



BARTON COUNTY

Public Health

Prevent. Promote. Protect.

Laboratory Services



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

SEPTEMBER 2026

MON 7	LABOR DAY BCHD CLOSED
WED 9	WIC Breastfeeding Support Group 4:00 – 5:00 PM
MON 14	BCHD Staff Meeting 8:00 AM
TUE 15	Barton Commission Meeting 9:00 AM
THU 17	Advisory Committee Meeting 11:30 AM – 12:30 PM
THU 17	Senior Center Blood Pressure Checks 11:30 AM – 12:30 PM
FRI 18	CLOSED FOR IN-SERVICE BCHD CLOSED
MON 21	BCHD Staff Meeting 8:00 AM
TUE 22	Flu Outreach Galatia, Olmitz, Albert, and Pawnee Rock
WED 23	Flu Outreach Susank, Beaver, Odin, and Claflin WIC Prenatal Breastfeeding Class 2:00 – 3:00 PM
MON 28	BCHD Staff Meeting 8:00 AM
TUE 29	Barton Commission Meeting 9:00 AM

**HEALTHY PEOPLE
STRONGER COMMUNITIES**

BARTON COUNTY HEALTH DEPARTMENT



Public Health in September 🍁

September is a great time to fall into healthy habits! As the seasons begin to change, Barton County Health Department continues to provide services and resources to help keep our community healthy.

This month, BCHD will be out in several Barton County communities for our annual Flu Outreach. On September 22, we'll visit Galatia, Olmitz, Albert, and Pawnee Rock, followed by Susank, Beaver, Odin, and Claflin on September 23. Watch our Facebook page for specific locations and times.

BCHD also continues to offer immunizations, WIC services, breastfeeding support, health screenings, blood pressure checks, laboratory services, and other preventive health resources throughout the year.

As fall begins, make your health part of your routine. Small steps today can help build a healthier Barton County tomorrow.

Healthy People. Stronger Communities.
Barton County Health Department
Prevent. Promote. Protect.

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!!

DEA NATIONAL ^{Rx} **TAKEBACK**



Public Health
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Barton County Health Department



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.

NATIONAL
PREPAREDNESS MONTH
AMERICANS STAND READY

Ready 

FAMILY FIRST

PROTECT WHAT MATTERS MOST

KEEP YOUR LOVED ONES SAFE BY
VISITING **READY.GOV.**

READY.GOV/STAND-READY

September is National Preparedness Month. This month aims to educate and empower Americans to prepare for and respond to all types of emergencies.

Throughout the month of September, we will share posts of ways to prepare your families and your homes for all kinds of emergencies and disasters.

Take time today to create and practice an emergency plan so everyone knows what to do.

- Pick a safe place to meet
- Assign responsibilities
- Practice how to leave safely
- Make a plan on how to stay in touch

<https://www.ready.gov/plan-form>

Bringing the FLU SHOTS to You!



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**PROTECT YOURSELF.
PROTECT YOUR COMMUNITY.**



SEPTEMBER 22-23, 2026



Galatia

**TUESDAY, SEPT. 22
9:30AM – 10:30AM**

LOCATION: United Ag Services



Olmitz

**TUESDAY, SEPT. 22
11:00AM – 12:00PM**

LOCATION: That New Place



Albert

**TUESDAY, SEPT. 22
1:00PM – 2:00PM**

LOCATION: Albert City Building



Pawnee Rock

**TUESDAY, SEPT. 22
2:30PM – 3:30PM**

LOCATION: City Hall



Susank

**WEDNESDAY, SEPT. 23
8:30AM – 9:30AM**

LOCATION: Agco Corporation



Beaver

**WEDNESDAY, SEPT. 23
10:00AM – 11:00AM**

LOCATION: Fire Station



Odin

**WEDNESDAY, SEPT. 23
11:30AM – 12:30PM**

LOCATION: Odin Store



Claflin

**WEDNESDAY, SEPT. 23
1:30PM – 2:30PM**

LOCATION: Claflin Fire Station



620-793-1902



<https://www.bartoncounty.org>



@bartoncountyhealthdept



Celebrating Our Very Own Courtney Dillon!

We are excited to share that Courtney Dillon was selected as a August honoree by the Nurses First Foundation! The Nurses First Foundation recognizes exemplary nurses in our community who demonstrate dedication, compassion, and excellence in nursing.

We are incredibly proud of Courtney and grateful to have her as part of the Barton County Health Department team. Please join us in congratulating Courtney on this well-deserved recognition!

SEPTEMBER IS NATIONAL REPRODUCTIVE HEALTH MONTH

HEALTHY TODAY. BRIGHTER TOMORROWS.

*Knowledge
Today.
Healthier
Tomorrows.*

Did you know?

Barton County Health Department offers **confidential** family planning services to support you in making informed decisions about your reproductive health and future.

The Family Planning Program helps you plan if and when to have children. It supports your reproductive health, your future and your family.

Services may be available at **reduced or no cost** depending on income.

**CONFIDENTIAL
CARING
SUPPORTIVE
FOR YOU**

*Your health.
Your choices.
Our priority.*

OUR SERVICES INCLUDE:



**Birth Control
Options**



**STI Testing
and Treatment**



**Cancer
Screenings**



Call our friendly staff today!

620-793-1902

Barton County Health Department
We're here for you.

WIC Friendly Recipe Cheesy Chicken & Broccoli Rice Bake

SIMPLE INGREDIENTS | GREAT FLAVOR | FAMILY FRIENDLY

**Healthy
Eats for
Your Family**

*Easy.
Nutritious.
WIC Friendly!*



*Good Food
Strong Families*

Ingredients

- 2 cups cooked brown rice
- 2 cups cooked, shredded chicken (use rotisserie chicken or leftover chicken)
- 2 cups broccoli florets (fresh, frozen, or canned)
- 1 can (10.5 oz) condensed cream of chicken soup
- 1 cup milk (1% or skim)
- 1 cup shredded cheddar cheese
- ½ teaspoon garlic powder (optional)
- ½ teaspoon black pepper (optional)

Directions

- 1** Preheat oven to 350°F.
- 2** In a large bowl, mix together rice, broccoli, cream of chicken soup, milk, garlic powder, and pepper.
- 3** Stir in the shredded chicken.
- 4** Pour the mixture into a greased 9x13 baking dish.
- 5** Top with shredded cheddar cheese.
- 6** Bake for 25–30 minutes, or until heated through and bubbly.



WIC Friendly Tips:

- ✓ Use WIC-approved foods like brown rice, broccoli, milk, and cheese.
- ✓ Try using frozen broccoli to save time and money.
- ✓ A great way to use leftovers!

Healthy Choices. Brighter Tomorrows.

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!