



Public Health

# LAKE REGION DISTRICT HEALTH UNIT

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



## Health Happenings

Spring 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)

YEAR OF THE  
**NURSE**  
2020-2021  
EXCEL • LEAD • INNOVATE



### CERTIFICATE OF APPRECIATION

PRESENTED TO

Shelley Aabrekke - Wendy Frelich - Annette Groves

Danette Schmid - Lori Stevenson - Sam Wentz - Jill Yantes

IN RECOGNITION OF YOUR DEDICATED SERVICE

Allen McKay, Administrator May 6, 2021

SIGNATURE

DATE

### Calendar Of Events

#### May:

- 5<sup>th</sup> National Hand Hygiene Day
- 9<sup>th</sup> Happy Mother's Day
- 28<sup>th</sup> Heat Safety Awareness Day
- 31<sup>st</sup> Memorial Day—CLOSED
- 31<sup>st</sup> World No Tobacco Day
- 6-12<sup>th</sup> National Nurses Week
- 24-28<sup>th</sup> Healthy & Safe Swimming Week
- 1-31<sup>st</sup> Teen Pregnancy Prevention Month

#### June:

- 1<sup>st</sup> Lake Region Relay for Life
- 20<sup>th</sup> Father's Day
- 20-26<sup>th</sup> Lightning Safety Awareness Week
- 1-30<sup>th</sup> Men's Health Month

#### July:

- 4<sup>th</sup> Independence Day—CLOSED
- 5<sup>th</sup> Car Seat Check- Lake Chevy 3-6 pm

## Lake Region Family Planning

524 4th Ave. NE Unit 9  
Ramsey County Courthouse  
701-662-7046

- 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)



**CONFIDENTIAL!**



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

## PARENTS LEAD.ORG

EXCELLENT RESOURCES FOR PARENTS

Parents Lead was developed in collaboration between the ND Department of Human Services, ND Department of Transportation, and ND University System.

Through four primary parental behaviors, all parents can make a difference in the lives of their children:

1. Ongoing communication
2. Effective monitoring
3. Positive role-modeling
4. Engagement and support

Check it out: <http://www.parentslead.org/>



## COVID-19 PANDEMIC RESPONSE: THE ROLE OF PUBLIC HEALTH

Since March of 2020 it's been an all hands-on-deck approach at LRDHU. Countless staff hours have been utilized for testing and vaccinations. With that comes planning, logistics, acquiring supplies, public information, mask fit-testing, educating, onboarding of extra staff, meetings, advisory roles, learning new registration and data entry programs, coordinating 1st and 2nd doses for Moderna & Pfizer, contact tracing, case investigations, updating vaccine records, phone calls, scheduling and finance management,

The nurses serving our four county area have done a phenomenal job of serving our communities, including the elderly and homebound. They are now ready to vaccinate anyone 16 and over.

ND National Guard has been supporting LRDHU testing and vaccination clinics since August. Together we will continue to test at least until the end of May.

COVID-19 Walk-in Mass Vaccination clinics have transitioned to appointments only. Call your local Public Health Office to schedule.

We are proud of North Dakota Health & Medical Emergency Preparedness & Response. The assets they provide are available to both state and local public health and medical responders as determined by the NDDOH Incident Command System. The state supply cache was always able to fill our needs of personal protective equipment. They are also responsible for the vaccine and delivery.

More than ever, we have learned to work as a team.

### Lake Region District Health Unit COVID Crew Benson, Eddy, Pierce & Ramsey Counties

Allen McKay - Annette Groves - Shelley Aabrekke - Candace Berg - Sheri Bertsch - Mindy Cavanaugh  
Wendy Frelich - Sheri Hatten - Kim Homan - Brooke Kirkeide - Lori Lippert - Jocelyn Lundon - Lexi Nelson  
Char Rardon - Holli Rodriguez - Danette Schmid - Lori Stevenson - Samantha Wentz - Jill Yantes

