

# Sumner County Health Department Sumner County Home Health Agency Sumner County In-home Services

Health Department & In Home Services 620-326-2774 Home Health Agency 620-326-5312

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Edition 1

217 West 8<sup>th</sup> St, Wellington, KS 67152

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## 2023



With the start of a new year comes the opportunity for reflection. 2022 was a year of preparation. Our team continued to successfully navigate the challenges presented all while preparing for upcoming changes, such as new leadership, that would predictably change the dynamics of our department. We are constantly appreciative of the dedicated people that work here and we look forward to the opportunities given to us in 2023.

**Happy New Year!**

## Changes

On December 9<sup>th</sup>, a reception with friends and co-workers was held to celebrate the retirement of Health Department Director, Laura Rettig. Laura had been Director since 2006. Through the years Laura saw many changes within not only the department but the community as well. We wish Laura the best with her retirement! With Laura's retirement, Kelly Lacey has taken over the Director's position. Kelly has been with Sumner County since 2003 and brings with her a wealth of experience. Good luck Kelly!





## Home Health and In-Home Services



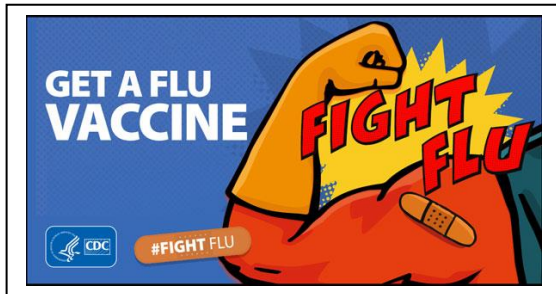
We celebrated our Home Health and In-Home Services staff in November during Home Care Month! We have some of the best and most caring staff and we are very proud to have them here with us at Sumner County Health Department! The work they do often goes unnoticed but they make such a positive impact in people's lives!



Calling all moms at least 24 weeks along! Make an appointment with us to learn about **Count the Kicks**, an evidence based tool to track fetal movement in your third trimester and receive a Dream On Me Portable Play Yard. Don't forget to bring your cell phone to download the app! Call us at 620-326-2774.



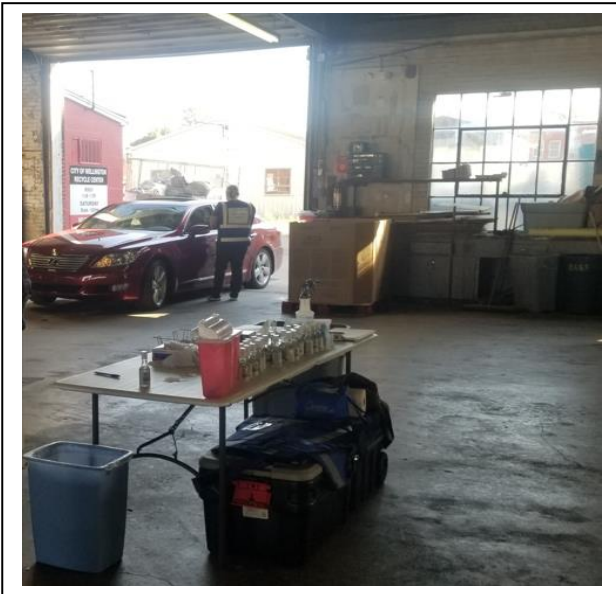
## Flu Fighters



October was the start of our yearly flu fighting adventures here at the health department. We held our annual Drive Thru Flu Clinics on October 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>.

We had a pretty good turn out and everyone appreciated how convenient the drive thru was.

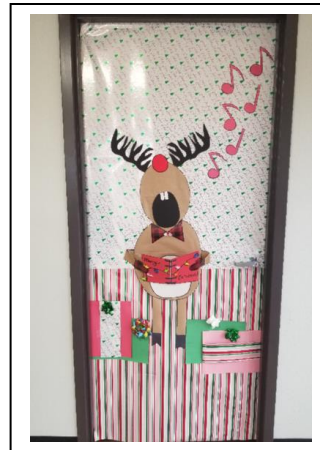
We also provided 23 flu vaccination outreach clinics during October throughout Sumner county to various businesses and facilities. And as usual, our nurses were busy giving flu vaccines at the health department throughout the month.



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## Holiday Fun

We tried something new this year at the Health Department- we had our first annual Holiday Door Decorating contest! We had a great time decorating and it really made the lobby look festive!



March is

## National Nutrition Month



# Resolve To Be Ready in 2023!

In 2023, resolve to be prepared to protect yourself and your family from emergencies and disasters that can happen at any time.



### BE INFORMED

about what kind of disasters might occur where you live, work or visit.

READY.GOV/MYPLAN

### MAKE A PLAN

Include your specific health and safety needs when creating your emergency plan.

READY.GOV/MYPLAN

### BUILD A KIT

Include enough food, water, and medical supplies for your needs in your emergency kit to last for at least 72 hours.

READY.GOV/MYPLAN

# What You Should Know About Winter Weather

- Know what to do before, during, and after a winter storm.
- Listen to local officials.
- Have emergency supplies in place at home, at work, and in the car.
- Stay off the road during and after a winter storm.
- Have a carbon monoxide alarm in place, especially if using alternative heating devices.
- Use safe heating devices.



## DON'T FORGET YOUR PETS

Even with a natural fur coat, winter can be deadly for your pets unless proper care is given.

- **Keep them warm and dry,** and indoors whenever possible.
- **Provide plenty of food and water.** Dehydration is especially dangerous in winter.
- **When outside, keep them bundled up.** Limit outside time, and thoroughly clean (including paws) when bringing them in.

weather.gov

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