



Public Health
Prevent. Promote. Protect.

Lake Region District Health Unit

LAKE REGION DISTRICT HEALTH UNIT

Health Happenings

QUARTERLY
NEWSLETTER
4th EDITION
2023

Ramsey County Office
524 4th Ave NE Unit 9
Devils Lake, ND 58301
(701)662-7040

Benson County Office
PO Box 86; 330 C Ave
Minnewaukan, ND 58351
(701)473-5444

Eddy County Office
24 8th St N
New Rockford, ND 58356
(701)947-5311

Pierce County Office
240 SE 2nd St Ste 1
Rugby, ND 58368
(701)776-6783

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DENTON HEISLER NAMED NEW ADMINISTRATOR

Denton Heisler was named the new Public Health Administrator for Lake Region District Health Unit in July 2023.

He grew up in Devils Lake, graduating from Devils Lake High School in 2008. After High School, he earned his Bachelor of Science in Public Administration from the University of North Dakota with an emphasis on Health Care Administration. His work experience has been running skilled nursing facilities in both North Dakota and South Dakota.

In his free time he enjoys the outdoors, hunting, fishing, spending time with family and friends.

Heisler says, “I have developed a passion for health care that started in the Lake Region during my

preceptorship. I am excited to bring my training and experience back to the area and the Lake Region District Health Unit. I look forward to serving the great people that make up LRDHU and being a steward to the public’s health.”

Denton can be reached at heislerdenton@nd.gov or 701-662-7038.



Upcoming: Calendar Of Events



November

- 10th **Veteran’s Day observed—CLOSED**
- 16th Great American Smokeout
- 23rd-24th **Thanksgiving observed—CLOSED**
- 1-30th American Diabetes Month
- 1-30th Lung Cancer Awareness Month

December

- 1st World Aids Day
- 3rd-9th National Hand Washing Awareness Week
- 3rd-9th National Influenza Vaccination Week
- 25th **Christmas observed—CLOSED**

January

- 1-31st National Radon Action Month
- 1-31st Cervical Health Awareness Month
- 15th **MLK Jr Day observed—CLOSED**

NOVEMBER IS CARBON MONOXIDE AWARENESS MONTH

Carbon monoxide (CO) is an odorless, colorless gas that kills without warning. It claims the lives of hundreds of people every year and makes thousands more ill. Following these important steps can keep your family safe.

Do have your heating system, water heater, and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.

Do install a battery-operated or battery back-up CO detector in your home. Check or replace the battery when you change the time on your clocks each spring and fall. If the detector sounds leave your home immediately and call 911.

Do seek prompt medical help if you suspect CO poisoning and are feeling dizzy, light-headed, or nauseated.

Don’t use a generator, charcoal grill, camp stove, or other gasoline or charcoal-burning device inside your home, basement, or garage or near a window.

Don’t run a vehicle inside a garage attached to your home, even if you leave the door open.

Don’t burn anything in a stove or fireplace that isn’t vented.

Don’t heat your house with a gas oven.

Don’t use a generator, pressure washer, or any gas-powered engine less than 20’ from any window, door, or vent.

NEW RSV VACCINE AVAILABLE FOR AGE GROUPS AT HIGH RISK

Respiratory Syncytial Virus (RSV) is one of the most common causes of childhood respiratory illness. Approximately 80,000 infants and child under 5 are hospitalized each year nationwide due to RSV infection with an estimated 200 children under 5 passing away due to RSV infection.

Young children aren't the only demographic that is stricken with RSV. This illness can cause 177,000 hospitalizations and 14,000 deaths of adults 65 and older each year in the United States.

It is recommended all infants under 8 months of age to be vaccinated and children between 8-19 months who are at increased risk of severe RSV disease to be vaccinated as well. Please inquire with your local public

health nurse about what risk factors qualify for vaccination.

Adults age 60 and older may receive a RSV vaccine after discussion and agreement with their health care provider.

Pregnant women may get immunized between their 32—36 week of pregnancy to pass immunity to their infant up to 6 months of age.

For more information, call your local public health nurse.



LRDHU INTRODUCES NEW TOBACCO SPECIALIST

Cindy Schmidt joined LRDHU in the Tobacco Prevention program. She recently completed her training to become Tobacco Treatment Certified.

Cindy originates from rural Knox, ND. She graduated from Mayville State University with a degree in Elementary Education. She has a background operating an in-home childcare and working in the school systems.

She is married to Tad and together they have 4 sons and 1 daughter (and their spouses) and 6



granddaughters. Her favorite activity is spending time with her family.

Cindy is excited to help those individuals who are ready to set a quit date and help them get resources to overcome those obstacles necessary to quit whether its smoking, vaping, or smokeless tobacco. She looks forward to working with students on tobacco prevention.

NEW PUBLIC HEALTH NURSE HIRED, LOCATED IN PIERCE COUNTY OFFICE

Carlie Johnson joined LRDHU in June of 2023. Carlie received her bachelor's in nursing degree from the University of Mary in Bismarck in 2005 and has been serving the health care needs of Rugby ever since.

Carlie has 3 kids that keep her very busy with sports and extra-curricular activities. She loves watching them and participating in any outdoor or sport activity as well.

As a native of Rugby, Johnson says "I value the health and wellbeing of our residents. I am looking forward to supporting Pierce County and the Lake Region District Health Unit in this new role."

Welcome Carlie!



FOOD SAFETY WHEN IT COMES TO MEAL KITS

With the increasing popularity of meal kits, what are some tips on what to do when a box arrives at your door to ensure your food is safe?

- Do research on the meal kit company.
- Find a company that you can track your package, so you can know how long your meal kit has been on the truck and/or at your front door. If left at an improper temperature for too long, it can lead to food spoilage.



- When your kit arrives, make sure you inspect the packaging. The box should be free of damage. The inside of the box should have ice packs.
- You should look for cross-contamination. All of the foods should be individually wrapped, e.g. salad kits shouldn't be wrapped with raw meat. Absolutely NOTHING should be leaking.
- Food should arrive at the correct temperature. Meats should come frozen or partly frozen (there should be ice crystals) Bonus: Use your thermometer to test the temperature is no higher than 40°F.