



**BARTON COUNTY**

**Public Health**

Prevent. Promote. Protect.

Laboratory  
Services

Services We  
Provide

2025

May

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	 BCHD Staff Meeting 8:00 AM	BAW Becoming a Mom 1:30PM BT CO Commission Meeting 9:00AM	7	8	9	10
11	12 BCHD Staff Meeting 8:00 AM	13 BT CO Commission Meeting 9:00AM	14 Breastfeeding Support Group 4:00 PM	Barton County Health Department Advisory Committee Meeting 11:30am.	 16	17
18	19 BCHD Staff Meeting 8:00 AM	20  TUESDAY, MAY 20, 2025 : 3:30-7:30PM BARTON COUNTY COURT HOUSE SQUARE BT CO Commission Meeting 9:00AM	21 WIC Prenatal Breastfeeding Class 2:00-3:00pm	22	23	24
25 	26	27 BT CO Commission Meeting 9:00AM	28	Opening Day Farmers Market 4PM  29	30	31



## 📅 **Barton County Health Department – May 2025 Newsletter**

Celebrating Health, Awareness, and Community All Month Long

### 📅 **May & Public Health: Growing Stronger Together**

May is a time of renewal—and a reminder that public health is rooted in prevention, education, and community care. From mental health awareness to maternal and infant wellness, this month brings opportunities to support health at every stage of life.

Public health touches everything:

- Access to nutritious food at the Farmers Market
- Safe pregnancies and healthy babies through Becoming a Mom® classes
- Emotional well-being through Mental Health Awareness Day
- Active lifestyles encouraged on Bike to Work Day

Together, we continue planting the seeds of a healthier Barton County.

### **Featured Events This Month**

📅 **Becoming a Mom® Class – May 6, 1:30 PM**  
Support and education for expectant mothers.

📅 **Breastfeeding Support Group – May 14, 4:00 PM**  
A relaxed space to learn, share, and connect with other parents.

📅 **Mental Health Awareness Day – May 20, 3:30–7:30 PM**  
Join us at the Barton County Courthouse Square to promote mental well-being and connect with local resources.

📅 **WIC Prenatal Breastfeeding Class – May 21, 2:00–3:00 PM**  
Learn about breastfeeding basics in a supportive environment.

📅 **Opening Day Farmers Market – May 29, 4:00 PM**  
Celebrate the start of fresh, local food season—perfect for healthy spring meals!

### 📅 **Weekly BCHD Happenings**

📅 **Staff Meetings: May 5, 12, 19 at 8:00 AM**

📅 **BT CO Commission Meetings: May 6, 13, 20, 27 at 9:00 AM**

📅 **Special Dates to Note**

📅 **Bike to Work Day – May 16**

Get active and celebrate wellness in motion!

**Memorial Day – May 26**

BCHD will be closed in observance of the holiday.

**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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## ☐ Thank You for "Bee-ing" Part of Our Community Baby Shower!

We are buzzing with excitement as we share the success of this year's Community Baby Shower! With 172 adults and children in attendance, the day was truly something to buzz about!

## ☐ A Huge Thanks to Our Partners, Community, and Booth Participants

We couldn't have pulled off such a sweet event without our amazing partners, community members, and booth participants.

Thank you for "bee-ing" so generous, supportive, and dedicated — your contributions helped make the day memorable for so many families.

## ☐ Building a Hive of Support

Every smile, every resource shared, and every connection made helped strengthen our community hive. Together, we are creating a buzzing, vibrant support network for families to thrive.

## ☐ See You Next Year!

We're already looking forward to next year's event!

Thank you again for all you do — we're so lucky to have you in our hive! 🐝🐝.



**187.2 POUNDS**  
**COLLECTED**  
APRIL 26TH, 2025





**Public Health**  
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# *We Are* **HIRING**

## **Position :**

- Social Worker
- 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!**

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## **Great Bend Summer Street Stroll Farmers Market**



**CORNER OF LAKIN AND KANSAS  
STARTING @ 4:00PM**

Turn in Vendor Application to Barton County Health Department or  
email [ksigler@bartoncounty.org](mailto:ksigler@bartoncounty.org)

[Vendor Application](#)



# 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

**Banana Breakfast Muffin**



## Ingredients You'll Need

- whole wheat pastry flour – I love baking with whole wheat pastry flour as it has all the nutritional benefits of whole grain flour while making these muffins light and fluffy. I highly recommend using this, but if you don't have any on hand you could use white whole wheat flour or regular all-purpose flour
- baking soda – acts as a leavening agent to help these muffins rise
- bananas – makes these muffins moist and adds additional sweetness
- eggs – adds protein and gives these muffins their structure and height
- honey – naturally sweetens the muffins without using any refined sugar, but you could also use maple syrup or even regular sugar
- coconut oil – for additional moisture and fluffiness! Feel free to sub coconut oil with another type of oil if you prefer or even melted butter
- Greek yogurt – this helps to reduce the amount of oil we need to use and helps keep the muffins moist. You could also use applesauce or extra mashed banana to keep this dairy-free
- milk – I used almond milk, but any type of milk will work in this recipe
- warm flavors – a delicious combination of cinnamon and vanilla extract
- rolled oats – sprinkle the rolled oats on tops of the muffins for a little extra nutrition



# How to Make Healthy Banana Muffins

- Mix ingredients. In a large bowl, whisk together the whole wheat pastry flour, baking soda, cinnamon and salt, then set aside. In a medium bowl, stir together the eggs, honey, mashed bananas, Greek yogurt, milk, melted coconut oil, and vanilla, mixing until all combined.
- Make the batter. Add the dry ingredients to the wet ingredients and mix with a spatula until just combined, being careful not to over-mix the batter. This is when you can fold in any mix-ins you'd like such as chocolate chips or chopped nuts. Generously coat a muffin pan with non-stick cooking spray (or use muffin liners) and divide the batter evenly between 12 muffin tins, making sure to fill each cup almost all the way full. Sprinkle the tops with rolled oats, if desired.
- BAKE! Bake the muffins in the oven at 350 degrees F for 18 to 22 minutes (mine came out perfect at 20 minutes), or until a toothpick inserted comes out clean. Let the muffins cool in the pan for about 5 minutes before transferring them to a wire rack.

Recipe





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Barton County Health Department

**NEW YEAR, NEW YOU  
WE CAN HELP YOU QUIT  
SMOKING  
TODAY!**

**1-800-QUIT-NOW**

Contact Us



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Barton County Health Department

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

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