



# CARING SOUTHWEST SOUTHWESTERN DISTRICT HEALTH UNIT OCT/NOV/DEC 2023 NEWSLETTER

528 21<sup>st</sup> St W, Dickinson, ND 58601 (701)-483-0171 Fax: (701)-483-4097

## IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU

### Office Closures

**November**

10<sup>th</sup> -Veterans Day Observance  
23<sup>rd</sup> & 24<sup>th</sup> Thanksgiving Holiday

**December**

22<sup>nd</sup>-25<sup>th</sup> -Christmas Holiday  
29<sup>th</sup> – January 1<sup>st</sup> -New Year’s Holiday

## REVERSE OPIOID OVERDOSE WITH NALOXONE

If you know someone at risk for an opioid overdose, please contact us for free Naloxone.

## Effects of Smoking on the Respiratory System

The effects of tobacco smoke on the respiratory system include:

- irritation of the trachea (windpipe) and larynx (voice box)
- reduced lung function and breathlessness due to swelling and narrowing of the lung airways and excess mucus in the lung passages
- impairment of the lungs’ clearance system, leading to the build-up of poisonous substances, which results in lung irritation and damage
- increased risk of lung infection and symptoms such as coughing and wheezing
- permanent damage to the air sacs of the lungs.

“Secondhand smoke contains more than 7,000 chemicals, including at least 69 known to cause cancer. The science is clear—there is no risk-free level of exposure to secondhand smoke.”(1)

### 6 Ways to Support Your Child Emotionally

- Snuggle together
- Do something creative together
- Ask specific questions about their day
- Listen and empathize
- Play and laugh together
- Use words of affirmation



Free home COVID test kits are available.  
Call 701-483-0171 for details.



## Celebrate Family Meals

“The data on why family meals matter is overwhelming.

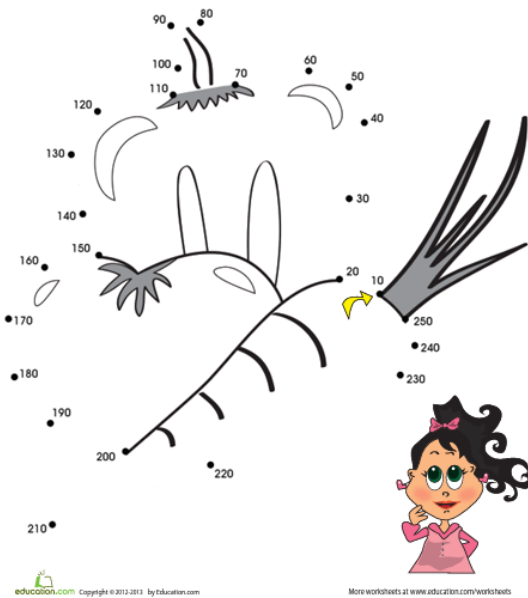
Family meals nourish the spirit, brain and health of all family members. For example:

- Regular family meals are linked to higher grades and self-esteem and delayed sexual activity.
- Children who grow up sharing family meals are more likely to exhibit prosocial behavior as adults, such as sharing, fairness and respect.
- With each additional family meal shared each week, adolescents are less likely to show symptoms of violence, depression and suicide, less likely to use or abuse drugs or run away, and less likely to engage in risky behavior or delinquent acts.
- Adults and children who eat at home more regularly are less likely to suffer from obesity.
- Increased family meals are associated with greater intake of fruits and vegetables.” (7)



### connect the dots

Count by 10's and connect the dots to find out which vegetables Julia picked from the garden!



## Influenza Vaccine Clinics

Oct 3 <sup>rd</sup> Adams County EOC, Hettinger	2:00-3:00
Oct 5 <sup>th</sup> Stark County Office, Dickinson	2:30-4:30
Oct 9 <sup>th</sup> Dunn County Office, Manning	2:00-3:00
Oct 9 <sup>th</sup> 2 <sup>nd</sup> 40, Hettinger	1:00-2:30
Oct 10 <sup>th</sup> Past Time, Marmarth	12:00-12:30
Oct 10 <sup>th</sup> North Fire hall building, Rhame	1:30-2:00
Oct 11 <sup>th</sup> Courthouse, Amidon	9:00-9:30
Oct 11 <sup>th</sup> Hettinger County Office, Mott	10:00-2:00
Oct 11 <sup>th</sup> Golden Miners Senior Center, Scranton	12:00-12:30
Oct 17 <sup>th</sup> 4 Seasons, Bowman	2:00-3:00
Oct 18 <sup>th</sup> Regent Ambulance Hall	2:00-3:00
Oct 18 <sup>th</sup> Medora Fire Hall	9:00-10:00
Oct 18 <sup>th</sup> Golden Valley Fairgrounds, Beach	1:00-2:00
Oct 19 <sup>th</sup> Stark County Office, Dickinson	2:30-4:30

To register call your Local Office or 701-483-0171

## TOBACCO PREVENTION PROGRAM

Smoking and Vaping can cause lung disease by damaging your airways and the small air sacs (alveoli) found in your lungs. Lung diseases caused by smoking include COPD, which includes emphysema and chronic bronchitis. Cigarette smoking causes most cases of lung cancer.

Traditional tobacco smokers and e-cigarette users are particularly exposed to the harmful effects of acrolein. High concentrations of acrolein have been found in both mainstream and side-stream tobacco smoke. Acrolein is considered one of cigarette smoke's most toxic and harmful components.

Smoking is a major cause of illness, including COPD, bronchitis, emphysema, lung cancer, and asthma. There is a range of symptoms and specific treatments depending on the type of respiratory disease a person develops. However, quitting smoking also reduces the risk of a respiratory disease developing or worsening. (2)

## October is Breast Cancer Awareness Month

Tell the women in your life about the importance of **mammograms and Pap tests.**



Encourage the women in your life to get their breast cancer screenings. Women's Way may provide a way to pay. Visit [hhs.nd.gov/womensway](http://hhs.nd.gov/womensway) or call 800-449-6636.



# Health Maintenance clinics will be offered:

## October

3 <sup>rd</sup> Benedict Court, Dickinson	9:00-11:30
4 <sup>th</sup> Reeder Prairie Pioneers	12:30-2:00
5 <sup>th</sup> New England Senior Center	11:00-1:30
6 <sup>th</sup> Olson's Service, Sentinel Butte	10:00-11:30
9 <sup>th</sup> Villard Square, Dickinson	9:00-11:30
10 <sup>th</sup> Pioneer and Peaceful Haven, Dickinson	9:00-11:30
10 <sup>th</sup> Fairfield Fire Hall	9:30-11:00
10 <sup>th</sup> Regent Senior Center	10:00-12:30
11 <sup>th</sup> Hettinger County Office, Mott	10:00-2:00
12 <sup>th</sup> Sunset Senior Center, Dickinson	9:00-11:30
12 <sup>th</sup> Mott Senior Center	10:00-12:30
17 <sup>th</sup> Buzzy's Café, Beach	10:30-12:00
18 <sup>th</sup> Belfield Senior Center	9:00-11:30
18 <sup>th</sup> South Heart Senior Center	1:00-3:00
19 <sup>th</sup> Heritage Hills, Dickinson	9:00-11:30

Influenza vaccine will be available during October clinics.

## November

2 <sup>nd</sup> The Edge, Bowman	11:30-12:30
7 <sup>th</sup> Bowman Sodbusters Senior Center	1:00-2:00
8 <sup>th</sup> Frontier Apartments, Dickinson	9:00-11:30
14 <sup>th</sup> Killdeer Housing Unit	10:30-12:00
14 <sup>th</sup> Past Time, Marmarth	11:30 -1:00
14 <sup>th</sup> Dunn Center City Hall	1:00-2:30
15 <sup>th</sup> Belfield Senior Center	9:00-11:30
15 <sup>th</sup> Courthouse, Amidon	9:00-10:00
15 <sup>th</sup> Dodge City Hall	10:30-12:00
15 <sup>th</sup> Golden Miner's Senior Center, Scranton	12:00-12:30
15 <sup>th</sup> Halliday City Hall	12:30-2:00
15 <sup>th</sup> South Heart Senior Center	1:00-3:00
21 <sup>st</sup> Villard Terrace, Dickinson	9:00-11:30
21 <sup>st</sup> North Firehall building, Rhame	11:00-12:00
28 <sup>th</sup> Richardton Senior Center	9:00-11:30
28 <sup>th</sup> Taylor Senior Center	12:30-2:30

Offering blood pressure, weight, and pulse.

- Some locations offer toenail trimming.

## December

1 <sup>st</sup> Olson's Service, Sentinel Butte	10:00-11:30
5 <sup>th</sup> Bowman Sodbusters Senior Center	1:00-2:00
5 <sup>th</sup> Benedict Court, Dickinson	9:00-11:30
6 <sup>th</sup> Reeder Prairie Pioneers	12:30-2:00
7 <sup>th</sup> New England Senior Center	11:00-1:30
11 <sup>th</sup> Villard Square, Dickinson	9:00-11:30
12 <sup>th</sup> Pioneer and Peaceful Haven, Dickinson	9:00-11:30
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21 <sup>st</sup> Heritage Hills, Dickinson	9:00-11:30

COVID Vaccine

Watch our Website for Clinic Dates

[swdhu.net](http://swdhu.net)

Call your local office to schedule.



## Autumn Crossword Puzzle

**ACROSS**

- They change color
- Fruit of the oak tree
- Month following October
- Used to gather leaves
- Pumpkin color
- Scary holiday

**DOWN**

- Frightens crows from fields
- To reap or gather
- Fruit you bob for
- Another name for the season fall

## Cranberry Lime Bliss Balls

### Ingredients

- 2 limes, zested, juiced
- 1 cup (143 g) raw almonds
- 1 cup (130 g) raw cashews
- ½ tsp salt
- 1 cup (160 g) [soft dates](#), pits removed
- 1 cup (75 g) unsweetened shredded coconut
- ¾ cup (120 g) [dried cranberries](#), chopped

### Optional coating

- unsweetened coconut flakes
- lime zest

### Directions

1. Zest the limes and set aside.
2. In a food processor, blend the almonds, cashews, and salt into a coarse flour. Empty into a large bowl.
3. To the emptied food processor, add the dates, shredded coconut, and the juice from the limes. Blend into a coarse paste.
4. Transfer the date paste to the large bowl as well, along with the lime zest. Mix well.
5. Fold through the dried cranberries. Scoop up some of the mixture and roll it into little balls.
6. Roll in a coating, if desired, and enjoy!

### Storage

- Store in an airtight container in the fridge for up to 1 week.
- Store in the freezer for up to 2 months. (4)



Scan code for  
work cited.

## County Contact Information

Telephone: (701)483-0171

Toll-Free: 1(866)483-3050

FAX: (701)483-4097

swdhu.net

THIS IS YOUR DISTRICT:

County	Physical Address
Adams	609 2nd Ave. North Hettinger, ND 58639 Phone: (701)567-2720
Billings	795 4th Street Medora, ND 58645 Phone:(701)623-4133
Bowman/Slope	104 1st St. NW #6 Bowman, ND 58623 Phone:(701)523-3144
Dunn	205 Owens Street, 2nd Floor Manning, ND 58642 Phone:(701)573-5513
Golden Valley	150 1st Ave SE Beach, ND 58621 Phone:(701)872-4533
Hettinger	309 Millionaire Ave. Mott, ND 58656 Phone:(701)824-3215
Stark County	528 21st Street West Dickinson, ND 58601 Phone:(701)483-0171

**PREVENT. PROMOTE. PROTECT.**

**Southwestern District Health Unit was established in 1945.**