and bell pepper. Mix thoroughly.
- Pour egg mixture into each of the 12 muffin cups until they are each about 3/4 full.
- Place muffin tin in oven and bake for 12-15 minutes

Serve

- Carefully remove the muffin tin from the oven using oven mitts
- Use a spoon to carefully remove each egg cup from the muffin tin and place on a plate
- Serve hot and enjoy!

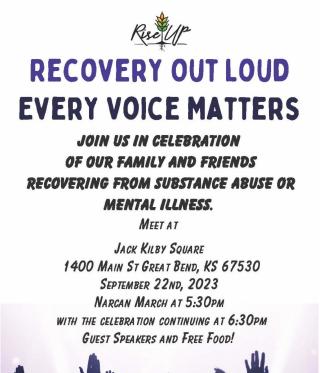


Learn More



Upcoming Events





Registration



Registration

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

Membership requirements may



BCHD Health Advisory Committee

Barton County is accepting applications for Two full terms on Barton County Health Advisory Committee until the positions are filled.

Contact the Health Department for more information. include allied health or the animal health field. The uncompensated position's term is December 31, 2025.

Return the <u>signed</u> 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

Commissioners Join Advisory Meeting





Barton County Health Department

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

Contact Us





<u>Unsubscribe ksigler@bartoncounty.org</u> <u>Update Profile |Constant Contact Data Notice</u>

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