



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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SEPTEMBER 2019

Cavalier County Health District Welcomes New Administrative Assistant

My name is Bailey Dahl and I am originally from Thompson. I moved to Minot after high school and earned my general administrative assistant Associate's degree from Bismarck State College in 2017. I have been visiting Langdon ever since Corey Schrader and I have been together for the last five years. We are excited to be back in town to build our future and raise our fur-babies, Jax and Oliver, here. I'm thrilled to be joining Public Health and I look forward to meeting many new people in the area!



Meet Ashley Johnson WIC Provider



WIC (Women, Infants and Children) is a supplemental nutrition program whose goal is to improve family's health, foster growth and development and prevent health problems. WIC monitors height, weight and hemoglobin and offers a vast variety of nutrition education and provides checks for purchasing healthy groceries at your local grocery store.

We are pleased to announce that income guidelines have gone up once again! Effective May 1st, 2019, a family of four can earn up to \$3,970 each month or \$917 each week per household and meet the new WIC Guidelines. Income guidelines go up per household member, and a pregnant mom would count as two, mom and baby. Families *also qualify automatically* if they are participating in programs such as SNAP, Medicaid, TANF or Healthy Steps. We encourage you to call if think you may qualify.

Ashley Johnson is now serving the Langdon area for WIC on the 2nd Wednesday of every month at the Cavalier County Court House.

Appointments can be made by calling the Grafton or Cavalier WIC offices at 701-352-5139 or 701-265-4764. Ashley does outreach in 5 different locations and loves to meet all the new families.



Take Back Event Held

Cavalier County Health District in cooperation with Cavalier County Sheriff's Department held a drug Take Back event at Wheatland Estates on July 31, 2019. The event allowed individuals to bring unwanted, unused and expired medications to be disposed of in a secure, environmentally friendly manner. 2 lbs of medications were taken back for disposable. Individuals were also able to learn Information about safe medication use and storage. Individuals who have medications which they would like to dispose of but were unable to attend the Take Back event can use Take Back sites Langdon Drug and Cavalier County Sheriff's Department at no cost anytime of the year.



Booth At Color Run

Cavalier County Health District displayed a booth on healthy beverages at the Big Boom/Gravel Dazzle/Color Me Healthy 5k Run/Walk/Kids Fun Run held on July 18, 2019. The walk run promotes healthy physical activity and uses funds raised to support community mental and physical health promotion activities. Physical activity and healthy diet such as healthy beverage choices have been shown to be important factors in reducing the risk for physical and mental health issues. The booth had information on the amount of sugar hidden in beverages and encouraged making lower sugar, nutrient dense choices like water or milk. Reusable water bottles were given out to encourage water consumption.

Car Seat Checkups Held

Safe Kids Grand Forks and Pembina County Public Health held two car seat check up events in June and July in Langdon. A total of 31 seats were checked. If you missed these events but would like your seat checked please call Pembina County Public Health in Cavalier, ND at 265-4248 for an appointment to

have one of the car seat technicians help make sure your child is riding safely in the car.

Pictured are Jasmine Wangen, from Safe Kids Grand Forks; Kallie Christenson, Rachel Ramsay and Deb Stark from Pembina County Public Health and Sara Stevenson BSN RN Student



Music Fest Kiosk

Langdon Chamber of Commerce in cooperation with Cavalier County Sheriff's Department and Cavalier County Health District incorporated ID scanning and wrist banding for alcohol use at the 24th Annual Rendezvous Region Music Fest on July 20, 2019. Deputies from the Cavalier County Sheriff's Department and community volunteers scanned IDs using an ID scanner which checks age for alcohol use as well as looks for shared IDs and fake IDs and applied wrist bands showing bartending and security staff that individuals were screened for being of age for alcohol purchase and consumption. This process is part of a broader portfolio of community strategies targeting prevention in the areas of underage drinking and adult binge drinking and as an effort to make the event a safe, more family friendly community event.

Safe Sitter Class Held

Safe Kids Grand Forks in cooperation with Cavalier County Health District held a Safe Sitter Class June 15 for 11-15 year olds to learn the tools to safely stay at home or babysit others. Attendees also received an introduction to First Aid procedures and CPR., a certificate of completion and a course manual. Class size was limited to 20 students and was full however if you missed getting registered for this class and are still interested contact Cavalier County Health District at 256-2402 as there is a possibility of holding another class in the fall if there are enough participants.



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**Our Mission...Cavalier County
Health District is committed to
promoting healthy lifestyles,
preventing disease and
protecting the environment.**

**Our Vision... Healthy Choices,
Healthy People,
Healthy Community.**

Coming Soon Flu Vaccine

