



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

Laboratory
Services

Services We
Provide

Barton County Community Baby Shower

Barton County Health Department
Presents
**COMMUNITY
BABY SHOWER**
June 15th, 2023
4:00pm – 7:00pm
Jack Kilby Square
1400 Main St, Great Bend, KS 67530

Public Health Barton County Kansas Children's Service League GREAT BEND aetna

Managing Anxious Thoughts And Stress With Mindfulness



Watch Video Here

|  <h1 style="text-align: center;">JUNE</h1> 2023 | | | | | | |
|--|--|---|--|---|---|----------|
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| 01 | 02 | 03 | 04 | 05 | 06 -Staff Work Day- Health Department CLOSED | 07 |
| 08 | 09 | 10 Prenatal Breastfeeding Class @9:00AM | 11 MEETING Barton County Commissioners Meeting 9:00AM | 12 SSS Farmers Market 4-7PM | 13 | 14 |
| 15 HAPPY FATHER'S Day | 16 Central Kansas Partnership Community Meeting | 17 | 18 Breastfeeding Support Group @ 3:30 PM Barton County Comm'r Meeting | 19 COMMUNITY BABY SHOWER SSS Farmers Market 4-7PM | 20 | 21 |
| 22 | 23 | 24 SUMMER | 25 Breastfeeding Support Group @ 1:30 PM Barton County Comm'r Meeting | 26 SSS Farmers Market 4-7PM | 27 | 28 |
| 29 | 30 | 31 SUMMER | 01 Prenatal Breastfeeding Class @ 2:00PM Barton County Comm'r Meeting | 02 SSS Farmers Market 4-7PM | 03 | 04 |

MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman



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 assess 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!

CONNECTING PARENTS TO PROGRAMS.



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!



BACK TO SCHOOL IMMUNIZATIONS



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



...and make your health a priority.

Did you know?

ON AVERAGE
men live
about
5 years less
than women

1 in 2
men
will develop
cancer

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

Men are more likely to be **uninsured** than women

Central Kansas Breastfeeding Coalition

JUNE 27 CENTRAL KS BREASTFEEDING COALITION MEETING 11AM

Ⓐ BARTON COUNTY HEALTH DEPARTMENT



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: bfrizell@bartoncountny.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. Continue layering like that until wells are full. Insert popsicle stick and let freeze until solid.

GET YOUR LIFE BACK

MY LIFE MY QUIT

QUIT VAPING NOW

The advertisement features a yellow background with a black banner at the top. In the center, there is a black box with the text 'MY LIFE MY QUIT' in green and purple. To the left and right of this box are illustrations of a purple e-cigarette and a pack of e-cigarettes. At the bottom, there is a purple button with the text '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).

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

The advertisement has a blue background. On the left, there is a silhouette of a pregnant woman holding her belly. To the right of the silhouette, there is text in white and yellow. At the bottom, there is a white box with the KanQuit! logo and contact information.



No matter what your reproductive goals are, we're here to help



BCHD HEALTH ADVISORY COMMITTEE

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



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

Application

Barton County Health Department

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](#)

Barton County Health Department

1300 Kansas Ave.,
Great Bend, KS 67530
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[Contact Us](#)



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Barton County Health Department | 1300 Kansas Ave., Great Bend, KS 67530 6207931902

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