



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

Laboratory
Services

Services We
Provide

BARTON COUNTY HEALTH DEPARTMENT
MOBILE FLU CLINIC
COMING TO A NEIGHBORHOOD NEAR YOU!



October 11th
Susank: 8:30AM-9:30AM
Beaver: 10:00AM- 11:00AM
Odin: 11:30AM-12:30PM
Claffin: 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

MEET OUR PUBLIC HEALTH NURSES!



Lindsey Ensley, RN
Nurse Supervisor



Christina Delgadillo,
RN



Sarah Schridde,
LPN



Sierra Burkes, RN



620-793-1902



<https://www.bartoncounty.org>

@bartoncountyhealthdept



SEPTEMBER

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					01	02
03	04 Health Department Closed	05 Barton County Commissioners Meeting 9:00AM	06 Breastfeeding Support Group @ 3:30 PM	07 SSS Farmers Market 4-7PM	08 -Staff Work Day- Health Department CLOSED	09
10	11 Central Kansas Partnership Community Meeting	12 Barton County Commissioners Meeting 9:00AM	13 Breastfeeding Support Group @ 1:30 PM	14 SSS Farmers Market 4-7PM	15	16 Suicide Prevention Awareness Event Glow For Life Run/Walk
17	18	19 Barton County Commissioners Meeting 9:00AM	20 Prenatal Breastfeeding Class @ 2:00PM	21 SSS Farmers Market 4-7PM	22 Recovery Out-Loud 6:30pm	23 Suicide Awareness Ride Pedal for Prevention
24	25	26 Women's Expo 3:30-7:00PM	27	28 SSS Farmers Market 4-7PM	29	30 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
Prevent. Promote. Protect.
Barton County Health Department

1300 Kansas Avenue

**Saturday, September
30th, 2023**

10:00AM-1:00PM

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

English
Form

Spanish
Form

Build a kit with everyone in mind



Prepare un kit tomando en cuenta a todos.



Lindsey Ensley, RN



Nurse Supervisor

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

PARENTING RESOURCES

IN YOUR AREA.



Bev Frizell, RD



WIC/ MCH Supervisor
Dietitian

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

TRUE OR FALSE?

Freezing ready-to-cook foods kills bacteria.



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 Answer](#)



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.

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

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

Katelyn Sigler



Public Health Educator

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 COUNTY 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!



Public Health
Prevent. Promote. Protect.



Savannah Bochy
Breastfeeding Peer Counselor/
Healthy Start Home Visitor



Morgan Sanchez
Social Worker

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 ¾ 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

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

Upcoming Events

SUICIDE PREVENTION YOU MATTER!

11th Annual Glow Walk or 5 K Glow Run

Glow For Life

REGISTRATION **\$25**

September 16 2023
Veterans Memorial Park
Great Bend, KS

REGISTER NOW
www.ckpartnership.org

Registration

Riding in Remembrance

PEDAL FOR PREVENTION

September 23-6 pm
Brit Spaugh Park
at the Bike ramps

Register NOW
www.ckpartnership.org

Registration **\$20**

SUICIDE PREVENTION YOU MATTER!

Registration



RECOVERY OUT LOUD EVERY VOICE MATTERS

**JOIN US IN CELEBRATION
OF OUR FAMILY AND FRIENDS
RECOVERING FROM SUBSTANCE ABUSE OR
MENTAL ILLNESS.**

MEET AT

JACK KILBY SQUARE
1400 MAIN ST GREAT BEND, KS 67530

SEPTEMBER 22ND, 2023

NARGAN MARCH AT 5:30PM

WITH THE CELEBRATION CONTINUING AT 6:30PM
GUEST SPEAKERS AND FREE FOOD!



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 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

Commissioners Join Advisory Meeting



Barton County Health Department

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

Contact Us



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