Barton County Community Baby Shower

Managing Anxious Thoughts And Stress With Mindfulness
As we prepare to say goodbye to May and welcome in June, there are plenty of reasons to celebrate the Mid-year. It is the end of the academic year and the start of a three-month-long
summer vacation. This is a perfect opportunity to get active and to enjoy the outdoors!

Check out a few highlights happening in your health department and in your community:

· Community Baby Shower – June 15th – Join us for our 3rd annual baby shower event! New and expectant parents, support people and community service providers are invited. (Find link in this newsletter for event information.)

· Father’s Day June 18th – This is the perfect opportunity to celebrate our dads, father figures and influential men in our lives.

· Summer solstice – June 21st – This marks the longest day of the year in the northern hemisphere and kicks off the start of summer. As spring ends and summer begins, the daily periods of sunlight lengthen to their longest on the solstice, then begin to shorten again.

· World Rainforest Day – June 22nd – This is a day about raising awareness of the importance of the rainforest and what it does for us. As well as the vivid beauty that comes with great diversity in plants and animals, rainforests also play a practical role in keeping our planet healthy. By absorbing carbon dioxide and releasing the oxygen that we depend on for our survival. The absorption of this CO2 also helps to stabilize the Earth’s climate. Consider planting a tree!

· Men’s Health Month – Throughout June, Men’s Health Month focuses on improving the lifestyles of men. Particularly through diet and exercise.

· Back to School Immunizations – Beat the “back to school rush” in August! Plan to vaccinate your children now. No appointments necessary. Vaccinations provided on a walk-in basis during operational hours. See information in this newsletter.

· Job Openings – **NEW job opportunities!** Full and Part-time positions!! We invite you to become a part of our team to ensure that conditions are favorable in which everyone can be healthy! Check out the benefits available to employees of Barton County. (Find the link to current job opportunities in this newsletter.)

· Advisory Committee Openings – Join our team! Be a public health advocate! Consider applying for one of two open positions on our current committee. (Find the link to the application in this newsletter.) This committee meets monthly to access programs, share local area needs, to become familiar with funding sources, to offer input on improvements to services, to be aware of legislation affecting public health, 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!
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

Beat the Back To School Rush!
Early Childhood Programs

Kindergarten
- DTap/Polio
- MMR/Varicella
- Hepatitis B
- Hepatitis A
- Pneumococcal

7th Grade
- Tdap
- Meningococcal

11th Grade
- Meningococcal

Covid-19 Vaccine is Available for Ages 6 months and up

Insured or Uninsured-Walk-ins are Welcome!

Barton County Health Department
1300 Kansas Ave, Great Bend KS 67530
620-792-1902 | ksigler@bartoncounty.org

Early Childhood Programs

Kindergarten-12th Grade

Men's Health Month

June is Men's Health Month

Eat healthy, Keep moving, Stay well.

...and make your health a priority.

Did you know?

Men live about 5 years less than women.

MEN HAVE A higher death rate for most leading causes of death including cancer, heart disease, diabetes, and suicide.

Approximately 30,000 men in the U.S. die each year from prostate cancer.

Men make 1/2 as many physician visits for prevention as women.

1 in 2 men will develop cancer.
Men are more likely to be uninsured than women.
The Central Kansas Breastfeeding Coalition is a group of individuals interested in educating and promoting breastfeeding in the communities where we live, work, and play. Creating a breastfeeding-friendly environment is the basis for our work. Kansas HB 2284, in the 2006 session, passed into law the right for people to breastfeed in public. “The State of Kansas acknowledges breastmilk to be the most complete form of nutrition for infants, with a range of benefits for infant’s health, growth, immunity and development.” “A mother may breastfeed anywhere she has a right to be.” One of our local projects, Breastfeeding Welcome Here, had members visit some local businesses to educate about the right to breastfeed in public and give information on how to support the rights of breastfeeding mothers. Look for a window decal on some businesses that state, “Breastfeeding Welcome Here.” This decal on a business lets breastfeeding mothers know that if their infant needs to breastfeed they will be supported. If any business would like to participate in this project, please contact any Coalition member or Barton County Health Department. The breastfeeding coalition is a task force of the Central Kansas Partnership. To join the Central Kansas Breastfeeding Coalition or for more information please contact, Beverly at the Barton County Health Department at 620-793-1909 or email: bfrizzell@bartoncounty.org. The next meeting of the breastfeeding coalition will be held on Tuesday, June 27, 2023, at 11 am at Barton County Health Department. All are welcome to join.
Watermelon and Kiwi Popsicle

Ingredients

5 cups watermelon, pureed (about half of one large watermelon)
5 medium kiwis, peeled and sliced

Instructions

Place all watermelon in a blender and process until smooth. Place kiwi slice in mold and fill popsicle wells with watermelon juice. Continues layering like that until wells are full. Insert popsicle stick and let freeze until solid.
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, 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

No matter what your reproductive goals are, we’re here to help
Join Our Team!

Open Positions
- Public Health Nurse, RN
- Public Health LPN
- Social Worker
- WIC Clerk Interpreter

If you are interested, please find more information on open positions at www.bartoncounty.org

Full Job Descriptions  Application