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NURSES ATTEND IMMUNIZATION CONFERENCE

LRDHU nurses attended the annual ND Immunization Conference to explore strategies and best practices to increase immunization coverage rates, learn communication skills for responding to questions from patients/families, and to learn the latest updates to immunization schedules. While at the conference, counties were recognized for their high achievement of immunization rates.

- LRDHU—Benson County was awarded the ‘Adolescent HPV Immunization Award’ for achieving 80% or greater vaccine rate
- LRDHU—Eddy County was awarded the ‘Adult Zoster Immunization Award’ for achieving a rate of 65% or greater
- LRDHU—Pierce County was awarded the ‘Adolescent Meningococcal Immunization Award’ for achieving a rate of 100%



Pictured: Lisa Thompson, Danette Schmid, Shelley Aabrekke, Sam Wentz, & Carlie Fedje

Calendar Of Events



August

- 1st-31st National Breastfeeding Month
- 1st-31st Immunization Awareness Month
- 1st-31st Children’s Eye Health & Safety Month

September

- 2nd Labor Day—Offices Closed
- 21st Get Ready for Flu Day
- 1st-30th National Preparedness Month
- 1st-30th Fruits & Veggie Month
- 1st-30th Ovarian Cancer Awareness Month
- 5th-11th National Suicide Prevention Week

October

- 1st-31st Eye Injury Prevention Month
- 23rd-31st Red Ribbon Week
- 24th Car Seat Check-up Event—Lake Chevy

FLU SHOT SEASON COMING SOON!

When is the best time to get a flu shot? Experts say that it is important to receive the vaccine before cases start to surge. Your body needs at least two weeks after the shot to ramp up its defenses against the flu. People who are more susceptible to severe flu—especially older adults, pregnant women, and very young children—should not delay their shots.

Keep a lookout for our flu shot clinic dates by following our Facebook page facebook.com/lrdhu or our website www.lrdhu.com.



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

ND NUTRITION COUNCIL CONFERENCE

WIC staff; Sheri Hatten, Jocelyn Lundon, and Lori Lippert, attended the 2024 North Dakota Nutrition Council (NDNC) Annual Conference in Grand Forks. NDNC has been improving the health of North Dakotans since 1978.



Pictured: Lori Lippert, Jocelyn Lundon, & Sheri Hatten

Our local WIC staff learned about the Blue Zones Project, food insecurity, philanthropy, soy foods, community engagement, and rural nutrition accessibility. The staff toured the All Seasons Garden Center which they learned about herbs during the social/field trip.

NORTH DAKOTA HAS NEW TIP LINE

Here in North Dakota, we care about safety of our communities. With NDTip, we can help ensure that safety through the touch of our fingertips!

NDTip is an anonymous, easy-to-use app that is designed to protect people from unsafe situations.

You can download the NDTip app from the App Store or Google Play and submit anonymous tips about suspicious activity to your county Sheriff's Department.

LRDHU staff took an opportunity at the Devils Lake 4th of July parade to promote NDTip. Together we can keep our community a safe place to live and raise families.



Scan to Submit an Anonymous Tip



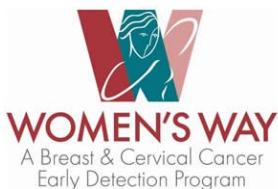
BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness month. About one in eight North Dakota women will get breast cancer during their lifetime. For those who are diagnosed, early detection greatly increase the chances of survival.

1 in 17 North Dakota women may be eligible for free Breast and Cervical Cancer Screenings through *Women's Way*.

Eligibility requirements include:

- Live in North Dakota
- Are ages 40 through 64
- Are ages 21 through 39, have breast symptoms (lump) or at high risk for breast cancer, are due for a Pap test, or need breast or cervical diagnostic procedures
- Have insurance that doesn't cover Pap test and/or mammograms or cannot afford to pay their deductible and/or co-payments or does not have insurance
- Meet income guidelines



For more information, call Jill at 701-662-7022 or 800-449-6636

BREASTFEEDING MONTH

August is National Breastfeeding Month. WIC provides breastfeeding information, support, and assistance. In addition, WIC offers a positive clinic environment that supports breastfeeding. WIC mothers are encouraged to breastfeed their infants, unless medically contraindicated.

- WIC mothers choosing to breastfeed are provided information through counseling, support groups, and breastfeeding educational materials.
- Breastfeeding mothers receive follow-up support through breastfeeding peer counselors.
- Breastfeeding mothers are eligible to participate in WIC longer than non-breastfeeding mothers.
- Breastfeeding mothers can receive breast pumps and other supplies to help with the initiation and continuation of breastfeeding.
- Mothers who exclusively breastfeed their infants receive an enhanced food package.

