



Public Health

Prevent. Promote. Protect.

Wells County District Health Unit

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2024 Summer Newsletter



Harvey Office:

1008 Adams Ave
Harvey, ND 58341
701-324-5259

Fessenden Office:

103 6 Ave N
Fessenden, ND
58438
701-547-3756

Hours:

Mon.—Thurs.

8am—4:30pm

Appointments are
encouraged !

Walk-ins are
accommodated
based on nurse
availability

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy
Sweating

Nausea

Weakness



Heat Stroke

ACT FAST

- **CALL 911**
- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Confusion

Dizziness

Becomes
Unconscious

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.



Stay Cool, Stay Hydrated, Stay Informed!



PARK. LOOK. LOCK.



Hot cars can be deadly for kids.

In fact, a car can heat up 19 degrees in 10 minutes.

And a child's body temperature can rise 5 times faster than an adult's.

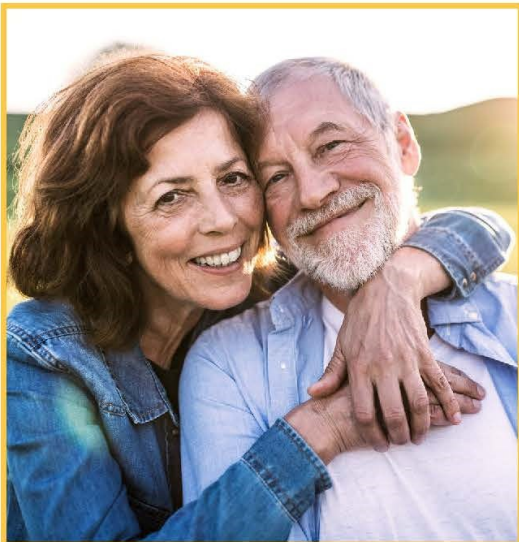
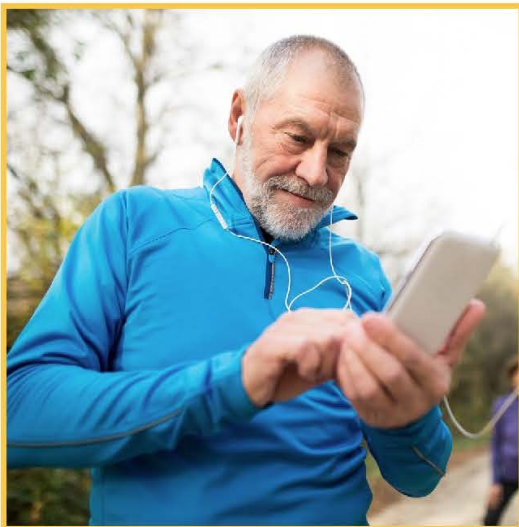
If you see a child alone in a car, take action to avoid heatstroke.

**SAFE
KIDS**
WORLDWIDE.

Still accepting participants!



Sign Up Now!



Join us in this evidence-based exercise/ behavior change program for older adults or those with lower extremity osteoarthritis.

Fit & Strong

- 12-week program that includes 60-minutes of exercise and 30-minutes of group discussion/health education
- Has demonstrated significant functional and physical activity improvements in older adults

Components

- Aerobic, strength and flexibility exercise
- Group discussion around a health-related topic

Benefits

- Manage arthritis
- Exercise safely
- Decrease joint pain and stiffness
- Improve daily function
- Reduce anxiety and depression
- Develop and maintain an active lifestyle

For more information:

<https://www.ndsu.edu/agriculture/extension/programs/fit-strong>

Upcoming Fit & Strong Classes

Location, Date and Time:

Fessenden- Festival Hall

Starting July 8th 2024

Every Monday and Thursday

9:30 a.m. to 11:00 a.m.

To register, please call Wells County District Health Unit

701-324-5259 or 701-547-3756. There is a required

pre-program appointment w/ instructor one on one in office.

NDSU

EXTENSION

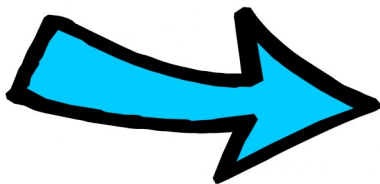
This project is supported by funding from the U.S. Department of Health and Human Services, Administration for Community Living, Administration of Aging, and granted through the North Dakota Department of Human Services, Aging Services Division.

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Our Prevention Coordinator, Jordan Beckley, attended a two day meeting in Bismarck with other state partners to discuss updates on the State Opioid Response grant and Substance Use Prevention, Treatment and Recovery Services grant.



Our administrator, Caitlyn Roemmich, and Director of Nursing, Larissa Hoaglund, attended a two day Immunization conference in Bismarck in June!



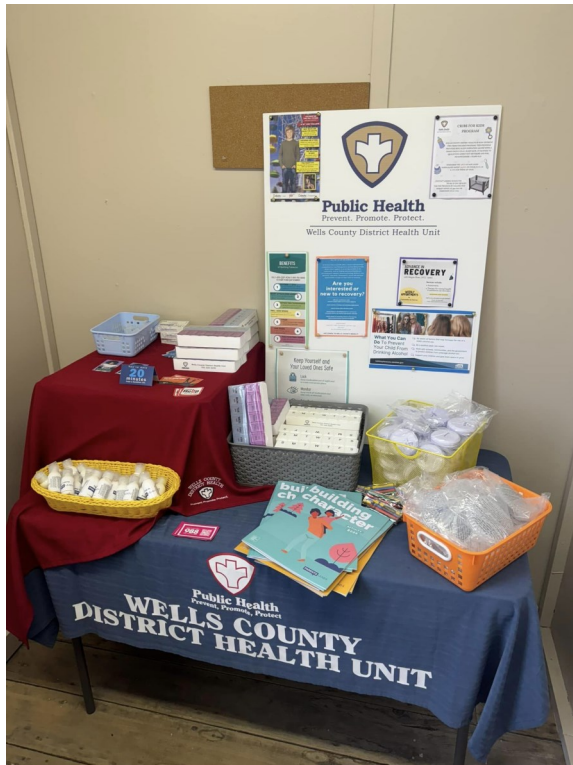
Use NDTip to submit an anonymous tip to law enforcement about crimes, suspicious activity, or non-emergency traffic concerns on North Dakota roadways. Search NDTip in your device's app store!

How to make your summer memorable:

- ✓ Start a new project to do over the summer
- ✓ Have a weekly movie night
- ✓ Go for evening walks at your favorite location
- ✓ Go camping
- ✓ Make a new favorite family tradition



PARENTS LEAD ORG



Another Wells County Fair has come and gone! We had our annual booth in the Open Class Static Exhibit building again this year. We added some new items and heard great feedback. We had beloved favorites like the hot/cold packs, sunscreen, sanitizer, bug spray, sunscreen, etc. But we added some foldable fans and first aid packs as pictured. We also brought out tooth brush protectors for travel, pill cutters, and new AM/PM pill boxes. We had credit card style sanitizers as well. We hope you liked everything, found the items useful and were able to stop by! *You can find more items at the Bowdon 125th Celebration and the Thursday of Crazy Days in Harvey!*

WIC Dates for Harvey:

Feb. 13

March 12

April 9

May 7

June 11

July 9

August 13

Sept. 17

Oct. 8

Nov. 12

Dec. 10

WIC is for:

- **Pregnant women.**
- **Moms breastfeeding a baby under 1 year of age.**
- **New moms who had a baby or were pregnant in the past 6 months.**
- **Infant or child younger than 5 years of age.**

WIC welcomes all parents and caregivers. If you are a dad, grandparent, foster parent, or any caregiver of a child under 5 years of age, you may get WIC for your child.

You or your child will need to have a nutritional and/or medical need. The WIC Staff will be able to find one by checking your or your child's height, weight and iron level, and asking you some health and diet questions.

WIC is open to many incomes including working and non-working families. If you are on Medicaid, TANF or SNAP, you are automatically income eligible. If you do not qualify for these programs, you may still qualify for WIC by meeting the income guidelines for your household.

Your household's gross income (the amount of money you earn before anything is taken out for taxes or other deductions), must be at or below the amounts in the table below. Members of a household live together and share expenses.

If you are pregnant, you can add one more person to the size of your household.

NDQuits
1-800-QUIT-NOW (1-800-784-8669)
hhs.nd.gov/ndquits

Call Devils Lake's office to sign up for Wells County Services—
(701) 662-7043

NDQuits is a free online or phone coaching resource to help North Dakotans quit all tobacco product use (cigarettes, smokeless tobacco, or electronic cigarettes). NDQuits will:

- Help you set a quit date and design your treatment plan.
- Provide confidential coaching to help you in your quit journey.
- Teach you about triggers and strategies to cope.
- Be a source of support and encouragement during your quit attempt.
- Provide a free two-month supply of nicotine patches, gum, or lozenges with enrollment in NDQuits coaching to anyone who is uninsured or does not have nicotine replacement therapy coverage through an insurance plan.

INGREDIENTS:

- 1 cup chopped pecans
- 1/4 cup shredded, unsweetened coconut
- 1 teaspoon ground cinnamon
- 1 Tbsp light brown sugar
- 1/2 teaspoon salt
- 2 cups old-fashioned rolled oats (not instant oats)
- 1 teaspoon baking powder
- 2 cups low-fat milk (1%)
- 1/3 cup pure maple syrup
- 1 large egg
- 1 tablespoons neutral oil
- 1 1/2 teaspoon vanilla extract
- 1 medium Golden Delicious apple
- 1 or 2 medium carrots
- 1/2 cup raisins

Morning Glory Baked Oatmeal



HOW TO MAKE:

- Preheat the oven to 375 degrees
- Brush an 8-inch baking dish with oil
- Mix together 1/2 cup of the pecans, 2 tablespoons of coconut, 1/4 teaspoon of cinnamon, the brown sugar and a pinch of salt in a medium bowl
- Stir together the oats, baking powder, the remaining 3/4 teaspoon of cinnamon and the remaining 1/2 teaspoon of salt in a mixing bowl
- Whisk together the milk, maple syrup, egg, oil and vanilla extract in a liquid measuring cup
- Pour the milk mixture over the oat mixture, stirring to combine, then mix in the remaining 1/2 cup of pecans and the remaining 2 tablespoons of coconut, plus the apple, carrots and raisins.
- Pour in the baking dish, top with pecan-coconut
- Bake for 40-45 minutes until golden at edges. Serve!

NUTRITION FACTS:

Serves: 8

Calories: 340

Total fat: 18g

Cholesterol: 25mg

Total protein: 8g

Sodium: 280mg

Sugar: 23g