

Welcome to Barton County Health Department!



Laboratory Services

Services We Provide

2025 June

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 BCHD Staff Meeting 8:00 AM	BT CO Commission Meeting 9:00AM	4	SSS Farmers Market	6 -Staff Work Day- Health Department CLOSED	7
8	9 BCHD Staff Meeting 8:00 AM	BT CO Commission Aleeting 9:00AM	11 Breastfeeding Support Group 4:00 PM	SSS Farmers Market	13	14
HAPPL 15 FALHERS	16 BCHD Staff Meeting 8:00 AM	BT CO Commission Meeting 9:00AM	18	BCHD Advisory 19 Committee Meeting 11:30 AM-12:30 PM SSS Farmers Market 4-7PM	SIMMER 20	21
22	23 BCHD Staff Meeting 8:00 AM	BT CO Commission Meeting 9:00AM	WIC Prenatab5 Breastfeeding Class 2:00.3:00pm	Barton County Health 26 Fair Day SSS Formers Morket 4-7PM	27	28 Car Seat Event Pawnee Rock
29	30 BCHD Staff Meeting 8:00 AM					



* June & Public Health: Protecting Health in the Heat of Summer

June brings rising temperatures and new opportunities to protect and promote public health. Whether you're spending time outdoors, traveling, or preparing kids for summer fun, remember that prevention and awareness are key.

Public health in June means:

- Staying hydrated and avoiding heat-related illness
- Preventing insect bites and sunburn
- Ensuring kids have access to meals and safe environments
- Keeping up with vaccines, screenings, and well-child visits

Summer is a great time to check in on your health and your neighbors—and we're here to help.

- I June Health Observances & Awareness Days
- 2 June 1–7: National CPR and AED Awareness Week
- 2 All Month: Men's Health Month
- All Month: Alzheimer's & Brain Awareness Month
- In June 27: National HIV Testing Day

In June 2025 Events & Meetings

- BCHD Staff Meetings: Every Monday at 8:00 AM
- BT County Commission Meetings: Every Tuesday at 9:00 AM
- SSS Farmers Market: Thursdays June 5, 12, 19, 26 from 4:00–7:00 PM
- Breastfeeding Support Group: June 11 at 4:00 PM
- BCHD Advisory Committee Meeting: June 18, 11:30 AM–12:30 PM

☑ WIC Prenatal Breastfeeding Class: June 25, 2:00–3:00 PM Barton County Health Fair Day: June 26 at 7:30 AM 2 Car Seat Event – Pawnee Rock: June 28 at 5:30 PM-7:30 PM 2 Closures & Celebrations Staff Work Day - Health Dept Closed: June 6 22 Father's Day: June 15 * First Day of Summer: June 20 Summer Safety Tips As always, thank you for your support of Public Health!!

- Heat Protection: Drink water often, wear lightweight clothes, and take breaks in the
- Mosquito & Tick Safety: Use repellent and check for ticks after time outdoors.
- Nutrition: Visit the Farmers Market for fresh produce and healthy choices.
- Child Passenger Safety: Get your car seats checked at the June 28 Pawnee Rock event!

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.

National CPR and AED Awareness Week



2 Do You Know CPR? | #CPRWeek

Every second counts in a cardiac emergency. Knowing how to perform CPR can help save a life before emergency services arrive.

Hands-only CPR is simple to learn and effective—just two steps: Call 911 and push hard and fast in the center of the chest. Whether you're a parent, teacher, coworker, or friend—you could be the difference in someone's life.

This CPR Week, take a moment to educate yourself and share the message.

Learn more at: www.heart.org/HandsOnlyCPR

Together, we can build a safer, more prepared Barton County.



In June is Men's Health Month

Men's Health Month is a time to raise awareness about the importance of routine health checkups, healthy lifestyle choices, and early detection of preventable diseases.

Taking small steps can make a big impact:

- ✓ Schedule regular check-ups
- ✓ Stay active
- ✓ Eat a balanced diet
- ✓ Talk openly about physical and mental health

Whether it's heart health, diabetes, cancer screenings, or mental wellness, now is the time to take charge of your health or encourage the men in your life to do the same.

Let's work together to support healthier fathers, brothers, husbands, sons, and friends in Barton County.
Your health matters—make it a priority this June.



Iune is Alzheimer's & Brain Awareness Month

This month, we shine a light on Alzheimer's disease and other forms of dementia, while encouraging everyone to prioritize their brain health.

More than 6 million Americans are living with Alzheimer's—and the impact touches families, caregivers,

and entire communities. Raising awareness is the first step toward support, early detection, and advancing research.

Here's how you can take part:

- Wear purple to show your support
- Learn the 10 warning signs of Alzheimer's
- Start conversations with loved ones about brain health
- Engage your mind with reading, puzzles, or learning something new

Let's work together to build a more informed, compassionate, and brain-healthy Barton County. Awareness matters. Support matters. Brain health matters.



Apply Today!





Great Bend Summer Street Stroll Farmers Market



Turn in Vendor Application to Barton County Health Department or email ksigler@bartoncounty.org



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

Turkey Pinwheels



How to Assemble Pinwheels

- 1. Soften cream cheese.
- 2. Make the spread.
- 3. Layer the cream cheese mixture, baby spinach, and deli turkey on burrito-size tortillas.
- 4. Roll pinwheels.
- 5. Chill.
- 6. Slice pinwheels.

Ingredients

- 8 ounces cream cheese
- 1/3 cup sun-dried tomatoes in oil (about 2 ounces)
- 1/4 cup finely grated Parmesan cheese (1 ounce store-bought or 1/2 ounce grated on a Microplane)
- 1 1/2 teaspoons Italian seasoning
- 1/2 teaspoon garlic powder
- 2 tablespoons milk
- 2 ounces baby spinach (about 2 cups)
- 8 ounces thinly sliced deli turkey
- 4 burrito-size flour tortillas (10-inch)



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