



BARTON COUNTY

Public Health

Prevent. Promote. Protect.

Laboratory Services

NOVEMBER

2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 BCHD Staff Meeting 8:00 AM	4  Becoming a Mom Class BT CO Commission MTG 9:00AM	5	6	7	8 Hoisington Car Seat Event 10:00-12:00PM
9	10 BCHD Staff Meeting 8:00 AM	11  VETERANS DAY	12 Breastfeeding Support Group 4:00 PM	13	14	15
16	17 BCHD Staff Meeting 8:00 AM	18  Becoming a Mom Class BT CO Commission MTG 9:00AM	19	20 Advisory Committee Meeting 11:30-12:30PM	21	22
23	24 BCHD Staff Meeting 8:00 AM	25 BT CO Commission MTG 9:00AM	26 WIC Prenatal Breastfeeding Class 2:00-3:00pm	27 	28 	29
30						



“Supporting a Healthy, Grateful Community”

As the weather cools and the holidays approach, November is a great time to focus on family, gratitude, and health. The Barton County Health Department (BCHD) is here to support you every step of the way — from prenatal education to infant care and community wellness.



Upcoming Events

Saturday, November 8



Hoisington Car Seat Event – 10:00 AM to 12:00 PM

Join us in Hoisington for a free car seat safety check. Certified technicians will ensure your child’s seat is properly installed and meets safety standards.

Wednesday, November 12



Breastfeeding Support Group – 4:00 PM

A welcoming space for moms to share experiences, ask questions, and receive guidance from our WIC and breastfeeding counselors.

Wednesday, November 19



Advisory Committee Meeting – 11:30 AM to 12:30 PM

BCHD leadership and partners will meet to review ongoing programs and community health initiatives.

Tuesday, November 25



Prenatal Breastfeeding Class – 2:00 PM to 3:00 PM



Thursday, November 27 & 28 – Thanksgiving Day

Our offices will be closed in observance of Thanksgiving. We wish all our families and partners a safe, happy, and healthy holiday!



Ongoing BCHD Meetings

- BCHD Staff Meeting: Mondays at 8:00 AM
- Barton County Commission Meeting: Tuesdays at 9:00 AM



Prenatal Education Series: Becoming a Mom

Our Becoming a Mom classes continue through early November, covering topics like infant care, and staying healthy after pregnancy.



Held every Tuesday, 1:30–3:30 PM at the Barton County Health Department.



Register by calling 620-793-1909.



Public Health Focus This Month: Maternal & Child Health

November is all about supporting healthy beginnings. BCHD emphasizes the importance of:

- Prenatal care: Early checkups keep moms and babies healthy.
- Safe sleep: Always place infants on their backs to sleep, in a crib with no loose items.
- Flu vaccines: Protect yourself and your family before holiday gatherings.



A Message of Thanks

We’re grateful for the community members, partners, and families who work with us year-round to promote wellness in Barton County. Your participation in local programs helps make our community stronger and healthier.

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!!

CAR SEAT INSTALL CHECK EVENT



Saturday November 8th

10AM-12PM

Hoisington Public Library

169 S Walnut

Hoisington KS 67544

CHILD PASSENGER SAFETY



CAR SEAT INSTALLATION AND EDUCATION

Car Seat Install & Check Event

Join us for a Car Seat Installation and Check Event on Saturday, November 8th, from 10:00 AM to 12:00 PM at the Hoisington Public Library (169 S Walnut, Hoisington, KS 67544).

Certified car seat technicians will be on hand to help ensure your child's car seat is properly installed and that your little one is riding safely. Parents and caregivers can learn about rear-facing seats, forward-facing seats, booster seats, and seat belt safety.

This event is being held in conjunction with the library's craft time, so families can enjoy a fun and educational morning together!



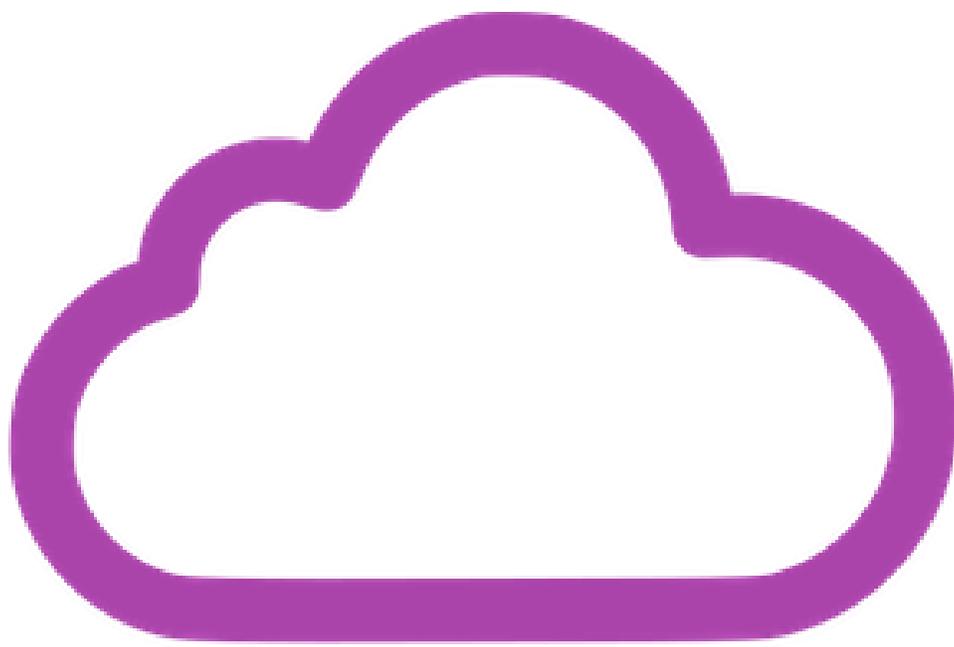
Honoring Our Veterans

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



PurpleAir

♥ Barton County Health Department Installs PurpleAir Sensor

The Barton County Health Department is excited to announce the installation of a PurpleAir sensor to help monitor local air quality in real time.

This tool provides up-to-date information on air pollution levels, allowing residents to make informed decisions—especially those with asthma, allergies, or other respiratory conditions. Monitoring air quality helps our community stay safe and healthy year-round.

You can view current Barton County air quality data by visiting www.purpleair.com or by going to the Barton County website and selecting the Health section.

Stay informed and breathe easier with Barton County Health! 🌬️

Visit our Website

Free Prenatal Education Classes

Becoming a Mom



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

When: Every Tuesday from 1:30 to 3:30 PM
Where: Barton County Health Department

NOV 4	Newborn and Infant Care
NOV 18	Healthy After Pregnancy

Register today by calling 620-793-1909

☀️ 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 4 – Newborn and Infant Care
- November 18 – 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



The Great American Smokeout: Take the First Step Toward Quitting

The Great American Smokeout, held each year on the third Thursday in November, is a national event that encourages people who smoke to commit to living a healthier, smoke-free life. This year's observance is on November 20, and it's the perfect time to take that first step toward quitting for good.

Quitting smoking is one of the most important actions you can take for your health. Within just 20 minutes of your last cigarette, your heart rate and blood pressure begin to drop. After one year, your risk of heart disease is cut in half — and the benefits keep growing over time.

The Barton County Health Department encourages residents to use this day as motivation to quit or support someone who is trying. Help is available through free resources like:

- Kansas Tobacco Quitline – Call 1-800-QUIT-NOW (1-800-784-8669) or visit KSquit.org for personalized coaching and support.
- Smokefree.gov – Find tools, tips, and text programs to help you quit.
- Your healthcare provider – Ask about nicotine replacement therapy or medications that can increase your chances of success.

Even if you've tried before, each attempt to quit brings you closer to success. Take the first step this November — your future self will thank you.

Barton County Health Department

OPEN HOURS

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

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



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.



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GAIN IF YOU
QUIT VAPING?**

Text "Start" to 36072
Free, confidential help.
Just for teens.

MY LIFE MY QUIT™

Your reason to quit gets bigger every day.

Did you know the Kansas Tobacco Quitline has a special, free program for pregnant individuals?

- \$40 Mastercard gift card mailed to your house after each coaching call completed.
- Up to 5 phone calls during pregnancy and 4 phone calls after childbirth.
- Resources designed to help people who are pregnant quit.



Kansas
Department of Health
and Environment

KanQuit!
1-800-QUIT-NOW (784-8669)
KSquit.org

For free help to quit smoking and vaping, call 1-800-QUIT-NOW (784-8669).

Contact Us



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

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