Laboratory Services

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

NOVEMBER 2026

MON 2	**BCHD Staff Meeting**	8:00 AM
TUE 3	**Becoming a Mom (BAM) Class #5**	1:30 – 3:30 PM
MON 9	**BCHD Staff Meeting**	8:00 AM
TUE 10	**Becoming a Mom (BAM) Class #6**	1:30 – 3:30 PM
WED 11	**CLOSED – Veteran's Day**	Honoring All Who Have Served
MON 16	**BCHD Staff Meeting**	8:00 AM
THU 19	**Advisory Committee Meeting**	11:30 AM – 12:30 PM
MON 23	**BCHD Staff Meeting**	8:00 AM
THU 26	**CLOSED – Thanksgiving Holiday**	
FRI 27	**CLOSED – Thanksgiving Holiday**	

HEALTHY PEOPLE
STRONGER COMMUNITIES
BARTON COUNTY HEALTH DEPARTMENT

Supporting a Healthy, Grateful Community

November 2026 | Barton County Health Department

As the weather cools and the holiday season approaches, November is a wonderful time to reflect on the importance of family, gratitude, and good health. At the Barton County Health Department (BCHD), we remain committed to providing services, education, and resources that help keep Barton County residents healthy throughout every stage of life.

From prenatal education to preventive health services, our team continues working to make a positive difference in our community.

November Events & Activities

November 3 & 10 – Becoming a Mom (BAM) Classes

Our free prenatal education series continues with its final two sessions of the year!

- Tuesday, November 3: Class #5 – Newborn and Infant Care
- Tuesday, November 10: Class #6 – Healthy After Pregnancy
- Time: 1:30–3:30 PM
- Location: Barton County Health Department

These classes provide expectant mothers with valuable information, practical guidance, and an opportunity to ask questions as they prepare for motherhood.

For more information or to register, call 620-793-1909.

Wednesday, November 11 – Veterans Day

BCHD will be closed in observance of Veterans Day. We extend our appreciation to the brave men and women who have served our country. Thank you for your service and sacrifice!

Thursday, November 19 – Advisory Committee Meeting

Our Advisory Committee will meet from 11:30 AM–12:30 PM to discuss programs, services, and initiatives that support the health and well-being of Barton County residents.

Thursday, November 26 & Friday, November 27 – Thanksgiving Holiday

BCHD will be closed in observance of Thanksgiving. We wish everyone a safe, healthy, and enjoyable holiday with family and friends!

Ongoing BCHD Meetings

- BCHD Staff Meetings: Every Monday at 8:00 AM

Staying Healthy This Holiday Season

As families prepare for holiday gatherings and colder weather, November is a great time to focus on simple ways to protect your health.

Stay up to date on vaccinations. Flu season is here! Getting your annual flu vaccine can help protect you and those around you, especially young children, older adults, and individuals at higher risk of complications.

Practice healthy habits. Frequent handwashing, staying home when sick, getting enough sleep, and eating balanced meals can help keep your family healthier throughout the season.

Make preventive care a priority. BCHD continues to offer immunizations, Healthy Living Labs, health screenings, WIC services, maternal and child health programs, and other resources to support

our community.

A Season of Gratitude

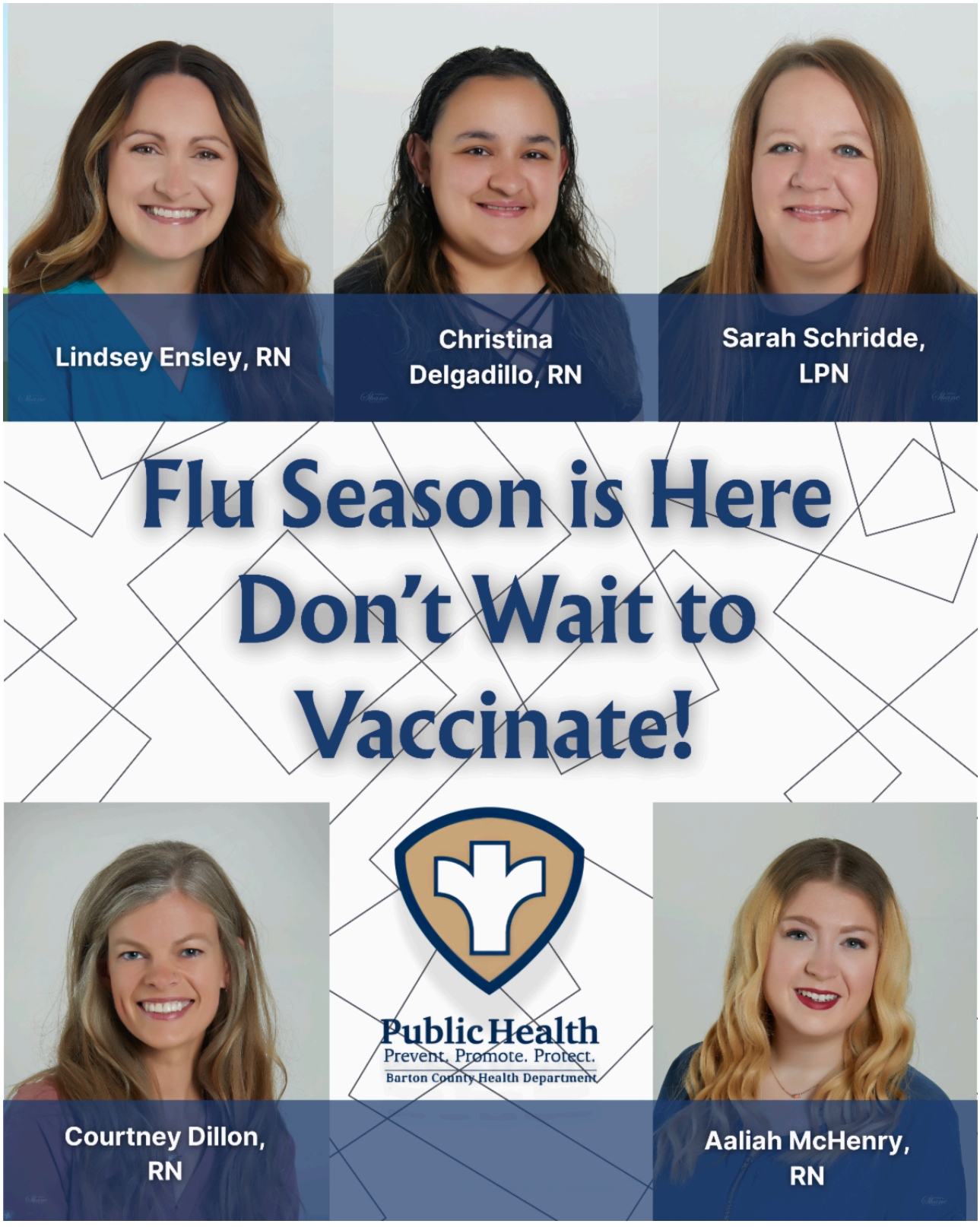
As Thanksgiving approaches, we want to take a moment to express our appreciation to the residents, community partners, and organizations that support public health throughout Barton County.

Whether you participate in our programs, attend community events, or help spread awareness about available services, your involvement makes a difference. Together, we are building a healthier, stronger Barton County.

We encourage you to explore the additional articles and information featured throughout this month's newsletter to learn more about our programs, services, and upcoming activities.
For questions or additional information, please visit the Barton County Health Department or call 620-793-1902.

From all of us at BCHD, we wish you a happy, healthy, and safe Thanksgiving!

Barton County Health Department
Prevent. Promote. Protect.


Lindsey Ensley, RN
Christina Delgadillo, RN
Sarah Schridde, LPN
Flu Season is Here
Don't Wait to Vaccinate!
Courtney Dillon, RN
Public Health
Prevent. Promote. Protect.
Barton County Health Department
Aaliah McHenry, RN

Honoring Our Veterans

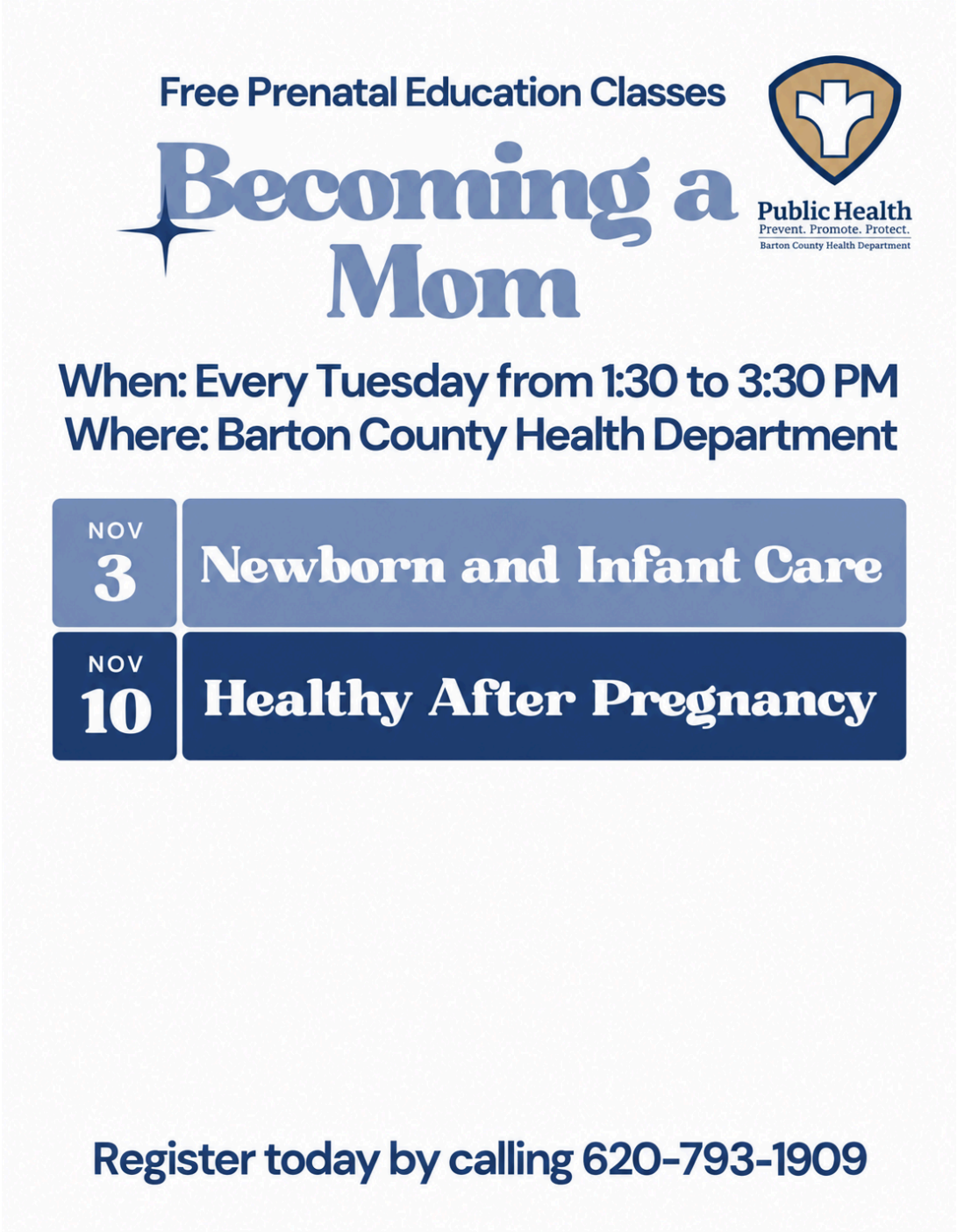
Each year on Veterans Day, we pause to honor the brave men and women who have served in the United States Armed Forces. Their dedication, courage, and sacrifice protect the freedoms we enjoy every day.

The Barton County Health Department extends our heartfelt gratitude to all veterans and their families. We recognize the unique challenges many face after service and encourage veterans to prioritize their physical and mental health. Local and national resources are available through the VA and community health programs to provide support and care.

Thank you for your service — today and always.

— Barton County Health Department

Public Health
Prevent. Promote. Protect.
Barton County Health Department
BARTON COUNTY HEALTH DEPARTMENT
OPEN
Be Well
WE'RE HIRING!
JOIN OUR TEAM!
Breastfeeding Peer Counselor/ Home Visitor
SUPPORT FAMILIES. PROMOTE HEALTHY BEGINNINGS.
Public Health Educator
EDUCATE. EMPOWER. CREATE HEALTHIER INDIVIDUALS, FAMILIES AND COMMUNITIES.
Apply Today!
Visit:
https://www.bartoncounty.org/vnews/display.v/SEC/Jobs
Questions?
Call (620) 793-1902
HEALTHY PEOPLE. STRONGER COMMUNITIES. BRIGHTER TOMORROW.



🌟 Free Prenatal Education Classes: Becoming a Mom 🌟

The Barton County Health Department invites all expectant mothers to join our free prenatal education series designed to support you through every stage of pregnancy and early parenthood.

📅 Every Tuesday
🕐 1:30 – 3:30 PM
📍 Barton County Health Department

Upcoming Sessions:

- November 3 – Newborn and Infant Care
- November 10 – Healthy After Pregnancy

👶 These classes are a wonderful opportunity to learn, ask questions, and connect with other moms-to-be in our community.

📞 Register today by calling 620-793-1909

November is National Diabetes Month: Take Charge of Your Health!

November is National Diabetes Month, a time to raise awareness about diabetes and the importance of managing your health.

Living with diabetes can be challenging, but taking steps early can make a big difference! Working with your healthcare provider to create a personalized diabetes care plan can help you manage blood sugar levels, develop healthy habits, and reduce your risk of serious health complications.

Simple steps like eating balanced meals, staying physically active, taking medications as prescribed, and keeping up with regular checkups can help you live a healthier life.

Your health matters! The Barton County Health Department encourages everyone living with diabetes to take an active role in their health and work with their healthcare team.

For more information and helpful resources, visit the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK).

Barton County Health Department — Prevent. Promote. Protect.

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

Letter from the Director

Happy November, Barton County!

As the holidays approach, I'd like to share updates from the Barton County Health Department and take some time to thank you for your support and efforts to keep our community healthy.

Over the past few months, we've brought flu vaccines to the community through **28 outreach events**, administering **more than 250 shots!** Many of you have also visited our clinic for your flu shot. Thank you for protecting yourself and others!

With cooler weather and holiday gatherings, respiratory illnesses such as influenza, COVID-19, and RSV are on the rise. I encourage you to:

- **Get vaccinated early.**
- **Practice good hand hygiene** and cover coughs and sneezes.
- **Stay home** when you're sick to protect those around you.

The Maternal and Child Health program is concluding its Becoming a Mom Program, a free six-week educational series for expectant mothers. This fall's session had record high attendance! After the holidays, visit our website for information about the next session. Thank you to all the moms currently participating.

Did you know we also provide safe sleep presentations and car seat installations?
In recent months, we've installed **21 car seats** to help keep local children safe and healthy.

The health department staff work hard to keep you informed and healthy. We are here for you and enjoy what we do!

Thank you for your dedication to your health and for supporting our work to build a healthier, more connected community.

Warm regards,

Julie Gibbs, MPH
Director/Health Officer

Thanksgiving is a time to enjoy good food and spend time with friends and family. It is also a time that we find ourselves overindulging on food. How much of each food should you eat? It can be difficult to balance the different options without overeating. Eating until satisfied, but not stuffed, can be tricky. Try using a smaller plate as bigger plates can encourage you to put more food on the plate. Here are a few ways to think about healthy portions:

- Turkey: aim for a palm-sized serving
- Green vegetables: take up to a baseball-sized serving of salad and other vegetable side dishes.
- Stuffing, mashed potatoes and other starches: limit to no more than ½ cup of each, or a serving about the size of a scoop of ice cream.
- Butter for rolls: a dice-sized serving should suffice.
- Pie and dessert: stay away from the big slices and aim for a piece that's about the size of a regular-sized light bulb.

When cooking, consider some healthy alternatives. Food preparation is a great way to cut calories and incorporate healthier choices into your holiday meal. Try the following:

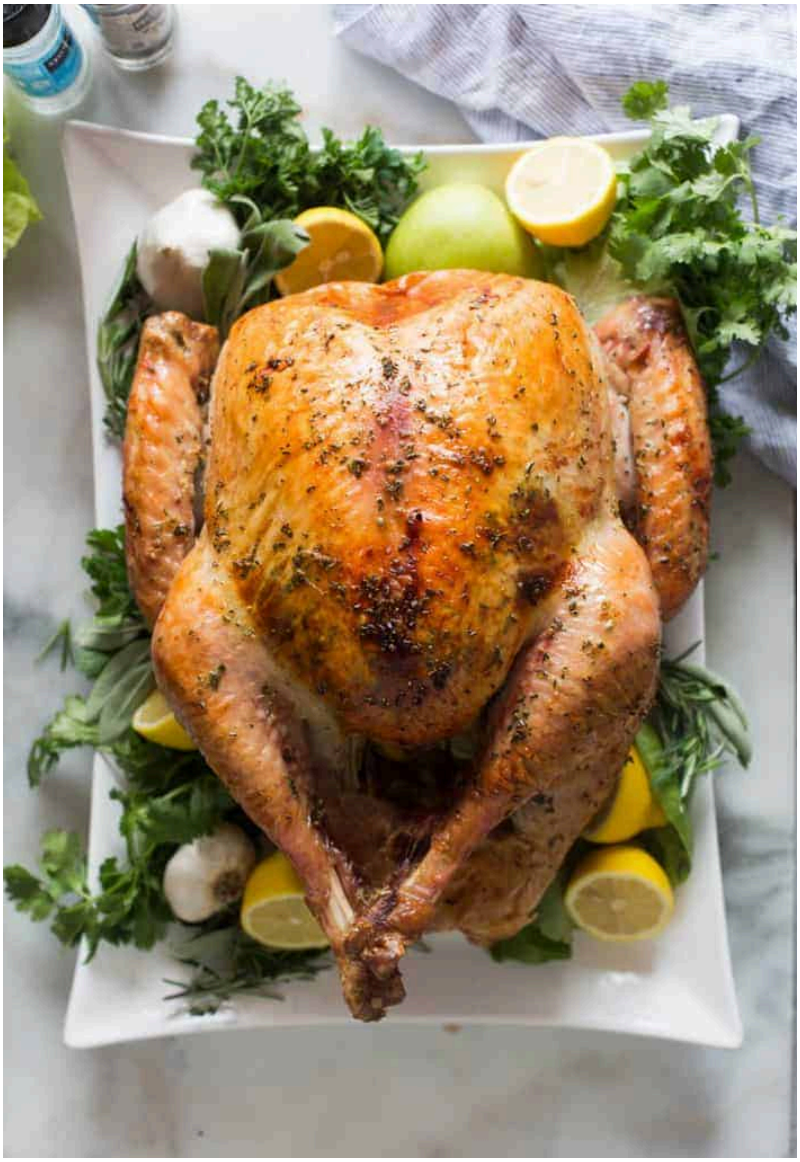
- Cook with low-fat or low-sodium options and limit saturated fats. Use milk or Greek yogurt in recipes that call for heavy cream. Choose low-sodium broths, cut the amount of cheese and butter in a recipe in half.
- Choose whole-grain breads, grains, rice and pasta when making for favorite holiday staples. Try using whole-grain bread for your favorite stuffing recipe or using whole-grain pasta or brown rice for any recipe or casseroles.
- Consider adding vegetables to your favorite side dishes, such as casseroles, potatoes, pasta or rice.

Think twice about seconds. If you are craving a second serving, give yourself a little time to digest and feel full. Sticking to one serving can prevent you from feeling stuffed or bloated afterward.

Control your sweet tooth. Limit the number of sweets you consume to one treat or dessert. Splitting a dessert with a family member or friend is an easy way to cut calories in half.

Happy Thanksgiving!

Thanksgiving Turkey



How to Cook a Turkey the Day Before Serving It

Sometimes it may be easier to prepare your turkey the day before you plan to serve it. Here is how to do it safely.

Cook the Turkey

1. Follow the steps to safely cook a turkey on the package. Roast the turkey at no lower than 325 degrees F. Always wash hands, utensil, the sink and anything else that comes in contact with raw turkey and its juices with soap and water. Remember to use a food thermometer to test for doneness. The minimum internal temperature should reach at least 165 degrees.
2. Wait about 20 minutes after removing turkey from the oven to allow the juices to distribute.
3. Wash your hands with soap and water for about 20 seconds.
4. Slice breast meat; legs and wings may be left whole. Place turkey in shallow containers; limit depth to less than 2 inches. Metal containers cool faster than glass-types pans or plastic containers.
5. Refrigerate turkey, loosely covered to help cool faster. Cover tightly when food is completely cooled.
6. Save broth in shallow containers for gravy and place in refrigerator.

Reheat the Turkey

When serving turkey the next day, the USDA Meat and Poultry Hotline advise that cooked turkey may be eaten cold or reheated. To reheat your turkey, USDA gives the following recommendations:

In the oven:

1. Set the oven temperature to no lower than 325 degrees F.
2. To keep the turkey moist, add a little broth or water and cover.
3. Reheat turkey to an internal temperature of 165 degrees F. Use a food thermometer to check the internal temperature.

In the Microwave:

1. Put turkey in a microwave safe container.
2. To keep the turkey moist, add a little broth or water and cover.
3. Cover your food and rotate it for even heating.
4. Consult your microwave oven owner's manual for recommended times and power levels.
5. Allow standing time. Check the internal temperature of your food with a food thermometer to make sure it reaches 165 degrees F.

Leftover Turkey

Throw out any leftovers left at room temperature for longer than 2 hours. Either freeze leftover turkey or plan to eat it within 3 to 4 days of the day it was originally prepared. For best safety and quality, avoid reheating and cooling turkey multiple times.

Contact Us

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

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

Unsubscribe | Update Profile | Constant Contact Data Notice

Constant Contact

Try email marketing for free today!