



SOUTHWESTERN DISTRICT HEALTH UNIT

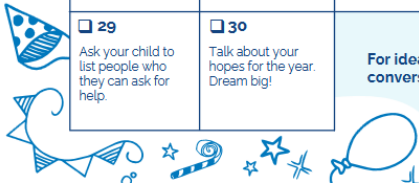
CARING SOUTHWEST

JAN/FEB/MAR 2025 NEWSLETTER

30-day parenting challenge FOR THE NEW YEAR



<input type="checkbox"/> 1 Snowball fight!	<input type="checkbox"/> 2 Create an indoor obstacle course.	<input type="checkbox"/> 3 Watch funny videos and try not to laugh.	<input type="checkbox"/> 4 Check carbon monoxide and smoke detectors; Discuss safety plan.	<input type="checkbox"/> 5 Write letters to friends and relatives and mail them.	<input type="checkbox"/> 6 Paint the snow.	<input type="checkbox"/> 7 Freaky Friday Swap - have your child pretend to be the parent and you pretend to be your child!
<input type="checkbox"/> 8 Build a blanket fort.	<input type="checkbox"/> 9 Set up a tent and camp inside the house!	<input type="checkbox"/> 10 Talk about a time you failed at something. Brainstorm ways you could try again!	<input type="checkbox"/> 11 Use sticks to draw pictures in the snow.	<input type="checkbox"/> 12 Make snow angels.	<input type="checkbox"/> 13 Draw portraits of each other.	<input type="checkbox"/> 14 Create a calm down spot in the house with self-sooth activities. Practice going there when you or your child get upset.
<input type="checkbox"/> 15 Go for a nature walk. Look for animal footprints.	<input type="checkbox"/> 16 Have a hot chocolate tasting contest.	<input type="checkbox"/> 17 Start a dialogue about how to make the world a better place.	<input type="checkbox"/> 18 Make a snowman. Make a snow scene!	<input type="checkbox"/> 19 Make your own "Minute-to-win-it" games and play them.	<input type="checkbox"/> 20 Make a new, healthy homemade meal together as a family.	<input type="checkbox"/> 21 Shovel the neighbors' sidewalks.
<input type="checkbox"/> 22 Play a familiar board game but make up new rules together.	<input type="checkbox"/> 23 Make a music playlist for each mood: Sad, happy, calm, etc.	<input type="checkbox"/> 24 Help your child set short-term, achievable goals to build up success.	<input type="checkbox"/> 25 Blow bubbles and watch them freeze!	<input type="checkbox"/> 26 Reread your favorite story, but make up a new ending.	<input type="checkbox"/> 27 Share your favorite memories from last year.	<input type="checkbox"/> 28 Make a scavenger hunt for each other around the house.
<input type="checkbox"/> 29 Ask your child to list people who they can ask for help.	<input type="checkbox"/> 30 Talk about your hopes for the year. Dream big!	<p>For ideas on how to continue the conversation, visit parentslead.org</p> <p>PARENTS LEAD .ORG</p>				



Office Events

January

1st New Years -Office Closed

20th Martin Luther King, Jr. Day -Office Closed

February

17th Presidents' Day -Office Closed

Safely Dispose of Unused Prescription Medications

Call SWDHU for help with your medication disposal.



The Deterra® Drug Deactivation & Disposal System is a simple, environmentally safe way to get rid of unneeded medications

OPIOIDS
TAKE CARE, BE AWARE.

Dakota Behavioral Health

Vaccines you need during pregnancy

Health experts recommend all pregnant people receive certain vaccines during pregnancy. These include Tdap, RSV, Flu, and COVID. Doses should be given *each time* you're pregnant (RSV and Flu are seasonal) to prevent serious health issues for you and your baby.

At this time, we will discuss the importance of the Tdap vaccine.

Tdap vaccine

This vaccine protects you and your baby against three serious diseases: tetanus, diphtheria, and pertussis (also known as whooping cough, which can be life threatening for babies). It can be given anytime during pregnancy, but experts recommend you receive it somewhere between 27 and 36 weeks.

Even if you have gotten the Tdap vaccine before, you should get a booster each pregnancy. This lets you to pass protective antibodies against pertussis to your newborn. Family members and caregivers who will be in close contact with babies younger than one year old should also receive the Tdap booster if not up to date in the previous 10 years.

About half of babies younger than 1 year old who get pertussis need treatment in the hospital. The younger a baby is, the more likely the baby will need to be treated in a hospital. While some babies cough a lot, other babies with pertussis don't cough at all. Instead, they may stop breathing, turn blue, and possibly die.

Since August 2023, North Dakota has been experiencing a surge of pertussis cases. More than 120 patients have become infected with pertussis, many have been infants.

PLEASE get your Tdap vaccine during pregnancy. Protect yourself and your baby.

SWDHU District Health Officer

Dr. Amy Oksa

Health Maintenance clinics will be offered:

Adams
February
 2/5 Reeder Prairie Pioneers Senior Center 1:00-3:00

Billings & Golden Valley
February
 2/7 Olson's Service, Sentinel Butte 10:00 – 11:30
 2/11 Fairfield Fire Hall 9:30 – 11:00
 2/18 Buzzy's Café, Beach 10:30 – 12:00

Bowman & Slope
February
 2/4 Bowman Sodbusters Senior Center 1:00-2:00
 2/11 Pasttime, Marmarth 11:30-12:30
 2/27 Slope County Court House, Amidon 10:00-10:30
 2/27 Golden Miners Senior Center, Scranton 12:00-12:30

Dunn
January
 1/14 High Plains Community Center, Killdeer 10:30-12:00
 1/14 Dunn Center City Hall 1:00-2:30
 1/15 Dodge City Hall 10:30-12:00
 1/21 Halliday City Hall 9:30-11:00
March
 3/11 High Plains Community Center, Killdeer 10:30-12:00
 3/11 Dunn Center City Hall 1:00-2:30
 3/12 Dodge City Hall 10:30-12:00
 3/18 Halliday City Hall 9:30-11:00

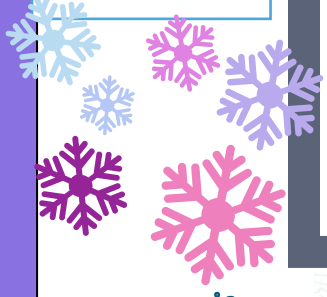
Hettinger
February
 2/6 New England Senior Center 11:00-1:30
 2/11 Regent Senior Center 11:00-1:00
 2/13 Mott Senior Center 9:30-11:30

Stark
January
 1/8 Frontier Apartments, Dickinson 9:00 – 11:30
 1/9 Sunset Senior Center, Dickinson 9:00 – 12:00
 1/21 Villard Terrace, Dickinson 9:00 – 11:30
 1/22 Belfield Senior Center 9:00 – 11:30
 1/22 South Heart Senior Center 1:00 – 3:00
 1/28 Richardton Senior Center 9:00 – 11:30
 1/28 Taylor Senior Center 12:30 – 2:00
February
 2/4 Benedict Court, Dickinson 9:00 – 11:30
 2/10 Villard Square, Dickinson 9:00 – 11:30
 2/11 Pioneer Peaceful Haven, Dickinson 9:00 – 11:30
 2/13 Sunset Senior Center, Dickinson 9:00 – 12:00
 2/20 Heritage Hills, Dickinson 9:00 – 11:30
March
 3/12 Frontier Apartments, Dickinson 9:00 – 11:30
 3/13 Sunset Senior Center, Dickinson 9:00 – 12:00
 3/18 Villard Terrace, Dickinson 9:00 – 11:30
 3/19 Belfield Senior Center 9:00 – 11:30
 3/19 South Heart Senior Center 1:00 – 3:00
 3/25 Richardton Senior Center 9:00 – 11:30
 3/25 Taylor Senior Center 12:30 – 2:00

Clinics have a nurse available to check your blood pressure, pulse, and weight. Some locations offer toenail trimming.



Did you know you shouldn't throw your needles in the trash? SWDHU offers needle disposal at the Stark office for a minimal charge, please call the office for details. Let's keep our cities and communities protected and clean of used needles.



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

January is Cervical Cancer Awareness Month

When to Screen for Cervical Cancer



PREVENT. PROMOTE. PROTECT.

Southwestern District Health Unit was established in 1945.