



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

Laboratory
Services

Services We
Provide

TEAM- A group of people with different skills and different tasks, who work together on a common project, service, or goal, with a meshing of functions and mutual support.





Mindfulness Exercise

Gratitude List

Creating a gratitude list may help improve well-being and promote positivity by helping you focus on the things that you're grateful for.

- Try adding 3-5 items to your list each day and build it into your daily schedule to stay consistent.
 - You can write your gratitude list first thing in the morning to get your day off to a great start or list a few things that you're grateful for before winding down for bed.
-



FEBRUARY

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 MEETING Barton County Commissioners Meeting 9:00AM	02		
			08 Breastfeeding Support Group Barton County Comm'r Meeting			
12	13 Central Kansas Partnership Community Meeting	14	15 Breastfeeding Support Group Barton County Comm'r Meeting		17	
	20		22 MEETING Barton County Commissioners Meeting 9:00AM			

FEBRUARY 17TH

RANDOM ACTS OF KINDNESS DAY

Create the kindness together starting from small things.

MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman

**Barton County
Public Health**



Excitement for spring is starting to show forth. Hopefully, on February 2nd, “Groundhog Day”, the groundhog will emerge from his burrow and predict the end of winter.....to be soon! 😊

There is a lot going on this month, even though February only has 28 days! In one way or another, much of it circles back around to “love”. Part of expressing love is to take care of what we love. Whether that be ourselves, our family, friends, pets, or our community. Love isn’t just something we feel but something we express.

Highlights in February:

- Children’s Dental Health Month - Dental hygiene is one of the most important things we can teach our children. Unfortunately, for a lot of parents, getting kids to brush and floss their teeth is like pulling teeth. Tooth decay is almost entirely preventable. Begin healthy habits early in your child’s life. Take your child to see a dentist by their 1st birthday.
- Heart Healthy Month - Wide open spaces! Studies have shown that exercise reduces acute respiratory illness and meditation has an even greater impact. Both activities reduce stress, which can impact your immune system health and cardiac health.
- Library Lover’s Month - Show appreciation to our libraries, which form important community hubs and hold a wealth of information that anyone can access
- Cancer Prevention Month - Take part in cancer screening programs; Avoid too much sun/use sun protection; Eat a heart-healthy diet; Limit alcohol intake; Get vaccinated for Hepatitis B and Human Papilloma Virus; Don’t smoke or use any form of tobacco; Be physically active.

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

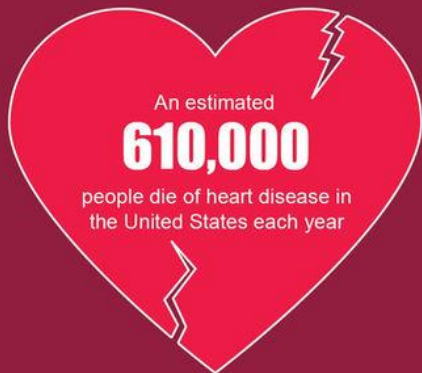
Please feel free to visit the department in person or call @ 620-793-1902 if you have any questions.

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

GBMS Family Safety Event



FEBRUARY IS MONTH



Call 911 if you feel:

- Chest Pain or Discomfort
- Upper Body Pain
- Shortness of Breath
- Nausea, lightheaded, or cold sweats

735,000

Americans suffer from a heart attack each year

RISKS OF HEART DISEASE

- Smoking
- Poor Diet
- Excessive Alcohol Use
- Physical Inactivity
- Diabetes
- High Blood Pressure
- High Cholesterol



Major Victory For Families!



Expands the legal right to receive pumping breaks and private space to nearly 9 million more workers, including teachers, registered nurses, farmworkers, and many others

[Details](#)



Gives pregnant and postpartum workers, including breastfeeding employees, a right to reasonable workplace accommodations, including lactation accommodations.

[Details](#)



BARTON COUNTY HEALTH DEPT.

MONTH OF FEBRUARY ONLY

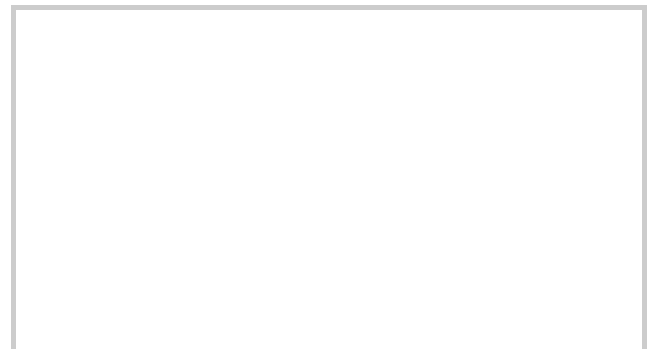
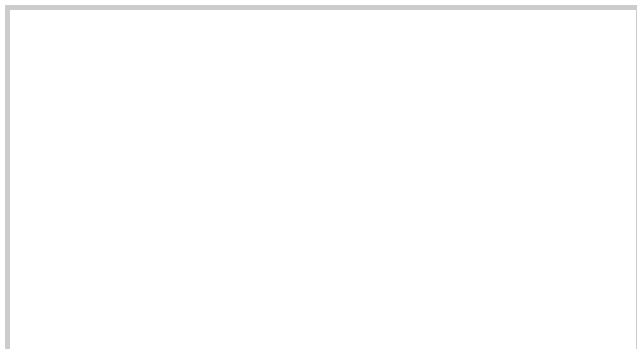
**\$10.00
OFF**

HEALTHY LIVING LABS

MENTION THIS COUPON TO HEALTH DEPARTMENT
STAFF TO RECIEVE BENEFITS



**Behind the Scenes Of BCHD
Bathroom Renovation in Progress**



GET YOUR LIFE BACK

MY LIFE MY QUIT

QUIT VAPING NOW

Learn More

Your reason to quit gets bigger every day.

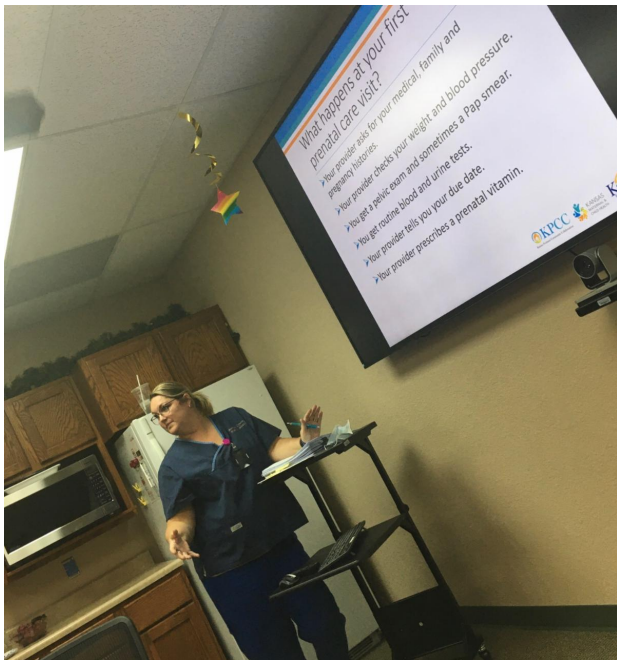
Did you know the Kansas Tobacco Quitline has a special, free program for pregnant moms?

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).

BaM (Becoming a Mother) Class



Know What to Expect During Pregnancy

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,

BCHD HEALTH ADVISORY COMMITTEE

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



Great Bend, KS 67530
or scan and email
to dwatson@bartoncounty.org

Application

Services offered through BCHD



Breastfeeding Support Group -
Have a safe space to talk about breastfeeding with other moms, and create relationships.
We meet every 2nd Wednesday of the month at 3:30pm and every 3rd Wednesday of the month at 1:30pm

Pre-natal Breastfeeding Classes -
Get the scoop on what you need to know about breastfeeding before you give birth. Classes offered the 1st Tuesday of the month at 9:00am, 4th Wednesday of the month at 2:00pm, or by prior arrangement.



XOXO

Becoming a Mom (BAM) -
This 6 week course, is a more in depth class that gives a better understanding on what to expect during pregnancy, labor, postpartum, nutrition, breastfeeding, and infant care. These classes are offered to women towards the end of pregnancy.



Call for More
Information

WE ARE
HIRING
JOIN OUR TEAM

Open Positions

- ✓ Public Health Registered Nurse



SEND YOUR APPLICATION TO :

 BKaiser@bartoncounty.org



[Full Job Descriptions](#)

[Application](#)

Barton County Health Department

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Contact Us



Public Health
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Barton County Health Department

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