

Happy Holidays!



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

Laboratory
Services

Services We
Provide



1300 KANSAS AVE., GREAT BEND • 620-793-1902
WWW.BARTONCOUNTY.ORG/HEALTH













Public Health
Prevent. Promote. Protect.



December 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01	02
03	04	05	06  Breastfeeding Support Group 3:30-4:30pm	07  Teen Support Group 5:30pm to 7:30pm	08  -Staff Work Day- Health Department Closed	09
10	11	12  Health Department Clinic Closed	13  Breastfeeding Support Group 1:30-2:30pm	14	15	16
17	18	19	20	21	22	23
24 	25 	26  Health Department Closed	27  Pre-Natal Breastfeeding class 2:00pm	28	29	30
31 						

MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman



Ahh, December... our last chance to make the best of the year. December is the perfect time to reflect, set intentions and make amends. As we head into the holiday months, we would like to wish you and your loved ones the happiest and safest of holidays! Tis the season!

1. The first week in December is **National Influenza Vaccination Week**- As winter approaches, it is important to be aware of flu season. Flu viruses typically spread in fall and winter, with activity peaking between December and February.
2. **MCH/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. Check out our November highlights!
 - **Babies & Little Tykes Day Out** - was a free event sponsored by Kansas Children's

Service League's (KCSL) Healthy Families at the Great Bend City Auditorium. There were activities for the little ones, and useful information for parents, grandparents, and childcare providers.

· **Wheatland Electric Flu/Lab Outreach** - One of our many outreaches provided throughout Barton County to reach the most of the county's population to ensure a healthier community.

4. **Impaired Driving Awareness Month**- December is National Drunk and Drugged Driving Prevention Month and since the holiday season has a higher accident rate than others on average, it is important to echo the message of consciousness of being in a proper state behind the wheel.

5. **AIDS Awareness Month**- December 1st is #WorldAIDSDay, a day to unite with others around the world to prevent HIV, support people with HIV, and remember those who have lost their lives to an HIV-related illness. Let's #StopHIVTogether.

6. **Cancer Screen Week**- Getting regular screenings is essential to finding cancer early and taking control of your health.

7. **Heater Safety**- With the colder months coming up space heaters can provide extra warmth in a drafty room or chilly home office. But they can also pose a safety risk.

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

National Influenza Vaccination Week

December 4th - 8th



Get your FLU shot today!

Christina Delgadillo



Registered Nurse

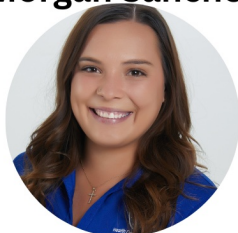
"While the holidays are a time to spread cheer, they also present more opportunities to spread flu and other respiratory viruses as people resume travel and gather with family and friends. National Influenza Vaccination Week is an important reminder to check off one thing no one should go through the holiday season without: a flu vaccine."

MCH/WIC

TALKING POSTPARTUM DEPRESSION



Morgan Sanchez



Social Worker

"Postpartum depression (PPD) is a common mental health condition that can affect anyone. Healing from PPD may seem lonely and hard, but it is possible.

1 in 8 women report signs or symptoms of PPD a year after giving birth. PPD may be experienced differently by each individual.

Some signs to look out for is feeling anxious, nervous, or sad. You may not feel the connection you should feel with your baby or you may not want to love or care for your baby. If these feelings last longer than two weeks, please seek medical help as you may have PPD. "

Barton County Health Department



KANSAS
MATERNAL &
CHILD HEALTH

MCH Universal Home Visiting Program



Savannah Bochy



MCH Home Visitor /Breastfeeding
Peer Counselor

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) 793-1909



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.

November Highlights

Babies & Tykes Day Out



Wheatland Electric Flu/Lab Outreach



Thanksgiving Potluck



grateful
♡



December

Reminder
Only Rudolph
should drive lit

Is Impaired Driving Awareness Month



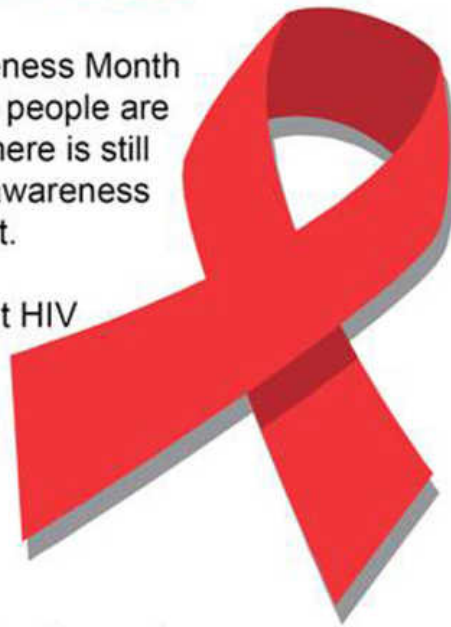
December the month of giving, lights, snow, feasts, and parties; is also the month known for the highest accident and death rates caused by impaired driving. Whether it be alcohol or drugs, please ensure that you are avoiding getting behind the wheel. Before you have your first drink assign a designated driver, get a taxi, ride-share, or plan an overnight stay at a friend's home.

Don't be the **Grinch** that steal's someone's **Christmas magic**.

AIDS AWARENESS

December marks AIDS Awareness Month around the world. While more people are living longer with HIV/AIDS, there is still no cure for the disease, and awareness of your HIV status is important.

- The CDC recommends that HIV testing be part of routine healthcare.
- Everyone ages 13-64 should get tested at least once.
- Women should get tested during each pregnancy.
- People at high risk, including those who use injection drugs; who have a partner who is infected; men who have sex with men; or those who exchange sex for money or drugs, should get tested at least annually.



Source: Centers for Disease Control & Prevention (CDC)



DECEMBER 4–8, 2023



Genentech
A Member of the Roche Group

**American
Cancer
Society**

**STAND
UP TO
CANCER**

Optum

From December 4th to 8th we ask communities, healthcare providers, employers, and insurers to join us in helping everyone understand the benefits of early cancer screenings.

Heater Safety

Turn off every time you leave the room or go to sleep.

Give all heating equipment at least 3 feet of space.

Place on a level, hard and nonflammable surface.



Lindsey Ensley, RN



Nurse Supervisor

Space heaters are a good way to help stay warm during the cold winter but, they can also pose a safety risk—no matter where you use them. Portable space heaters are responsible for 1,700 house fires a year, on average, according to the Consumer Product Safety Commission. Fires started by portable space heaters result in about 80 deaths annually. Help keep you and your household safe by following these simple tips to prevent any accidents.

Slow-Cooker Gingerbread Hot Chocolate



Ingredients

- 3 (4-in.) cinnamon sticks
- 1 (2-in.) piece peeled fresh ginger, lightly crushed
- ½ teaspoon whole cloves
- ⅓ cup unsweetened cocoa
- 4 cups whole milk, divided
- 4 cups half-and-half
- 1 ½ cups (about 6 oz.) powdered sugar
- 2 tablespoons molasses
- 1 teaspoon freshly grated nutmeg
- 2 teaspoons vanilla extract
- ⅛ teaspoon fine salt
- Mini marshmallows, whipped cream and/or ground cinnamon for serving

Directions

1. Place cinnamon sticks, ginger, and cloves in a 3- to 4-quart slow cooker.
2. Whisk together cocoa and ½ cup of the milk in a small bowl until smooth. In the slow cooker, whisk together cocoa mixture, half-and-half, powdered sugar, molasses, nutmeg, vanilla, salt, and remaining 3⅓ cups milk. Cover and cook on LOW 2½ to 3 hours; strain. Serve hot chocolate with marshmallows, whipped cream, and cinnamon.

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).



GET YOUR LIFE BACK



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**



**Scan QR Code for more
information about
positions**

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.



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.

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

Barton County Health Department

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

Contact Us



Public Health
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Barton County Health Department

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