



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



Fall 2022

Quarterly Newsletter

Health Happenings

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

ASHLEY PETERSON NAMED NEW ADMINISTRATOR AT LRDHU



My name is Ashley Peterson, and I am the new Public Health Administrator for Lake Region District Health Unit. I started full-time October 1.

I earned my Bachelor of Science in Public Health from American Military University. In addition, I have 15 years of military experience in Public Health with the U.S. Air Force, where I have worked in three different states, the Middle East and Europe. I believe in responsibility, fearless learning, dedication, and a growth mindset. I hope to continue to have and build on the respectful environment created at LRHDU.

A little about my personal life: I am married and have three children. We enjoy the outdoors, hunting, fishing, and gardening. In addition, I have been involved with the community through sports such as coaching wrestling, soccer, and Girl Scouts.

I look forward to meeting and working with all the residents of LRDHU and protecting the public's health.

Ashley Peterson, Public Health Administrator
Lake Region District Health Unit



Upcoming: Calendar Of Events

November:

- 6th Daylight Savings Time Ends
- 11th **VETERAN'S DAY—CLOSED**
- 17th Great American Smoke Out
- 24-25th **HAPPY THANKSGIVING—CLOSED**
- 1-30th American Diabetes Month
- 1-30th Lung Cancer Awareness Month

December:

- 1st World Aids Day
- 1-7th National Hand Washing Awareness Week
- 6-12th National Influenza Vaccination Week
- 25-26th **MERRY CHRISTMAS—CLOSED**
- 1-31st Safe Toys & Gift Month

January:

- 1st **HAPPY NEW YEAR!! CLOSED JAN. 2ND**
- 16th **MARTIN LUTHER KING JR. DAY—CLOSED**
- 1-31st Cervical Health Awareness Month
- 1-31st National Radon Action Month

"On this Veteran's Day & beyond, let us remember the service of our veterans, and let us renew our national promise to fulfill our sacred obligations to our veterans and their families who have sacrificed so much so that we can live free."

Dan Lapinski

WHEN IS THE BEST TIME TO GET A FLU SHOT?

Immunity against the flu tends to wane over the course of a season. You have higher protection a couple of weeks after receiving the shot, compared with four or five months later, so it is a good idea to schedule your vaccine appointment close to the beginning of flu season, and not too early. We suggest vaccination in mid October so antibodies are ramped up by the time holiday travel begins.

Some people wait longer, until November or December, especially if they are keeping a close eye on cases. But experts agree that it is important to receive the vaccine *before* cases start to surge. Your body needs at least two weeks after the shot to ramp up its defenses against the flu. People who are more susceptible to severe flu — especially older adults, pregnant women and very young children — should not delay their shots.



Leeds was just one of the schools in Benson County where Public Health Nurse, Shelley Aabrekke administered the flu shot to students and staff.



EMERGENCY PREPAREDNESS & RESPONSE

LRDHU staff gathered for a training exercise to test emergency plans & response. A wheelchair bus ramp was assembled and used to practice loading and unloading clients safely. The wheelchair bus is stationed in Devils Lake and would be used in the case of a needed evacuation of a nursing home or such.

The North Dakota Public Health Emergency Preparedness & Response program 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, pharmaceuticals and training.



MEET THE WIC STAFF

Sheri Hatten has worked for the Lake Region WIC Program for 29 years as the Director. She is a Dietitian and a Certified Lactation Counselor.

Lori Lippert has 19 years of experience working with WIC in North Dakota. She earned her bachelor's degree in Dietetics from UND. Lori values life-long learning and is passionate about engaging and connecting with WIC families.

Jocelyn Lundon has worked with Lake Region WIC for 10 years. She earned her bachelor's degree in Community Nutrition from UND. Her favorite thing about WIC is being able to offer support when parent's need it most and snuggling babies, on occasion.

The COVID-19 bivalent booster does not contain flu vaccine.

And the flu vaccine does not contain COVID vaccine.

But it is safe and effective to get the bivalent booster & the flu shot at the same time.

Quitting smoking even for 1 day is a step toward a HEALTHIER LIFE.

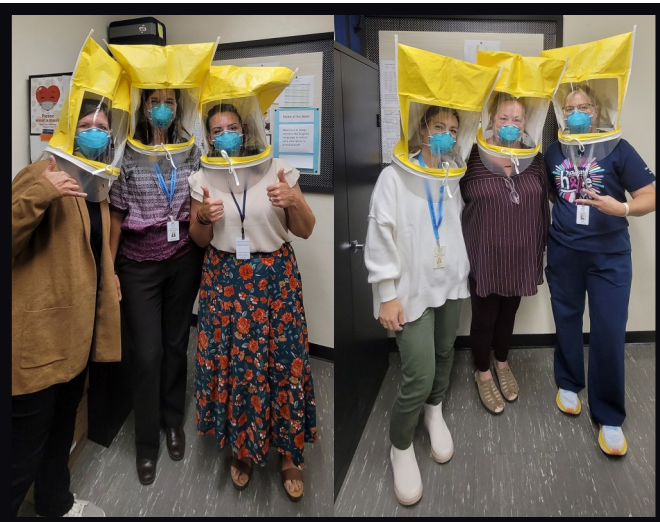
THE GREAT AMERICAN
SMOKEOUT
THIRD THURSDAY IN NOVEMBER

**Need help with your quit?
LRDHU can assist. Call 662-7022**



CAR SEAT CARE

Cory Geiszler of Rugby's First International Bank and Trust donated an infant car-seat to LRDHU - Pierce County Public Health. Samantha Wentz, RN was thankful to except the car-seat during National Child Passenger week.



FIT TESTING

A respiratory fit test, tests the fit and seal an N95 respirator's face piece makes on your face. This test may take up to 15 minutes and should be performed by staff annually. Individuals should only be wearing respirators they have been tested on. LRDHU provides respiratory fit testing for a variety of organizations throughout the region including our own. COVID testing clinics were a prime example of the necessity for proper fitting masks for staff.

Qualitative fit testing is a pass/fail test that uses your taste reaction to an irritant (bitters) to test leakage into a face piece. This test does not destroy the mask and staff will take their mask with them following the test.

Not everyone can get a good fit with one specific respirator. Upon completing the fit testing, each individual will need to know which make, model, style and size respirator works best with their face. These factors could change due to a variety of conditions:

- Significant weight gain/loss
- Major dental work
- Facial surgery
- Facial hair
- Significant scarring in the area of the seal
- Asthma