



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

Laboratory
Services

Services We
Provide

HAPPY THANKSGIVING DAY

Let's take time to appreciate
the big and little blessings we
have

***Barton County
Public Health***

23 NOVEMBER





NOVEMBER

2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
05	06	07	08	09	10	11
		 Becoming a Mom Class Barton County Comm'r Meeting	 Breastfeeding Support Group 3:30-4:30PM		 Health Department Closed in observance of Veterans Day	
12	13	14	15	16	17	18
	 Central Kansas Partnership Community Meeting	 Becoming a Mom Class Barton County Comm'r Meeting	 Breastfeeding Support Group 1:30-2:30PM			
19	20	21	22	23	24	25
		 Barton County Commissioners Meeting 9:00AM	 Prenatal Breastfeeding Class @ 2:00PM	 Happy THANKSGIVING		
26	27	28	29	30	01	02
		 Barton County Comm'r Meeting				

MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman



I want to begin this month by expressing my thankfulness and gratefulness to our community. We continue to be thankful for your support in our delivery of public health services. Being out and about in our community, whether it be to provide vaccinations, give presentations to groups, interact with our youth, survey daycare facilities or make newborn home visits, validation is evident of the impact made by public work.

Check out this newsletter for “happenings” this month!

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!

10 Steps for HEALTHY AGING

Living a healthy lifestyle becomes even more important for better aging. The things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections—also can help promote brain health and wellness.

Eat well.



Stay active.

Learn new things.



Get enough sleep.

Mind your meds.



Stop smoking & limit alcohol.

Stay connected.



Know your blood pressure.

See your doctor.



Get a memory screening.

Learn More: alzfdn.org/10-steps-for-healthy-aging

November is Alzheimer's Awareness Month, a time to heighten awareness about Alzheimer's disease and show support for the more than 6.2 million Americans living with it. There are a number of quick and easy ways you can help raise awareness, show support, and fight Alzheimer's disease!



PREVENTING TYPE 2 DIABETES

Diabetes: Know your risk, Know your response

1 in 10 adults worldwide have diabetes. Over 90% have type 2 diabetes. Close to half are not yet diagnosed.

In many cases, type 2 diabetes and its complications can be delayed or prevented by adopting and maintaining healthy habits. Knowing your risk and what to do is important to support prevention, early diagnosis and timely treatment.

Do you know your risk?

Find out at:

worlddiabetesday.org/prevention

#WorldDiabetesDay #KnowYourRisk



A campaign led by the International Diabetes Federation

Things to Consider *When Choosing a Daycare*



Felicia Fyler



Child Care Licensing Specialist

No matter how young your little one may be, it's never too early to begin age-appropriate learning. When looking for daycare, take time to learn each center's program and curriculum.

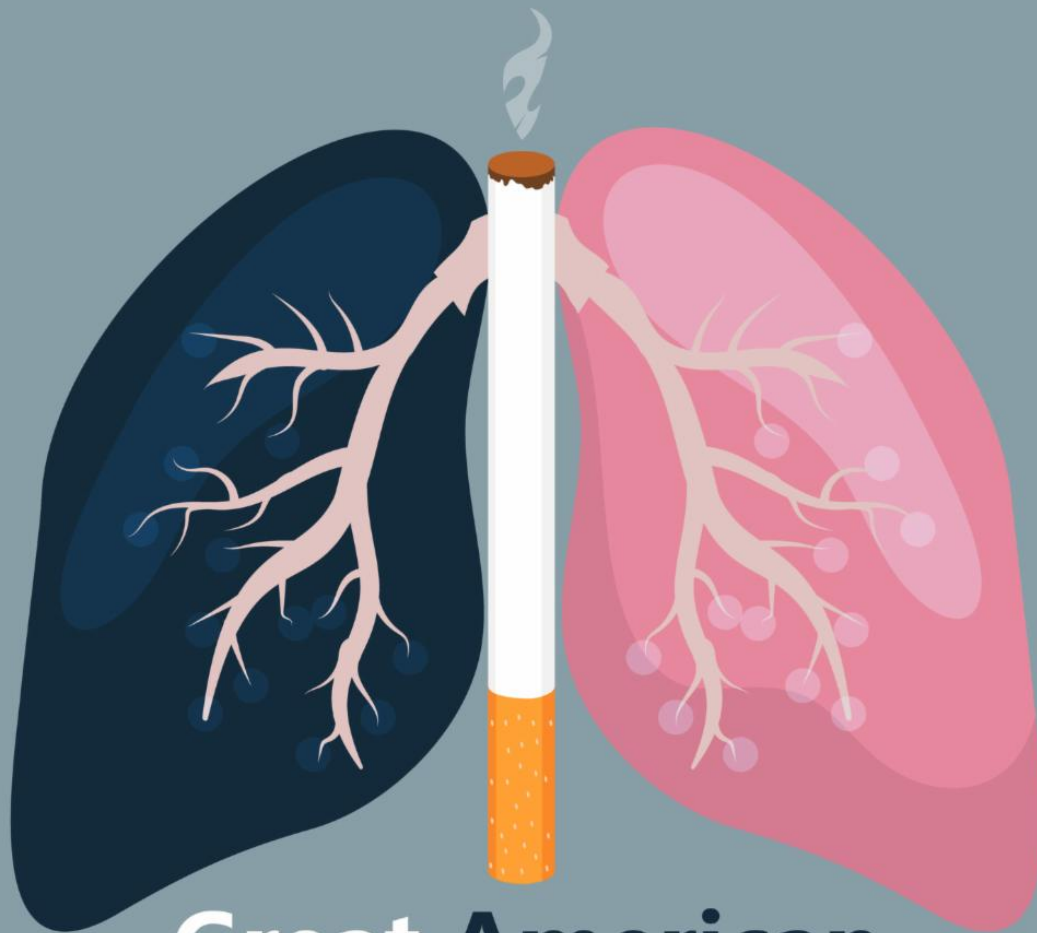
Find out what lessons are being taught and if these lessons are age-appropriate. Ask what their goals are for teaching and if the programs are tailored according to a child's age and developmental stage.

You'll also want to make sure that there is ample time for play because play is essential to young children's holistic growth. Also, ask how you can get updates on your child's developmental progress.

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



Great American Smokeout Day

Katelyn Sigler



Public Health Educator

Thinking about quitting smoking? Join thousands of people across the nation who are leaving tobacco behind this November 16 as we celebrate Great American Smokeout Day.

Free resources are available for anyone who wants to quit using tobacco products. Visit

October Highlights

Break The Silence Fall Fest



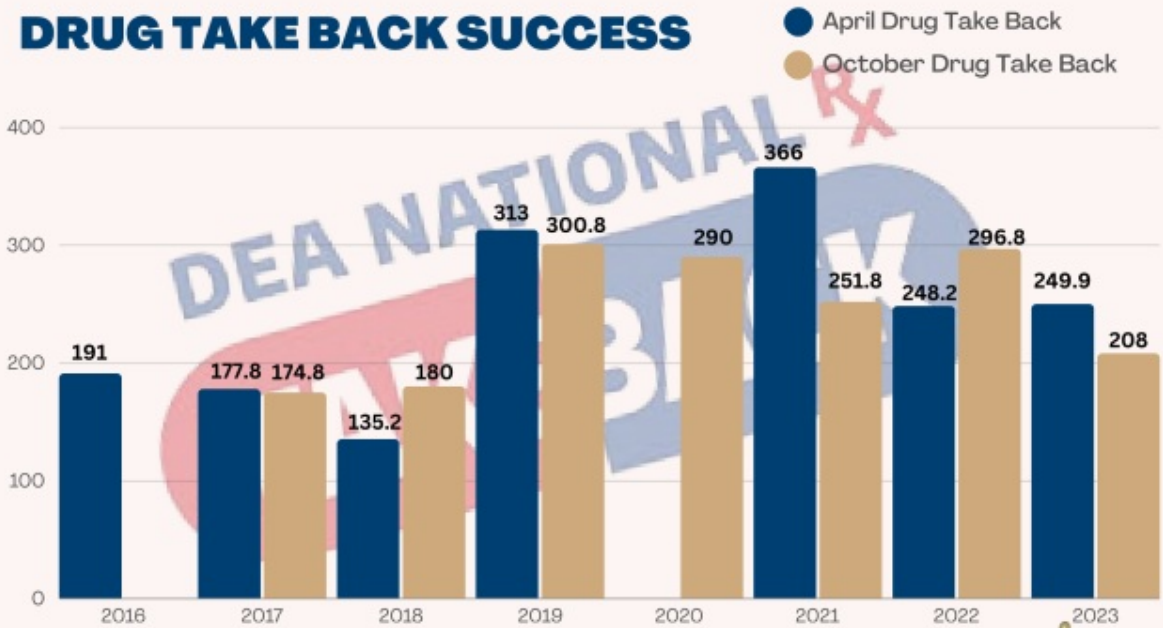
Blow Bubbles Not Smoke Vaping Campaign



Drug Take back



DRUG TAKE BACK SUCCESS



Barton County
Public Health



TOTAL- 3,383.3 POUNDS
STARTING IN 2016



Need a quick crock pot recipe for a busy week night?

Mexican Beef Soup



Ingredients

- 1 pound beef stew meat (1-1/4-inch pieces)
- 3/4 pound potatoes (about 2 medium), cut into 3/4-inch cubes
- 2 cups frozen corn (about 10 ounces), thawed
- 2 medium carrots, cut into 1/2-inch slices
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1-1/2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon crushed red pepper flakes
- 2 cups beef stock
- 1 can (10 ounces) diced tomatoes and green chiles, undrained
- Optional: Sour cream and tortilla chips

Directions

1. In a 5- or 6-qt. slow cooker, combine the first 12 ingredients. Cook, covered, on low until meat is tender, 6-8 hours. If desired, serve with sour cream and chips.
-
-

GET YOUR LIFE BACK

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).

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.

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

Contact Us



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

[Unsubscribe kstigler@bartoncounty.org](mailto:kstigler@bartoncounty.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by kstigler@bartoncounty.org powered by



Try email marketing for free today!