



Laboratory  
Services

Services We  
Provide

# 2025

*April*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 BAW Becoming a Mom 1:30PM <small>BT CO Commission Meeting 11:00AM</small>	2	3	4 MEASLES PREVENTION CLINIC SATURDAY, APRIL 5TH 10:00AM-12:00PM	5
6 	7 BCHD Staff Meeting 8:00 AM	8 BAW Becoming a Mom 1:30PM BT CO Commission Meeting 9:00AM	9 Breastfeeding Support Group 4:00 PM	10	11	12
13	14 BCHD Staff Meeting 8:00 AM	15 BAW Becoming a Mom 1:30PM BT CO Commission Meeting 9:00AM	16 USD 428 Pre enrollment w/ Immunizations	17	18	19
20 	21 BCHD Staff Meeting 8:00 AM	22 BAW Becoming a Mom 1:30PM BT CO Commission Meeting 9:00AM	23 WIC Prenatal Breastfeeding Class 2:00-3:00pm	24 BARTON COUNTY COMMUNITY BABY SHOWER 4:00PM-6:30PM	25	26 DEA NATIONAL TAKEBACK 10am-2pm Open Clinic
27	28 BCHD Staff Meeting 8:00 AM	29 BAW Becoming a Mom 1:30PM BT CO Commission Meeting 9:00AM	30			



# APRIL NEWSLETTER

## **Barton County Health Department April Newsletter**

***Spring into Awareness:*** April is All About Prevention. As we move further into spring, April brings a focus on prevention and preparedness. This month, we're sharing information on child abuse prevention, STI awareness, emergency readiness, and celebrating National Public Health Week—all essential parts of public health.

***National Public Health Week:*** Celebrating Community Health, April 7–13 is National Public Health Week! It's a time to recognize the important work of public health professionals and the role each of us plays in building healthier communities. This year's theme is "Protecting, Connecting, and Thriving: We Are All Public Health."

***Join us in celebrating by:***

- Learning about local public health services and how they impact our community.
- Practicing healthy habits and encouraging others to do the same.
- Thanking public health workers for their commitment and care.

Public health is everywhere—and everyone can make a difference.

***Child Abuse Prevention Month:*** Every Child Matters. April is National Child Abuse Prevention Month. It's a time to recognize the importance of creating strong, supportive communities that protect children and help families thrive. Prevention starts with awareness:

- Know the signs of abuse and neglect.
- Be a trusted adult that children can talk to.
- Support local programs that strengthen families.

By working together, we can help ensure every child grows up in a safe, nurturing environment.

***STI Awareness:*** Knowledge is Protection. Sexually transmitted infections (STIs) are common, and many have no symptoms. Getting tested is the only way to know your status. Early detection and treatment can prevent serious health issues.

- Practice safe sex by using condoms.
- Talk openly with partners and healthcare providers.
- Regular testing is part of routine health care.

Preventing the spread of STIs is a key part of protecting community health.

***Emergency Preparedness:*** Be Ready for Anything. Spring weather can bring storms, floods, and unexpected challenges.

***Being prepared keeps your family safe:***

- Make an emergency kit with essentials like water, food, and medications.
- Create a family communication plan.
- Stay informed about local weather alerts and emergency instructions.

Preparation today can save lives tomorrow.

## ***Upcoming Events at the Barton County Health Department***

☑ Measles Prevention Clinic – **April 5th, 10:00 AM – 12:00 PM** Protect yourself and your family. Get up to date on MMR vaccines. Join us at the Barton County Health Department.

☑ Community Baby Shower – **April 24th, 4:00 PM – 6:30 PM**

Join us for resources, giveaways, and support for new and expecting parents. Services available at the event include a car seat check lane, vaccines, and syphilis screenings.

☑ Drug Take Back Day – **April 26th, 10:00 AM – 2:00 PM**

Bring your unused or expired medications to the Health Department for safe disposal. Public health services will also be available at the Health Department during the event.

☑ Becoming a Mom Classes – 1:30–3:30 PM

A free prenatal education series to help expectant mothers prepare for a healthy pregnancy, birth, and baby care.



Session 1 – Jan 7: You and Your Pregnancy  
Session 2 – Jan 14: Healthy Pregnancy  
Session 3 – Jan 21: Labor and Delivery  
Session 4 – Jan 28: Feeding Your Baby  
Session 5 – Feb 4: Newborn and Infant Care  
Session 6 – Feb 11: Healthy After Pregnancy

***Stay strong and stay informed this April! ?***

**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!!

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## Upcoming Events

# MEASLES PREVENTION CLINIC

## SATURDAY, APRIL 5TH 10:00AM-12:00PM

 **Barton County Health Department**

Measles is highly contagious, but it's also highly preventable. Stop by the Barton County Health Department on Saturday, April 5th for a Measles, Mumps, and Rubella (MMR) clinic!

### Our Services:

Get your MMR vaccine

Check if you're immune

Grab reliable educational materials to  
learn more



Measles Prevention Clinic – Saturday, April 5th  
Barton County Health Department  
10:00 AM – 12:00 PM

Measles is highly contagious, but it's also highly preventable. Stop by the Barton County Health Department on Saturday, April 5th for a Measles, Mumps, and Rubella (MMR) clinic!

Get your MMR vaccine

Check if you're immune

Grab reliable educational materials to learn more

This clinic is open to the community — no appointment needed! Whether you're catching up on vaccines or just want more info, we're here to help.

Questions? Call us at 620-793-1902

## 5th Annual Barton County Community Baby Shower





Barton County Health Department and Kansas Children's Services League Healthy Families will be co-hosting the Barton County Community Baby Shower on Thursday, April 24, 2025, from 4 to 6:30 pm. This event is at an indoor location this year at the Great Bend Events Center. Over 20 different organizations will be providing information for attendees. Door prize drawings will be held during the event. Safe sleep demonstrations will be presented throughout the event. Pregnant women or those with infants 6 months of age and under who complete the safe sleep pre- and post-test as well as the safe sleep demonstration will receive a portable crib and sleep sack until supplies run out. We will also be providing a car seat check lane in the parking lot. Certified Car Seat Technicians will be available to teach attendees to properly install car seats. Technicians can also check already installed car seats to make sure they are installed properly. Tdap vaccine will be available to pregnant women or caregivers to protect newborns from pertussis. Nurses will be available to check immunization records for attendees and make recommendations if vaccines are due.

**Come check out the local resources for new families at the Great Bend Events Center on Thursday, April 24, from 4 to 6:30 pm.**

**DEA NATIONAL <sup>Rx</sup>**

**TAKEBACK**



**BARTON COUNTY  
HEALTH DEPT.**

**Drop off your unused meds, then  
head across the street to the Health  
Department for vaccines and lab  
services**

**— all in one stop!**

**Saturday, April 26th  
10:00 AM - 2:00 PM**

**East Side of Barton County Courthouse**



**In partnership with the Barton  
County Sheriff Office**

**DEA National Prescription Drug Take Back Day — PLUS Vaccines & Lab Services!**

**Saturday, April 26th**

**10:00 AM - 2:00 PM**

**East Side of the Barton County Courthouse**

**Bring your unused or expired medications for safe disposal!**

**While you're here, head across the street to the Barton County Health Department for Vaccines and  
Lab Services — all in one stop!**

**Safely dispose of old meds**

**Get caught up on your vaccines**

**Take care of any lab work**

**This event is held in partnership with the Barton County Sheriff's Office.**

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**Our New Partnership!**





We are proud to announce a new partnership with **Barton Community College** aimed at expanding access to essential health services for students. This collaboration enhances the existing health resources available on campus, ensuring that students have access to **affordable, preventive, and confidential healthcare.**

**Services will begin in April.**

Through this partnership, students will benefit from a variety of health services, including:

- **Immunizations & Vaccinations**
- **Wellness Screenings & Preventive Care**
- **Confidential Health Consultations**
- **Access to Low-Cost & Free Health Resources**

By bringing these resources directly to campus, this initiative aims to **reduce barriers to healthcare, promote student well-being, and support academic success.** The Barton County Health Department remains committed to fostering a healthier community by ensuring that all students, regardless of insurance status, have access to the care they need.

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## March News



Our director, Karen Winkelman, had the honor of standing with the Governor during the signing of a proclamation recognizing Public Health Week. She was one of only a few public health leaders invited to take part in this special moment celebrating the work being done across Kansas.

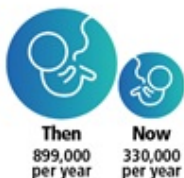
## National Public Health Week: It Starts Here

April 7th-13th, 2025

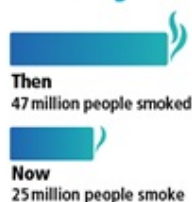
### 30 Years NPHW Public Health Achievements Over 30 Years

National Public Health Week began in 1995 to raise awareness about public health's critical role in improving Americans' lives. This year, the American Public Health Association celebrates the many significant strides in public health over the past three decades. Here are just a few!

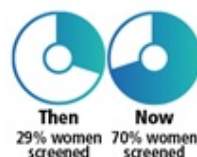
#### Achievements — By the Numbers



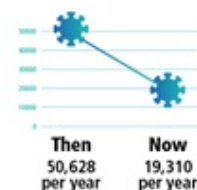
Decreased teen pregnancies



Decline in smoking rates



Increased breast cancer screenings



Decline in HIV deaths

Increased Awareness





### Mental health

- Improved access to care
- Mandated insurance coverage
- Integration into primary care



### Health equity

- Growing recognition among policymakers, health care professionals and communities that housing, education and income greatly influence health outcomes



### Climate & health advocacy

- Health considerations integrated into climate policies
- Interventions like cooling centers and vector-borne disease mitigation

## Policy Game Changers



### Affordable Care Act

- Expanded coverage to 35 million+
- Reduced disparities
- Enhanced consumer protections



### LGBTQ+ equity

- More inclusive health care policies
- Provider training
- Nondiscrimination protections



### Modernized nutrition labels

- Provide more /clearer information
- Raise awareness about healthier habits

## Innovations in Health Tech



### Telemedicine



### Wearable devices for health metrics



### Waste water monitoring



### AI-assisted diagnosis & surveillance



### First-gen drugs & vaccines

March 2025



NPHW 2025  
Public Health Achievements over 30 Years



Barton County  
Health Department

# *We Are* **HIRING**

## **Position :**

- Social Worker
- WIC Breastfeeding Peer Counselor and Healthy Start Home Visitor
- Public Health Nurse (WIC/MCH)

## **Apply Now!**

How to Apply:

- ✉ Submit your application today!
- 📍 Barton County Health Department
- ☎ Call: (620) 793-1902
- 🌐 Visit: [www.bartoncounty.org](http://www.bartoncounty.org)

Apply Today!



# Barton County Health Department

## OPEN HOURS

<b>Monday</b>	<b>9:00AM-6:00PM</b>
<b>Tuesday</b>	<b>8:00AM-6:00PM</b>
<b>Wednesday</b>	<b>8:00AM-6:00PM</b>
<b>Thursday</b>	<b>8:00AM-6:00PM</b>
<b>Friday</b>	<b>8:00AM-12:00PM</b>
<b>Saturday</b>	<b>Closed</b>
<b>Sunday</b>	<b>Closed</b>

Monday-Thursday Open 12:00PM-1:00PM

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## Cilantro Lime Chicken Tacos



## Ingredients You'll Need

- **Chicken** – you'll need 1 1/2 lbs boneless skinless chicken breasts or boneless skinless chicken thighs for this recipe.
- **Olive oil** – this is to coat your shrimp and veggies and I like to use a good olive oil that doesn't have to be expensive, just make sure it's cold-pressed and organic for the most flavor.
- **Limes** – you'll need fresh lime juice plus zest for this marinade. The lime adds such a bright, fresh taste to the tacos, just make sure to use fresh lime juice and not the bottled stuff.
- **Honey** – adds a little sweetness and helps to balance out these tangy flavors, you could also use maple syrup or other natural sweetener.
- **Garlic** – fresh garlic always tastes best, but feel free to use one teaspoon of garlic powder in place of fresh garlic if that's all you have on hand.
- **Cilantro** – adds such a flavorful fresh taste to the marinade
- **Tortillas** – You can use flour tortillas for these tacos, but feel free to use corn tortillas if gluten-free or your favorite style of tortilla.
- **Toppings** – we are topping these delicious tacos with a creamy avocado crema and tangy coleslaw (recipes are below!), but you could also add fresh pico de gallo, guacamole, crumbled cotija cheese and even extra fresh cilantro.

## How to Make Cilantro Lime Chicken Tacos

- -Make the marinade. In a small bowl, whisk together the lime juice,



lime zest, olive oil, garlic, honey, and cilantro until combined.

1. -Marinate the chicken. Place chicken in a large ziplock bag and pour marinade over top, making sure the chicken is completely coated. -----  
--Cover and marinate chicken for about 4 hours to overnight.
  2. -Make the coleslaw. While the chicken is marinating, combine cabbage, carrots, green onions and cilantro in a large bowl. In a smaller bowl, whisk together lime juice, olive oil, honey and salt and toss together with the slaw mixture.
  3. -Make the avocado crema. In the bowl of a food processor or high-powered blender, combine the avocado, garlic, cilantro, yogurt (or sour cream), lime juice, sriracha, and salt/pepper and pulse until combined. With the motor running, slowly add the olive oil and water until smooth and you have your desired consistency.
  4. -Grill the chicken. Preheat an outdoor grill or grill pan on medium heat and add marinated chicken breasts. Sprinkle with a little salt and cook chicken for about 4 to 5 minutes on each side, until juices run clear. --  
Cooked chicken should have an internal temp of 165 degrees using a digital thermometer. Transfer chicken to a cutting board and let rest for 5 minutes before cutting. This keeps them juicy!
  5. -Assemble tacos. Slice up the chicken (or shred chicken with two forks) and serve with tortillas, coleslaw, and avocado crema, along with your other favorite toppings.
-

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

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SMOKING  
TODAY!**

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Contact Us







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