



**Public Health**  
Prevent. Promote. Protect.  
Lake Region District Health Unit

# LAKE REGION DISTRICT HEALTH UNIT (LRDHU)

524 4<sup>th</sup> Avenue NE Unit 9, Devils Lake, ND 58301-2490

Ramsey County (701) 662-7035

## Health Happenings

Constructing COVID-19 Resilience



Winter 2021

Quarterly Newsletter

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

Eddy County \* 24 8<sup>th</sup> Street N \* New Rockford 58356 (701) 947-5311

Pierce County \* 240 SE 2<sup>nd</sup> Street \* Rugby 58368 (701) 776-6783

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

Website: [www.LRDHU.com](http://www.LRDHU.com)



**NATIONAL PUBLIC HEALTH WEEK**  
Building Bridges to Better Health

April 5-11 2021

### BUILDING BRIDGES TO BETTER HEALTH

We may be physically distant from each other, but now it's more important than ever to come together. That's why our 2021 theme is "Building Bridges to Better Health." Making communities safe and healthy is public health's top priority. COVID-19 has made that even more important. Even though we won't gather in person, social media and virtual platforms make it easier than ever for us to connect, create and take action. NPHW 2021 will take place completely virtually April 5-11, 2021.

We know that by building connections, we make our communities healthier, safer and better for all.

The COVID-19 pandemic means public health is the topic of the day worldwide. How does that apply to our National Public Health Week daily themes?

**MONDAY: MENTAL HEALTH** — Advocate for and promote emotional well-being

**TUESDAY: MATERNAL AND CHILD HEALTH** — Ensure the health of mothers and babies throughout the lifespan

**WEDNESDAY: VIOLENCE PREVENTION** — Reduce personal and community violence to improve health

**THURSDAY: ENVIRONMENTAL HEALTH** — Help protect and maintain a healthy planet

**FRIDAY: EDUCATION** — Advocate for quality education and schools

**SATURDAY: HEALTHY HOMES** — Ensure access to affordable and safe housing

**SUNDAY: ECONOMICS** — Advocate for economic empowerment as the key to a healthy life

### Calendar Of Events

#### February:

- 1-28<sup>th</sup> American Heart Month
- 5<sup>th</sup> National Wear Red Day
- 15<sup>th</sup> Presidents Day—Offices Closed
- 17<sup>th</sup> Random Acts of Kindness Day

#### March:

- 1-31<sup>st</sup> Colorectal Cancer Awareness Month
- 1-31<sup>st</sup> National Nutrition Month
- 14<sup>th</sup> Daylight Savings Time Begins
- 17<sup>th</sup> Take Tobacco Down Day
- 21-27<sup>th</sup> National Poison Prevention Week

#### April:

- 1-30<sup>th</sup> Alcohol Awareness Month
- 5-11<sup>th</sup> National Public Health Week
- 1<sup>st</sup> Take Down Tobacco Day of Action
- 2<sup>nd</sup> Good Friday—Offices Closed
- 22<sup>nd</sup> Earth Day
- 29<sup>th</sup> Car Seat Check—Lake Chevy 3-6pm



### **LRDHU RECOGNIZES EMPLOYEES FOR YEARS OF SERVICE**

LRDHU shares its appreciation for milestone achievements.

Loyal and dedicated employees are the foundation to any successful company. Public Health gives thanks for these 3 and their contributions to LRDHU's success!

**\*Brooke Kirkeide—10 Years**

Emergency Preparedness & Response  
Environmental Health Practitioner

**\*Lori Stevenson—3 Years**

Family Planning Nurse  
Ramsey County Public Health Nurse

**\*Sam Wentz—3 Years**

Pierce County Public Health Nurse



# Buckle Up For Kids

Child seats are checked for recalls, proper installation & right fit.  
Learn how to make your kiddos safer when you travel.

## 2021 Car Seat Check-Up Events

DATE	LOCATION	TIME
January 28 Thursday	Lake Chevrolet 123 5th St. NE Devils Lake	3 pm – 6 pm *By Appointment
April 29 Thursday	Lake Chevrolet 123 5th St. NE Devils Lake	3 pm – 6 pm *By Appointment
July 29 Thursday	Lake Chevrolet 123 5th St. NE Devils Lake	3 pm – 6 pm *By Appointment
October 28 Thursday	Lake Chevrolet 123 5th St. NE Devils Lake	3 pm – 6 pm *By Appointment



**\*To schedule Car Seat Check,  
contact Shelley Aabrekke at 701-473-5444**

*\*If possible, please bring the car seat, manufacturer's instructions, vehicle owner's manual, and the child using the car seat*



## WELCOME LEXI NELSON



Lexi Nelson, Emergency Preparedness and Response Coordinator (EPR) recently joined the Lake Region team. She is a NDSU graduate with a Bachelor's Degree in Emergency Management. Lexi has jumped in to help the management of COVID-19 testing and vaccination.

The goal of preparedness and response in a public health setting is to ensure those in our community are both safe and informed during man-made or natural events. This is achieved by working closely with state, local, and tribal partners to determine what needs should be addressed before, during, or after an event. This is most certainly being used in our COVID-19 battle. Lexi has the specialized training and education to help meet those needs and to improve safety in our community.

### North Dakota Department of Health COVID-19 Hotline

866-207-2880

Monday-Friday, 8a.m.-5p.m. The hotline **will not** be operating on the weekend

**Vaccine Locator—Priority Groups:**

<https://www.health.nd.gov/covidvaccinelocator>

## WENDY FRELICH, RN HAS JOINED LRDHU

In August, Wendy Frellich started contract nursing for LRDHU to assist with the COVID-19 pandemic. Beginning in January of 2021, Wendy joined LRDHU as a full staff member.

Wendy graduated in 1996 from Minot State University with a RN, BSN. She worked in the Medical/Surgical and Pediatric Units at Mercy Hospital in Devils Lake for 12 years. Wendy then worked another 12 years as a Dialysis RN at Altru's Satellite Unit in Devils Lake.

She recently took an on-line class to become a Sexual Abuse Nurse Examiner (SANE) at our local Safe Alternative for Abused Families (SAAF) which requires her to be on call 24/7.

Wendy is originally from Karlsruhe, ND. She has been married to Todd, a local farmer for 25 years and is mother to 2 handsome sons and 4 beautiful daughters. Her favorite activities outside of nursing, include gardening and spending time with friends and family.

Even with a diverse nursing background, she still enjoys learning new areas of the profession. COVID-19 has sure added a new twist. It's challenging and so far everyday has been a new adventure. I'm very thankful for the opportunity to help the public.



# PREPARE. PREVENT. PROTECT.

March 21-27, 2021 • National Poison Prevention Week



Save the Help-line phone number to your cell phone. You never know when you might need it. Be prepared to protect!