



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

Laboratory
Services

Services We
Provide

Make 2023 The Best Year Yet!



Here are some examples of mindfulness exercises

There are many simple ways to practice mindfulness. Some examples include:

- **Pay attention.** It's hard to slow down and notice things in a busy world. Try to take the time to experience your environment with all of your senses — touch, sound, sight, smell, and taste. For example, when you eat a favorite food, take the time to smell, taste, and truly enjoy it.
- **Live in the moment.** Try to intentionally bring open, accepting, and discerning attention to everything you do. Find joy in simple pleasures.
- **Accept yourself.** Treat yourself the way you would treat a good friend.
- **Focus on your breathing.** When you have negative thoughts, try to sit down, take a deep breath and close your eyes. Focus on your breath as it moves in and out of your body. Sitting and breathing for even just a minute can help.




JANUARY

2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01 <i>Happy New Year</i>	02	03	04 MEETING BC Commissioners Meeting 9:00AM	05  Teen Mom Support Group	06	07
08	09  Central Kansas Partnership Community Meeting	10	11  Breastfeeding Support Group BC Commissioners Meeting	12	13	14
15	16	17	18  Breastfeeding Support Group BC Commissioners Meeting	19	20	21
22	23	24	25 MEETING BC Commissioners Meeting 9:00AM	26	27	28
29	30	31				



Linking Arms with Teen Parents Support Group



Is currently looking for
sponsors/speakers to
help with their monthly
support groups.



For more information
call (620) 793-1909
and ask for Jenna



MONTHLY PUBLIC HEALTH UPDATE

From Health Department Director Karen Winkelman

**Barton County
Public Health**



A whole new year and it's time to ponder what you are going to do with it! Personal growth happens in the present, not in the future, and by living mindfully we can make it a part of our day in the year ahead. It is important to be open to change and the possibilities that come with it. By focusing on our own personal growth and development, we can be prepared to adapt and grow from whatever life throws our way!

“Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”

Mindfulness is a quality that every human being already possesses, it's not something you have to conjure up, you just have to learn how to access it. It can be cultivated through proven techniques such as being seated, walking, standing, moving, meditation, and taking short pauses along with several other practices.

When we are mindful, we reduce stress, enhance performance, gain insight and awareness through observing our own minds, and increase our attention to others' well-being. Mindfulness meditation gives us a time in our lives when we can suspend judgment and unleash our natural curiosity about the workings of the mind, approaching our experience with warmth and kindness.....to ourselves and to others!

As we embark together on a new year, your input on what you would like to see at *your* health department is welcomed.

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!



Join us!



**BREASTFEEDING
SUPPORT GROUP**
AT THE BARTON COUNTY HEALTH DEPARTMENT
Meeting days
The 2nd Wednesday of each month @ 3:30 pm
and 3rd Wednesday of each month @ 1:30 pm
1300 KANSAS AVE GREAT BEND, KS 67530 (620) 793-1909



Únete a nosotras!



**GRUPO DE APOYO A LA
LACTANCIA**
EN EL DEPARTAMENTO DE SALUD DEL CONDADO DE
BARTON
Días de reunión
El segundo miércoles de cada mes a las 3:30 pm
y el tercer miércoles de cada mes a las 1:30pm
1300 KANSAS AVE GREAT BEND, KS 67530 (620) 793-1909



WIC APPOINTMENTS AVAILABLE!

Call to schedule!

(620) 793-1909



GET YOUR LIFE BACK

**MY LIFE
MY QUIT**

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).



WHAT IS HUMAN TRAFFICKING?

HUMAN TRAFFICKING IS...

Exploiting a person through force, fraud, or coercion

Anyone under the age of 18 involved in a commercial sex act

Sex trafficking, forced labor, and domestic servitude

A highly profitable crime

Exploitation-based and does not require movement across borders or any type of transportation

THERE ARE DIFFERENT TYPES OF HUMAN TRAFFICKING

SEX TRAFFICKING

Victims are manipulated or forced against their will to engage in sex acts for money.



HUMAN TRAFFICKING IS HAPPENING IN THE UNITED STATES



SUBURBS



RURAL TOWNS



CITIES

FORCED LABOR

Victims are made to work for little or no pay. Very often, they are forced to manufacture or grow products that we use and consume every day.



DOMESTIC SERVITUDE

Victims are hidden in plain sight, forced to work in homes across the United States as nannies, maids, or domestic help.



IT CAN HAPPEN TO ANYONE

NO MATTER AGE, RACE, GENDER IDENTITY, SEX, ETHNICITY, NATIONALITY, IMMIGRATION STATUS, AND SOCIOECONOMIC CLASS



VICTIMS OF HUMAN TRAFFICKING MIGHT BE AFRAID TO COME FORWARD, OR WE MAY NOT RECOGNIZE THE SIGNS, EVEN IF IT IS HAPPENING RIGHT IN FRONT OF US.

RECOGNIZE AND REPORT HUMAN TRAFFICKING

- To report suspected trafficking to federal law enforcement, call 1-866-347-2423 or submit a tip online at www.ice.gov/tips.
- Get help from the National Human Trafficking Hotline by calling 1-888-373-7888 or text HELP or INFO to 233733 (BEFREE).
- Call 911 or local law enforcement if someone is in immediate danger.

WHAT YOU CAN DO

- Visit the Blue Campaign website to learn more about the **indicators** of human trafficking: DHS.gov/BlueCampaign.
- Use Blue Campaign **materials** to raise awareness of human trafficking in your community.
- Follow @DHSBlueCampaign on **Facebook Instagram** and **Twitter**.



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.

BCHD HEALTH ADVISORY COMMITTEE

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



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

Cervical Cancer Awareness Month

Current vaccination and screening recommendations

Use HPV Vaccination



Vaccinate both girls and boys ages 11 to 12 against HPV

- Girls and boys have the best protection when they receive all doses as recommended before they are exposed to HPV.
- Girls ages 13-26 and boys ages 13-21 should get the vaccine if they have not received it already.

Screen Women for Cervical Cancer



Use Pap tests every 3 years for women ages 21-29

- Doctors or nurses collect cells for the Pap test during an exam.
- The Pap test can find abnormal cells that may develop into cancer, if left untreated.



Choose 1 of 2 options for women ages 30-65

Doctor and patient decide together which screening approach is preferred:

- 1) Pap test every 3 years, or;
- 2) Pap test plus HPV test every 5 years. The HPV test can find the HPV virus by testing cells collected at the same time as a Pap test.



- Women should get screened as recommended. More frequent screening does not provide more protection.
- Some women may need a different screening schedule because of their health history.
- Women over age 65 should ask their doctor if they need to continue screening.
- Women should talk with their doctors and nurses to understand their screening results.
- Women who had the HPV vaccine should still start getting screened when they reach age 21.

WE ARE
HIRING
JOIN OUR TEAM

Open Positions

- ✓ Public Health Registered Nurse
- ✓ Front Office Receptionist/ Clerk



SEND YOUR APPLICATION TO :

 BKaiser@bartoncounty.org



[Full Job Descriptions](#)

[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

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Sent by ksigler@bartoncounty.org in collaboration
with



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