



Public Health
Prevent. Promote. Protect.

Lake Region District Health Unit

LAKE REGION DISTRICT HEALTH UNIT

Health Happenings

QUARTERLY
NEWSLETTER
3RD EDITION
2023

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Devils Lake, ND 58301
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Benson County Office

PO Box 86; 330 C Ave
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Eddy County Office

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New Rockford, ND 58356
(701)947-5311

Pierce County Office

240 SE 2nd St Ste 1
Rugby, ND 58368
(701)776-6783

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SEPTEMBER IS FRUITS & VEGGIES MONTH

Try this recipe from our Pick-WIC recipes that’s loaded with vegetables

Minestrone Soup

Ingredients

- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1 onion, chopped
- 2 stalks celery, diced
- 1 large carrot, diced
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1 cup chopped green beans
- 6 cups vegetable broth
- 1 can (15 oz) cannellini beans
- 1 cup whole wheat macaroni
- 4 Roma tomatoes, chopped
- 2 cups fresh baby spinach

Directions

1. Over med. heat, heat oil in large pot.
2. Add basil, oregano, green beans, and broth. Bring to boil.
3. Add cannellini beans and macaroni, Return to boil. Reduce heat and simmer, covered, until pasta is tender, about 8-10 mins, stirring occasionally.
4. Stir in tomatoes and spinach. Removed from heat.
5. Season to taste with salt and pepper before serving.



Upcoming: Calendar Of Events



August

- 1-31st National Breast Feeding Month
- 1-31st Immunization Awareness Month
- 1-31st Children’s Eye Health & Safety Month

September

- 4th Labor Day; LRDHU Offices Closed
- 1-30th Fruits & Veggie Month
- 1-30th National Preparedness Month
- 1-30th Ovarian Cancer Awareness Month
- 1-30th Food Safety Month
- 28th World Rabies Day

October

- 1-31st Breast Cancer Awareness Month
- 3-9th National Fire Prevention Week
- 23-31st Red Ribbon Week

LRDHU INTRODUCES NEW PUBLIC HEALTH NURSE

Bonita Burdick, LPN, recently started with Lake Region District Health Unit in the Devils Lake office. Bonita is a native of Devils Lake. After graduating high school she left to attend NDSCS in Wahpeton and received her associate in nursing degree. She then returned to Devils Lake in 1995 to be closer to family. She worked at Altru for 26 years as a clinical office nurse and then as the immunization coordinator.

She has been married to Bill Burdick for 40 years and together they have 5 children and 14 grandchildren. She loves to spend time with her family. She also enjoys cooking and baking, sewing, camping, and being at the lake.

“I am excited to be a team member of LRDHU,” says Burdick.

Welcome Bonita!



NORTH DAKOTA PASSES RAW MILK LAW

The 2023 North Dakota Legislative session approved to allow the sale of raw milk from the dairy producer to the consumer. This law still prohibits the raw milk directly to grocery stores or wholesalers.

Raw milk is defined as milk that has not been pasteurized to kill harmful bacteria. Raw milk can become contaminated many ways. Healthy animals can carry germs that are harmful to people. Germs in these animals' feces can get into raw milk and contaminate it. Good safety practices can reduce the chance of germs, however it can not completely eliminate it.



Pasteurization is the process of heating milk to a high enough temperature for enough time to kill harmful germs in the milk. Pasteurizing milk reduces the chance of illness.

People who get sick from raw milk might have many days of diarrhea, stomach cramping, and vomiting. Some people might develop severe or even life-threatening diseases.

People who are most at risk for severe foodborne illness are adults 65 years and older, children younger than 5 years, and people with weakened immune systems. However, healthy people of any age can get very sick after consuming raw milk.

NORTH DAKOTA'S NEW SEATBELT LAW

Effective August 1, 2023, North Dakota's seatbelt enforcement changes from secondary to primary. Meaning, all front and back seat occupants must be buckled up regardless of age. Children younger than 8 years of age are required to be in a child restraint (car seat or booster seat). Primary law allows law enforcement to stop and issue a citation to someone for not wearing a seat belt.

- States with primary enforcement have experienced up to a 12% increase in seat belt use.
- Child restraint use drops by 40% when parents do not use their seat belts.
- #1 contributing factor in motor vehicle deaths is not wearing a seat belt.

EVERYONE BUCKLED



ND's law to save lives



5 ways to help curb teen drinking

- BE AWARE WHAT YOU'RE MODELING
- CREATE STRUCTURE
- SET GROUND RULES
- TALK ABOUT BINGE DRINKING
- MONITOR

NEW DIRECTOR OF NURSING APPOINTED

LRDHU is excited to announce that Wendy Frelich, RN, accepted the Director of Nursing (DON) position effective March 1, 2023.

Wendy started at LRDHU in August of 2021, as a contract nurse to assist with the COVID-19 pandemic and has worked her way to DON. Wendy graduated from Minot State University with a RN, BSN. She brings 24 years of experience from working at hospital & clinic settings. Wendy brings excellent clinical, organizational and managerial skills to the health unit as well as a kind heart, a friendly nature, and a tremendous commitment to caring for others. She looks forward to assuming this leadership role while continuing the process of providing quality care and services to the residents of all 4 counties of LRDHU. She respects established traditions while also integrating new innovative ideas.

Please join us in wishing Wendy wonderful successes in this new public health journey.

