

# LAKE REGION DISTRICT HEALTH UNIT

# Health Happenings

QUARTERLY
NEWSLETTER
3<sup>RD</sup> EDITION
2023

Ramsey County Office 524 4th Ave NE Unit 9 Devils Lake, ND 58301 (701)662-7040 Benson County Office PO Box 86; 330 C Ave Minnewaukan, ND 58351 (701)473-5444 Eddy County Office 24 8th St N New Rockford, ND 58356 (701)947-5311 Pierce County Office 240 SE 2nd St Ste 1 Rugby, ND 58368 (701)776-6783

"Like" us on Facebook: Lake Region District Health Unit | Website: LRDHU.com

## **SEPTEMBER IS FRUITS & VEGGIES MONTH**

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

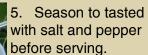
# **Minestrone Soup**

## 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.
- 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.



# **Upcoming: Calendar Of Events**



# **August**

1-31"	National Breast Feeding Month
1-31 <sup>st</sup>	Immunization Awareness Month
1-31 <sup>st</sup>	Children's Eye Health & Safety Month

#### September

4"	Labor Day; LRDHU Offices Close
1-30 <sup>th</sup>	Fruits & Veggie Month
1-30 <sup>th</sup>	National Preparedness Month
1-30 <sup>th</sup>	Ovarian Cancer Awareness Month
1-30th	Food Safety Month
28 <sup>th</sup>	World Rabies Day

## October

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

### LRDHU INTRODUCES NEW PUBLIC HEALTH NURSE

**B** onita 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 severee 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

ffective 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.





5 ways to help curb teen drinking



## **NEW DIRECTOR OF NURSING APPOINTED**

RDHU 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.

