



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) 662-7040



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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"Like" us on Facebook: Lake Region District Health Unit

Website: LRDHU.com

AUGUST IS IMMUNIZATION AWARENESS MONTH



LRDHU Nurses were able to attend the 2022 ND Immunization Conference at the Bismarck Event Center or observe virtually. Awards were presented to LRDHU for surpassing the ND Healthy People standards including the Meningococcal, HPV, Pediatric Series and Hepatitis A Outbreak Prevention Vaccinations. Attending in person were Shelley Aabrekke, RN-Benson County, Danette Schmid, RN-Eddy County, Samantha Wentz, RN-Pierce County, Wendy Frelich, RN-Ramsey County and Jill Yantes, RN-Ramsey County.

Upcoming: Calendar Of Events

August:

- 1-31st National Breast Feeding Month
- 1-31st Immunization Awareness Month
- 1-31st Children's Eye Health & Safety Month

September:

- 1-30th Fruits & Veggie Month
- 1-30th National Preparedness Month
- 1-30th Ovarian Cancer Awareness Month
- 5th Labor Day; LRDHU Offices Closed
- 11th Grandparents Day
- 28th World Rabies Day



October:

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

September is National Preparedness Month

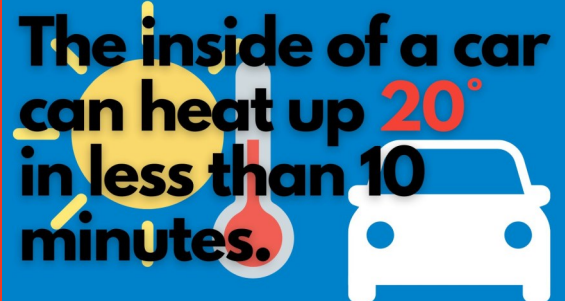
DON'T WAIT.

COMMUNICATE.

MAKE YOUR EMERGENCY PLAN TODAY.

The COVID-19 pandemic highlighted the need for us to be ready for the impact disasters of all types can have on our lives. NOW is the time to prepare. Visit www.ready.gov for guidance on how to be ready, what supplies you should have and more. Our nation must be ready for disasters on a national, community and family level.

Make an emergency communications plan to make sure everyone in your household knows and understands what to do and where you will meet if you get separated. Learn your evacuation routes, practice with household members, including your pets and identify where you will go.



Prevent child heatstroke deaths:

- ✗ Never leave a child in a car alone.
- 👁️ Always check the back seat.
- 🔒 Lock unattended vehicles doors.

! WARNING

EXERCISING FREQUENTLY CAN CAUSE AN INCREASE IN ENERGY, GOOD MOODS, FAT LOSS, AN IMPROVED IMMUNE SYSTEM AND A DRAMATIC REDUCTION IN STRESS.

LRDHU PUBLIC HEALTH HERO AWARD

Lake Region District Health Unit (LRDHU) staff made a visit to the corporate office of Leevers Foods Inc. to present the LRDHU Public Health Hero Award. Wendy Frelich, RN thanked James Leevers, Vice President and Doug Highland, Director of Operations at Leevers Foods for the use of their South location during the COVID-19 pandemic.

As the COVID-19 pandemic unfolded quickly, public health put plans into action. Allen McKay, LRDHU Administrator inquired about using their parking lot. Mr. Highland agreed to let LRDHU, along with the North Dakota National Guard to set up drive through COVID-19 testing through Leevers South parking lot at the intersection of Highways 2 and 20.

As the temperatures dropped, public health needed to find a warmer environment. Once again, Leevers came through for LRDHU and allowed us to move the testing indoors. The space was perfect for public health. We were able to leave the testing lanes, tables, equipment and supplies all set up. It was spacious enough to allow for social distancing. The community complimented the COVID-19 testing team on how smooth the set-up worked and how fast they could get in and out. Also, the prime location and convenient parking was key. We never guessed that we would occupy Leevers South for two years! Their generosity really made our lives easier during this difficult and challenging time.

Together, we were able to provide free, convenient testing to Devils Lake & surrounding communities. Please join us in thanking the Leevers Family & Staff. A HUGE Heartfelt THANK-YOU to LEEVERS!

As we continue to adjust to the aftermath created by this virus, we want to express our gratitude to everyone that showed us patience, support and kindness. It meant a lot!



Red Ribbon Week
October 23 - 31, 2022



Take the National Red Ribbon Campaign Pledge & be a part of the creation of a drug free America.

ADULT PLEDGE

1. As parents and citizens, we will talk to our children and the children in our lives about the dangers of drug abuse.
2. We will set clear rules for our children about not using drugs.
3. We will set a good example for our children by not using illegal drugs or medicine without a prescription.
4. We will monitor our children's behavior and enforce appropriate consequences, so that our rules are respected.
5. We will encourage family and friends to follow the same guidelines to keep children safe from substance abuse.

YOUTH PLEDGE

I pledge to grow up safe, healthy and drug free by:

1. Understanding the dangers of drug use and abuse.
2. Respecting myself and being drug free.
3. Spreading the word to family and friends about the importance of being healthy and drug free.



MATERNAL AND CHILD HEALTH (MCH) GRANT - WENDY FRELICH, LRDHU -RN

LRDHU had the opportunity to reach out and teach children about physical exercise and nutrition. We partnered with NDSU extension agent, Sarah Laite, who was very gracious and let us use the "On the Move to Better Health – Junior" program for grades 1-3. The program started February 1st and lasts until September 30th, 2022.

St. Joseph Catholic School, Starkweather, and Edmore schools is where we went once a month for 6 weeks and taught a 30-minute session on the MyPlate program. We reviewed dairy, fruit, vegetables, grains, and protein with the classes. I enjoyed seeing the children each month and hearing their stories of a different food they had tried or about new activities they had done. I also offered a summertime activity program they can participate in and get a treat if they hand it in at the end of summer.

Benson, Eddy and Pierce counties participated in this grant as well, with some doing the MyPlate program with their local NDSU extension office or a walking program. It all works to keep kids active and staying healthy.

In summary, we had connected with 86 students in Ramsey, 80 kids in Pierce, 51 kids in Benson, and 24 kids in Eddy county schools. Our main goal was to increase the percentage of North Dakota adolescents, ages 6-11, who are physically active at least 60 minutes per day.

