



Public Health

LAKE REGION DISTRICT HEALTH UNIT

524 4th Avenue NE Unit 9, Devils Lake, ND 58301-2490
Ramsey County (701) 662-7035



Health Happenings

Spring 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

“Like” us on Facebook: Lake Region District Health Unit

Website: www.LRDHU.com

CERTIFICATE OF APPRECIATION

4million
REASONS TO CELEBRATE
MAY 6-12, 2019

PRESENTED TO

Shelley Aabrekke Danette Schmid Samantha Wentz
Annette Groves Lori Stevenson Jill Yantes

IN RECOGNITION OF YOUR DEDICATED SERVICE

Allen McKay, Administrator May 6-12, 2019

SIGNATURE

DATE



Public Health
Prevent. Promote. Protect.

Lake Region District Health Unit



NATIONAL
NURSES WEEK
2019

Calendar Of Events

May:

- 5th National Hand Hygiene Day
- 12th Happy Mother's Day
- 31st Heat Safety Awareness Day
- 27th Memorial Day—CLOSED
- 31st World No Tobacco Day
- 6-12th National Nurses Week
- 20-26th Healthy & Safe Swimming Week
- 1-31st Teen Pregnancy Prevention Month

June:

- 16th Father's Day
- 7th Lake Region Relay for Life
- 23-29th Lightening Safety Awareness Week
- 1-30th Men's Health Month

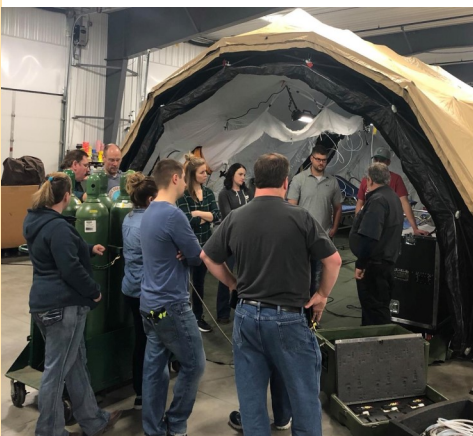
July:

- 4th Independence Day—CLOSED
- 25th Car Seat Check- Lake Chevy 3-6 pm



PUBLIC HEALTH EMERGENCY PREPAREDNESS & RESPONSE (EPR)

ND State Response Team members from LRDHU, Kim Homan, Brooke Kirkeide & Shannon Riggle attended a mandatory 20 hour training in Bismarck. During the February training staff learned how to set up medical tents, practiced public information skills and gained experience with AM radios with portable antennas.



The Division of Public Health Preparedness provides local and state public health guidance, planning, coordination, response and funding for large scale emergencies. These activities include coordination and funding of incident command and control, disease control, laboratory services, communications systems, public information, medical supplies, equipment and pharmaceuticals and training.

State and local health departments must stand ready to handle many different types of emergencies that threaten the health and resilience of families, communities, and the nation. Having people who know what to do, and having the resources in place to allow them to do their jobs and save lives.



SHELLEY AABREKKE, RN—2019 AWARD WINNER



CHILD PASSENGER
SAFETY
AWARD

THE CHILD PASSENGER SAFETY AWARD IS DESIGNED TO RECOGNIZE CHILD PASSENGER SAFETY TECHNICIANS AND/OR INSTRUCTORS FOR THEIR COMMITMENT TO CHILD PASSENGER SAFETY.

Lake Region District Health Unit is proud to announce that Shelley Aabrekke, RN is the winner of the 2019 Child Passenger Safety Award. The award recognizes the Child Passenger Safety (CPS) technicians and/or instructors for their commitment to child passenger safety through participation in check-up events, public education opportunities, teaching efforts, and dedication to a local, area-wide or state-wide CPS program.

Shelley has been a CPS Technician for 18 years, CPS Proxy since 2015 serving the Lake Region and surrounding areas. She is a strong community advocate for child passenger safety through event coordination, trainings, presentations, social media, car seat checkup event advertising and radio spots. Shelley is our “go to” educator whenever issues arise. She also provides peer staff education trainings.

Come see the CPS experts April 25th at Lake Chevrolet in Devils Lake. Buckle Up For Kids will have a FREE car seat check from 3-6 PM. For more information, Shelley can be reached at 701-473-5444 or saabrekke@nd.gov.

WELLNESS FAIR IN RUGBY

Heart of America Medical Center & Lake Region District Health Unit hosted a Health & Wellness Fair March 23rd at Dakota Farms Restaurant. Educational booths included Family Planning, Tobacco Cessation, Women’s Way, Car Seat Safety, Emergency Preparedness & Response, EMS-CPR, Environmental Health, Labs, Diabetes, Radiology Services and much more!

Attendees could participate in free Yoga and Drums Alive classes. Handouts and door prizes were also offered.

Liz Bonney, Tobacco Prevention Coordinator from LRDHU was on hand to share the harms of tobacco. The use of e-cigarettes among children has become an epidemic according to the CDC. In 2018, more than 3.6 million US students reported using e-cigarettes in the past 30 days. Most contain nicotine and can increase the likelihood of using regular cigarettes in the future.

Our mission at LRDHU is to keep the kids from ever starting.



SHINGLES

also called herpes zoster, is a painful rash disease.

CDC recommends that people age 50 or older get the new shingles vaccine called Shingrix®.



50 OR OLDER, GET SHINGRIX

Shingles, also called herpes zoster, is a painful rash disease. Shingles can lead to severe nerve pain called post herpetic neuralgia (PHN) that can last for months or years after the rash goes away.

You can get shingles at any age, but it's more common in older adults. You need 2 doses. Get the second dose 2-6 months after the first dose.

CDC recommends that people age 50 or older get the new shingles vaccine called Shingrix®.

524 4th Ave. NE - Unit 9
Devils Lake Courthouse
701-662-7046

Lake Region Family Planning

- HEALTH, ABSTINENCE & COERCION EDUCATION
- METHODS OF CONTRACEPTION
- EMERGENCY CONTRACEPTION
- PREGNANCY TESTING
- BLOOD PRESSURE
- MALE & FEMALE SERVICES
- STD TESTING & TREATMENT, HIV & HEP C TESTING
- HEMOGLOBIN & URINALYSIS
- BREAST, CERVICAL SCREENINGS & PAP SMEARS (Over 21)



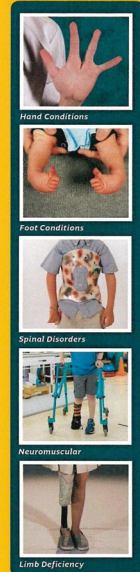
You will not be refused services * The cost of services is based on your income & household size * Insurance & MA accepted * Title X Funded Program

Free Screening Clinic
for Children with Bone, Muscle, or Joint Problems

Thursday, June 13, 2019
11 AM – 2 PM

Lake Region District Health Unit
Ramsey County Courthouse, 2nd Floor | 524 – 4th Avenue
NE | Devils Lake, ND 58301

Appointment Scheduling: 612-596-6105



Come and learn about Shriners Healthcare for Children and whether or not we can serve as a resource for your child's orthopaedic condition.

Are you wondering if your child would benefit from seeing a pediatric orthopaedic specialist?

Look for these signs:

- In-toeing, toe walking, flat feet
- Bowed legs or knocked knees
- Sore, painful, or stiff joints
- Limb deficiency
- Limb length discrepancy
- Curved spine indicating possible scoliosis
- Club feet



Shriners Healthcare for Children — Twin Cities
For more information about Shriners Healthcare for Children — Twin Cities:
Main: 612-596-6100 | Referrals: 612-596-6105
twincitiesshrinershealthcare.org | facebook.com/ShrinersTWI