



Public Health
Prevent. Promote. Protect.

Lake Region District Health Unit



LAKE REGION DISTRICT HEALTH UNIT (LRDHU)

524 4th Avenue NE Unit 9, Devils Lake, ND 58301-2490

Ramsey County (701) 662-7035

Health Happenings

Winter 2019

Quarterly Newsletter

Benson County * PO Box 86 * 330 C Avenue * Minnewaukan 58351 (701) 473-5444

Eddy County * 24 8th Street N * New Rockford 58356 (701) 947-5311

Pierce County * 240 SE 2nd Street * Rugby 58368 (701) 776-6783

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Website: www.LRDHU.com

LRDHU RECOGNIZES EMPLOYEES FOR YEARS OF SERVICE



Allen McKay, LRDHU Administrator—30 Years

Sheri Hatten, WIC Director—25 Years

Shelley Aabrekke, Benson County Public Health Nurse—20 Years

Lori Lippert, WIC Dietitian—10 Years

Annette Groves, Ramsey County Public Health Nurse, DON—20 Years

Candace Carlson, Environmental Health—15 Years

Calendar Of Events

February:

- 1-28th American Heart Month
- 1st National Wear Red Day
- 17th Random Acts of Kindness Day
- 18th Presidents Day—Offices Closed



March:

- 1-31st Colorectal Cancer Awareness Month
- 1-31st National Nutrition Month
- 10th Daylight Savings Time Begins
- 17-23rd National Poison Prevention Week
- 20th Kick Butts Day

April:

- 1-30th Alcohol Awareness Month
- 1- 7th National Public Health Week
- 19th Good Friday—Offices Closed
- 22nd Earth Day
- 24th Car Seat Check—Lake Chevy 3-6pm

TOP FIVE REASONS FOR ADULTS TO GET VACCINATED AGAINST PNEUMOCOCCAL DISEASE

- 1. Pneumococcal disease is serious and deadly.** In the US, pneumococcal pneumonia, meningitis, and bloodstream infections (sepsis) kill tens of thousands each year, including 18,000 adults age 65 years and older. Getting vaccinated can help you avoid serious health dangers.
- 2. About one million US adults get pneumococcal pneumonia each year.** This type of pneumonia is particularly severe, killing 5-7% of those who contract it. The death rate is even higher in older adults.
- 3. Pneumococcal meningitis kills about one in three people who get it.** People who survive pneumococcal meningitis can suffer from devastating health problems like hearing loss, seizures, blindness, and paralysis.
- 4. Up to one in five adults with pneumococcal bloodstream infection will die.** For those who survive, recovery is not easy. Treatment requires hospitalization, and patients often need weeks or months before returning to normal activities.
- 5. Getting pneumococcal vaccines as recommended reduces your chance of contracting and dying from pneumococcal disease.** Two types of pneumococcal vaccine are recommended in the US. Your healthcare professional can tell you if you should be vaccinated and whether you need one or both vaccines.

For more information visit: www.adultvaccination.org

Approximately half of deaths from pneumococcal disease could be prevented by vaccinations.



50%

PUBLIC HEALTH EMERGENCY VOLUNTEER RESERVE / MEDICAL RESERVE CORPS (PHEVR/MRC)

What is PHEVR/MRC?

PHEVR/MRC stands for *Public Health Emergency Volunteer Reserve/Medical Reserve Corps*. It is a partnership between the state and local health departments and communities throughout the state of North Dakota. The PHEVR/MRC program is sponsored by the North Dakota Department of Health Emergency Preparedness and Response division. It enhances the ability of North Dakota's health and medical system to respond in a public health emergency situation.

What is the purpose of PHEVR/MRC?

PHEVR/MRC's mission is to provide medical and non-medical personnel to assist in a public health emergency. The purpose of the PHEVR/MRC program is to recruit volunteers (medical and non-medical) and train them before an event occurs to thus save time in the response phase of a public health emergency.

A database of PHEVR/MRC volunteers will be maintained by the North Dakota Department of Health Emergency Preparedness and Response Section. It should help minimize the number of spontaneous volunteers and maximize the response capacity in the event of an emergency.

Why is PHEVR/MRC necessary?

Every disaster has a public health component. A public health emergency situation could range from a flood to an influenza epidemic. Having a pool (database) of identified and pre-screened volunteers will aid in the response time, and enable officials to help the community recover from the disaster quicker.

Who can volunteer?

For safety reasons, all PHEVR/MRC volunteers must be at least 18 years old and live, work, or go to school in North Dakota. Individuals deployed as PHEVR/MRC volunteers will be covered under ND Worker's Compensation if injured while assisting as a PHEVR/MRC volunteer in an emergency situation.

If you are interested in joining or would like more information: <http://www.ndhealth.gov/EPR/HP/PHEVR/>



**Public Health Emergency
Volunteer Reserve (PHEVR)**

LRDHU INTRODUCES NEW PUBLIC HEALTH NURSE



Jill Yantes, RN, PHN, has joined Lake Region District Health Unit (LRDHU). As a Ramsey County Public Health Nurse, Jill will participate in a wide range of client care including immunizations, Health Tracks, health promotion and maintenance. In addition, Jill has been named the Lake Region Family Planning Program Director at the Devils Lake location.

Jill earned her Registered Nursing Degree and Associates Degree of Applied Science at LRSC in 2009. Since then, her career had been focused on long term care and serving the elderly. She is now looking forward to enjoying working with people of all ages in our community.

She is a mother of 5 children which includes 2 sets of twins. As an older than average student, she had the privilege of attending college with her older 2 daughters when her youngest children started grade school.

Originally from Starkweather, and having lived her whole life in the tri-county area, she intends to continue to serve the community and looks forward to new challenges and the new role in her nursing career.

**Influence Your Kids
Before Alcohol Does.**



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