

Happy New Year 2024



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

Laboratory
Services

Services We
Provide



January

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	01 <i>Happy New Year</i> CLOSED	02 Pre-Natal Breastfeeding Class 9:00am	03	04 Teen Support Group 5:30pm to 7:30pm	05	06
07	08	09	10 Breastfeeding Support Group 3:30-4:30pm	11	12	13
14	15	16 Becoming a Mom classes 1:30pm to 3:30pm	17 Breastfeeding Support Group 1:30-2:30pm	18	19	20
21	22	23 Becoming a Mom classes 1:30pm to 3:30pm	24 Pre-Natal Breastfeeding Class 2:00pm	25	26	27
28	29	30 Becoming a Mom classes 1:30pm to 3:30pm	31			

MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman



Oh, how time flies! I cannot believe we are welcoming the start of 2024 already?! With the new year comes new goals, new resolutions, and new starts. We dedicate this new year to our amazing clients of Barton County, that help keep us going! We wish you all a very happy new year! Cheers to 2024!

- 1. January is Mental Wellness Month-** Mental health is the most overlooked aspect of health, due to the stigma behind it. Many people see mental health problems as weaknesses and would rather just tell themselves to “Snap out of it”, but in all reality it is important to get the help you need in a timely manner.
- 2. WIC-** One of our many services provided includes our WIC and MCH programs. Woman Infant and Children is a supplemental program designed to help better the health of pregnant, breastfeeding, and postpartum women, and infants and children up to 5 years of age by providing nutritious food and education to families. Within our WIC program we have our Maternal Child Health program which is designed to provide support and education to our pregnant, postpartum, and breastfeeding mothers.
- 3. Safe Sleep-** Sudden Unexpected Infant Death (SUID), which includes sudden infant death syndrome (SIDS), is the leading cause of injury death in infancy. Sleep is a big challenge for families with babies, but following safe sleep recommendations can prevent many SUID fatalities. Help families learn how their babies can sleep safely so parents can sleep soundly.
- 4. December Highlights-**
December In-Service – Our quarterly in-service at the Barton County Health Department was extra special this year with our two surprise guests Kelley Johnson, and Sandra Burton.
- 5. National Human Trafficking Awareness Month-** National Human Trafficking Awareness Day is recognized each year on January 11. In recognition of this important day, and throughout the month of January, Blue Campaign hosts several special events and educational activities, the largest being #WearBlueDay on January 11.
- 6. Seasonal Affective Disorder (SAD)-** SAD is sometimes known as “Winter Depression” because the symptoms seem more obvious in the winter months. If the long winter nights are making you feel tired, crabby, and out of sorts, you just might have seasonal affective disorder (also known as SAD). It’s a type of clinical depression that starts in the fall and winter and lasts all the way until spring. And it affects about 5% of adults in the US.
- 7. Martin Luther King Jr Day-** Martin Luther King Jr Day is a federal holiday held on the third Monday of January. It celebrates the life and achievements of Martin Luther King Jr, an influential American civil rights leader.

8. **Carbon Monoxide-** During the winter months, it is imperative that we keep an eye out for carbon monoxide. As the temperatures turn frigid, we close our windows and set our home thermostats higher. These everyday efforts to warm our homes during winter weather can increase our risk of poisoning from carbon monoxide.

Explore Job opportunities here at your local Health Department!

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!!

National Influenza Vaccination Week



JANUARY

IS MENTAL WELLNESS MONTH

**Make sleep
a priority.**

**Try a relaxing
activity.**

**Focus on
positivity**

**Eat healthy,
regular meals and
stay hydrated**

**Ask for help
when needed**



Morgan Sanchez



Social Worker

“Mental health is less dramatic than physical pain, but it is more common and harder to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say, “My tooth is aching” than to say “my heart is breaking”. – C.S. Lewis



WIC

Women, Infants and Children (WIC) is a nutrition program that provides nutrition and health education, healthy food, and other services to Kansas families who qualify.

WIC's goal is to help keep pregnant and breastfeeding women, new moms, and kids under age 5 healthy by providing:

- Personalized nutrition information and support
- Checks to buy healthy food
- Tips for eating well to improve health
- Referrals for services that can benefit the whole family

WIC also offers immunization screening and referral, breastfeeding support, and nutrition and health classes on a variety of topics including meal planning, maintaining a healthy weight, picky eaters, caring for a new baby, shopping on a budget and more. We encourage you to take advantage of all that WIC offers.



Bev Frizell, RD



WIC/MCH Supervisor
Dietitian

To be eligible for the WIC program, you must be a resident of Kansas and one of the following:

- Pregnant, or
- Breastfeeding, or
- Postpartum, or
- A child 5 years old or younger.

A person who participates or has family members participate in certain other benefit programs, such as SNAP, Medicaid, or TANF, automatically meets the income eligibility requirement.

For more information or to schedule an appointment call the Barton County WIC office at (620) 793-1909.

Recipe below uses WIC eligible foods



Black Bean and Sweet Potato Quesadillas

Enjoy a simple twist on the classical quesadilla. These quesadillas can be served as a tasty lunch, dinner, or side dish.

Ingredients

- 2 sprays of nonstick cooking spray
- 1 medium sweet potato (cooked and cut into pieces)
- 1 cup black beans, canned (low-sodium)
- 1 small onion
- 1 clove garlic
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons paprika
- 1/2 large chili pepper
- 2 tablespoons sour cream, low-fat (or reduced fat plain yogurt)
- 8 whole wheat tortillas
- 1/4 cup cheddar cheese, reduced-fat
- 1/2 cup baby spinach

Directions

1. Wash hands with soap and water.
2. Sauté onion and garlic (using nonstick cooking spray) in a medium size pan until soft.
3. Add sweet potatoes, black beans, spices, and jalapeno.
4. Heat until just warm.
5. Spread potato mixture over tortilla, then top with baby spinach, cheese, and onion.
6. Top with second tortilla.
7. Heat a pan on high heat and spray with nonstick cooking spray.
8. Brown quesadilla about one minute on each side until the inside is warm and the cheese is melted.

The **ABCs** of **SAFE SLEEP**



A

Alone

Baby should sleep in parent's room, separate flat sleep surface.

B

Back

Baby should always sleep on their back for every sleep.

C

Clutter-Free Crib

Avoid using soft bedding including crib bumpers, blankets, pillows and soft toys.



Learn more about safe sleep at:

KidsKS.org



KANSAS
MATERNAL &
CHILD HEALTH

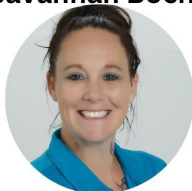
SAFE
KIDS
KANSAS

KIDS
Kansas Infant Death and SIDS Network

The ABCs Of Safe Sleep

- Placing babies on their backs is the number one way to reduce the risk
- Place your baby in a safety-approved crib with a firm mattress

Savannah Bochy



MCH Home Visitor / Breastfeeding
Peer Counselor

- and well-fitting sheets
- Cribs should be free from toys, soft bedding, blankets and pillows
- The safest place for your baby to sleep is the room with you, but not in your bed
- Think about using a clean, dry pacifier when placing your baby down
- Consider using a wearable blanket or other sleeper instead of a blanket to avoid the risk of overheating. Keep the room at a temperature that is comfortable for a lightly clothed adult
- Talk about safe sleep practices with your family and childcare providers

December Highlights

December Staff In-Service



A Huge Thank you to Kelley Johnson and Sandra Burton for attending our quarterly in-service and making it extra special. Thank you for the love and support!



January is National Human Trafficking Prevention Month . Every year since 2010, the President has dedicated the month to raise awareness about human trafficking and to educate the public about how to identify and prevent this crime.

Sending love to all who are:



**GRIEVING A LOSS
DURING THE HOLIDAYS**



FEELING LONELY



**FACING FAMILY
TROUBLES**



**STUGGLING IN
SOME WAY**



FEELING ANXIOUS



**FEELING STRESSED
DURING THE HOLIDAYS**



Seasonal affective disorder, or SAD, is a type of depression. It happens during certain season of the year- most often fall or winter. It is thought that shorter days and less daylight triggers a chemical change in the brain leading to symptoms of depression. Let's use this time as a reminder to spread some kindness this winter, we may not know what someone else is going through.

MARTIN LUTHER KING JR. — DAY —



Martin Luther King Day, often abbreviated as MLK Day, is a federal holiday in the United States that honors the civil rights leader and activist, Dr. Martin Luther King Jr. It is observed on the third Monday of January each year, close to Dr. King's birthday on January 15th. MLK was known for his "I have a dream" speech that revolutionized the civil rights movement. His nonviolent tactics are admired and recognized on this day.



Carbon Monoxide

is an invisible, odorless gas.

You and your family can be safe with simple precautions.



Deadly, even in small amounts.

Symptoms of poisoning include headache, fatigue, trouble breathing, nausea or dizziness.

When using portable heaters, make sure area is properly vented.

Test your detectors **monthly.**
Replace your detectors **every 5-7 years.**



Poison Control Hotline

800-222-1222
www.cdc.gov/co



Don't use portable generators or anything with an exhaust in **enclosed spaces.**

Lindsey Ensley, RN



Nurse Supervisor

Carbon Monoxide is found in fumes produced any time you burn fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, or furnaces. Carbon Monoxide can build up indoors and poison people and animals who breathe it. The most common symptoms of CO poisoning are headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. CO symptoms are often described as "flu-like." If you breathe in a lot of CO it can make you pass out or kill you. People who are sleeping or drunk can die from CO poisoning before they have symptoms.

Mexican Hot Chocolate Cookies



INGREDIENTS

Yield: 20 to 24 cookies

- 1½ cups/192 grams all-purpose flour
- ½ cup/51 grams cocoa powder, preferably Dutch-processed
- 1 teaspoon baking soda
- 1 teaspoon kosher salt (such as Diamond Crystal)
- ½ teaspoon ground cayenne
- 3 teaspoons ground cinnamon
- ½ cup/113 grams unsalted butter, at room temperature
- 1½ cups/305 grams light brown sugar
- 1 large egg, at room temperature
- 2 teaspoons vanilla extract
- Mini marshmallows, frozen solid
- ¼ cup/50 grams granulated sugar

Directions

1. In a medium bowl, whisk flour, cocoa powder, baking soda, salt, cayenne and 2 teaspoons ground cinnamon.
2. In the bowl of a stand mixer fitted with a paddle, or a large bowl with a hand mixer, beat butter and brown sugar on medium-high until light and fluffy, about 2 minutes. Add egg and vanilla. Beat until creamy, 2 more minutes. Add flour mixture. Beat on low until no dry spots remain, about 1 minute.
3. With a 2-tablespoon (1-ounce) cookie scoop or tablespoon measure, scoop dough into mounds on a baking sheet. Cover and refrigerate for at least 2 hours, or up to overnight. Freeze marshmallows, if you haven't already.
4. When ready to bake, heat oven to 350 degrees and line 2 baking sheets with parchment paper. Add granulated sugar and the remaining teaspoon cinnamon to a small bowl.

5. Remove half of the dough from the refrigerator and let sit at room temperature for 5 minutes if the dough is very stiff. Take a mound of dough and flatten slightly in the palm of your hand. Pile 5 frozen mini marshmallows on top of the flattened dough, then bring the outer edges over the marshmallows to envelop them. Roll into a ball and then roll in the cinnamon sugar to coat. Place on the baking sheet, 3 inches apart.

6. Bake for 10 to 12 minutes, rotating halfway through, until cookies puff slightly and bits of molten marshmallow peek through the surface. Cool on the sheet for about 5 minutes, then transfer to a wire rack to cool completely. Repeat with the remaining dough and marshmallows. Cookies will keep for about 3 days in an airtight container at room temperature.

TIP

- *Balls of dough (not coated in cinnamon sugar) can be frozen for up to 3 months in an airtight container. To bake, thaw for 5 minutes at room temperature, roll in cinnamon sugar and bake for 13 to 15 minutes.*

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

GET YOUR LIFE BACK



MY LIFE MY QUIT

QUIT VAPING NOW



BARTON COUNTY HEALTH DEPARTMENT

Now Hiring!

**PUBLIC HEALTH
NURSE
(WIC/MCH)**

**Registered
Nurse**

This full-time nursing position requires a thorough knowledge in a broad array of basic scope of practice and provides services on a walk-in basis.

**Lab Testing
Immunizations
STI Testing and Treatment
Family Planning
Blood Pressure Monitoring
Hemoglobin/Blood Sugar Checks
Medical Referrals
Outreach Clinics
Electronic Medical Records
Investigates Reportable Diseases**



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positions**

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Contact Us



Public Health
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Barton County Health Department

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