



BARTON COUNTY

Public Health

Prevent. Promote. Protect.





**Barton County
Public Health**

Prevent. Promote. Protect.

Barton County Health Department

OCTOBER 2026



MON 5	BCHD Staff Meeting 8:00 AM	
TUE 6	Becoming a Mom (BAM) Class #1 1:30 – 3:30 PM	
MON 12	BCHD Staff Meeting 8:00 AM	
TUE 13	Becoming a Mom (BAM) Class #2 1:30 – 3:30 PM	
WED 14	Breastfeeding Support Group 4:00 – 5:00 PM	
THU 15	Flu Shots & Blood Pressure Checks at the Senior Center 8:30 – 10:30 AM	Advisory Committee Meeting 11:30 AM – 12:30 PM
SAT 17	Flu Shots at the Claflin Pancake Feed 8:00 – 10:00 AM Claflin Fire Department – 309 W Front St, Claflin, KS	
MON 19	BCHD Staff Meeting 8:00 AM	
TUE 20	Becoming a Mom (BAM) Class #3 1:30 – 3:30 PM	
SAT 24	Drug Take Back 10:00 AM – 2:00 PM East Side of Barton County Courthouse	
MON 26	BCHD Staff Meeting 8:00 AM	
TUE 27	Becoming a Mom (BAM) Class #4 1:30 – 3:30 PM	



**HEALTHY PEOPLE
STRONGER COMMUNITIES**

BARTON COUNTY HEALTH DEPARTMENT



October at Barton County Health Department

Working Together for a Healthier Barton County

October is shaping up to be a busy month at the Barton County Health Department! As fall settles in, our team continues working throughout Barton County to make public health services accessible, convenient, and connected to the needs of our community. From vaccinations and prenatal education to medication safety and everyday preventive services, there is a lot happening this month.

One of our biggest focuses this fall is flu prevention. Seasonal influenza vaccine is available through the Health Department, and our team continues working to bring vaccination opportunities into communities across Barton County.

Our Becoming a Mom prenatal education series also begins again in October. These classes provide expecting parents with information and support covering pregnancy, childbirth, infant feeding, newborn care, and staying healthy after pregnancy. Maternal and infant health continues to be an important part of the services we provide to Barton County families.

October also brings Drug Take Back Day on Saturday, October 24. Properly disposing of unused and expired medications helps keep medications out of the wrong hands and protects our environment. Barton County reminds residents that medications should never be flushed or poured down the drain.

Behind the scenes, our staff continues working on the many programs and services that support our community every day. That includes immunizations, communicable disease prevention, family planning, WIC and breastfeeding support, Healthy Living Laboratory Services, maternal and child health, emergency preparedness, community education, and outreach. Public health reaches far beyond the walls of our building—it is about preventing illness, promoting healthy choices, and making health services more accessible throughout our county.

We're here for you, Barton County. Whether you see us at a community event, attend one of our classes, stop in for a vaccine or lab service, or simply call us with a question, our goal remains the same: Prevent. Promote. Protect.

Explore this month's newsletter to learn more about our October programs, events, and services. Questions? Visit the Barton County Health Department at 1300 Kansas Ave. in Great Bend or call 620-793-1902.

Thank you for your continued support of Public Health!

DEA NATIONAL ^{Rx} **TAKEBACK**



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Turn in unneeded
medication for safe disposal.

Saturday, October 24th

10:00 AM - 2:00 PM

East Side of Barton County Courthouse

Keep them safe. Clean them out. Take them back.

Visit DEATakeBack.com for a collection site near you.



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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.



Lindsey Ensley, RN



**Christina
Delgadillo, RN**



**Sarah Schridde,
LPN**

Flu Season is Here Don't Wait to Vaccinate!



**Courtney Dillon,
RN**



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**Aaliah McHenry,
RN**

IS IT A COLD OR FLU?

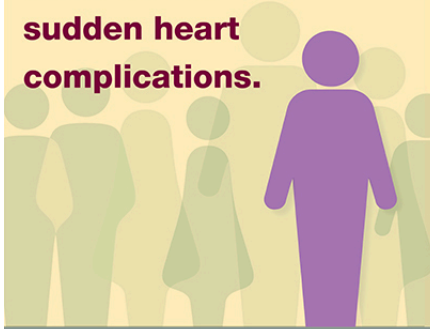
SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU



New study of more than 80,000 adults hospitalized with flu found serious, sudden heart complications were common.

ONE in EIGHT
patients had
sudden heart
complications.



Of these patients,
almost **one-third**
were admitted to the
ICU and **7%** died.



Get a
FLU VACCINE
to reduce
the risk of flu
complications,
including
sudden onset
of cardiac
disease.

CS 319836-A

WWW.CDC.GOV/FLU

Free Prenatal Education Classes



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Becoming a Mom

When: Every Tuesday from 1:30 to 3:30 PM

Where: Barton County Health Department

OCT 6	You and Your Pregnancy
OCT 13	Healthy Pregnancy
OCT 20	Labor and Delivery
OCT 27	Feeding your Baby
NOV 3	Newborn and Infant Care
NOV 10	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:

- October 6 – You and Your Pregnancy
- October 13 – Healthy Pregnancy

- October 20 – Labor and Delivery
- October 27 – Feeding Your Baby
- November 3 – Newborn and Infant Care
- November 10 – Healthy After Pregnancy

Come learn, ask questions, and prepare for this exciting new chapter!

📞 Register today by calling 620-793-1909

HALLOWEEN SAFETY TIPS & FACTS

**Barton County
Public Health**



- DO NOT EAT CANDY BEFORE YOU SORT AND CHECK AT HOME.
- CLOSELY EXAMINE ALL CANDY FOR SIGNS OF TAMPERING INCLUDING:
 - UNUSUAL APPEARANCE OR DISCOLORATION
 - TINY PINHOLES OR TEARS IN WRAPPERS
 - SPOILED OR UNWRAPPED ITEMS
- DISCARD HOMEMADE GOODS, UNLESS YOU THE MAKER.
- DO NOT EAT OR ACCEPT ANYTHING THAT ISN'T COMMERCIALY WRAPPED.
- REMOVE CHOKING HAZARDS FOR YOUNG CHILDREN.
- WHEN AND DOUBT THROW IT OUT!

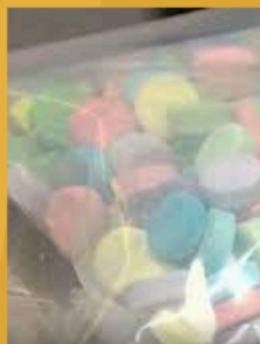
THINGS TO BE WARY OF



**SKITTLES/ RAINBOW
FENTANYL**



"CHALK" FENTANYL



"SWEET TART" METH



THC GUMMIES

DEA warns: "Fentanyl pills and powder that come in a variety of bright colors, shapes, and sizes- is a deliberate effort by drug traffickers to drive addiction amongst kids and young adults"

**IF YOU ARE UNSURE OF SOMETHING YOUR CHILD INGESTED CONTACT POISON CONTROL AT
800-222-1222**



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— Meet Our —
NEW DIRECTOR

Julie Gibbs

We are excited to welcome Julie Gibbs
as the new Director of the
Barton County Health Department!



EDUCATION

- Bachelor's in Kinesiology and Nutrition
- Master's in Public Health



EXPERIENCE

- About 20 years of experience in the public health/healthcare field
- Experience with Community Health Needs Assessments and managing Community Health Improvement Plans
- About 17 years of leadership experience



A LITTLE MORE ABOUT JULIE

- Proud mom of a 20 year old son who is a sophomore at the University of Arkansas, studying finance.



*Please join us
in supporting
Julie in her new role!*

PREVENT. PROMOTE. PROTECT.

Taking care of yourself should be one less thing to worry about. Early Detection Works supports women with free cancer screenings when they qualify.

Early Detection
WORKS
Free Health Screenings
Kansas Department of Health and Environment

10 STATES PER ANNUM
Kansas
Department of Health and Environment



Three Sisters Salad



Three Sisters Salad

4M (she-lu) corn, SŌ (tu-ya) beans, and QYS (wa-gi-ga) squash are the three main ingredients that make up this version of Three Sisters salad. This low-sodium recipe also provides calcium, potassium, protein, iron and fiber. Three Sisters Salad is a perfect crowd-pleasing side dish to bring to pot lucks, family get-togethers, weekend barbeques or a just a healthy lunch at home.

Yield

8 servings

Prep time

20 minutes

Ingredients

1/ 4 cup sugar

1/ 4 cup vinegar (white)
2 tablespoons olive oil
2 cans corn (drained)
2 cans black beans (drained and rinsed)
1 cup zucchini (chopped)
1 cup squash (yellow, chopped)
1/ 2 cup onion (chopped)
1/ 2 cup bell peppers (green, chopped)

Steps

1. In a small sauce pan, mix ¼ cup sugar, ¼ cup vinegar, 2 Tablespoons olive oil over medium heat. Heat until hot but NOT boiling. Remove from heat
2. In a large bowl, mix 2 corn, beans, zucchini, squash, onion and green pepper
3. Pour cooled dressing mixture over vegetables and toss. Chill in the refrigerator at least 30 minutes.

Category

30 Minutes or Less

Food group

Vegetables, Protein

Source Cherokee Tribal Food Distribution Program

Beans, corn, and squash provide an excellent amount of fiber!

Dietary fiber may help promote health in a variety of ways. Fiber may help manage both cholesterol and blood glucose levels. Fiber may also speed up the transit of stool through the digestive system, which can help keep you regular.

The daily recommendation for dietary fiber is 14 grams for every 1,000 calories, which is about 25 grams for women and 31 grams for men per day.

Sources of dietary fiber include:

Fruits, such as blueberries, raspberries, strawberries, pears, apples with skin on, prunes (dried or stewed) and raisins.

Unsalted nuts and seeds, such as almonds, peanuts, pecans and walnuts, as well as pumpkin, sunflower, flax and chia seeds.

Vegetables, such as green peas, broccoli, sweet potato, winter squash and pumpkin.
Whole grain foods such as brown rice, whole grain bread and rolls, whole grain pastas, wheat bran and bran cereals.

Learn more at: <https://www.eatright.org/health/health-conditions/digestive-and-gastrointestinal/nutrition-tips-for-relieving-constipation>

WHAT WOULD YOU 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.



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

Contact Us



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Try email marketing for free today!