



Public Health
Prevent. Promote. Protect.

Cavalier County Health District

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JUNE 2024

Public Health Updates

Behavioral and Mental Health Task Force Recognizes Local Students

The Healthy Cavalier County Behavioral and Mental Health Task Force (BMHTF) is a broad based coalition of community members dedicated to sharing resources, identifying strengths, gaps, and solutions for the behavioral and mental health care needs of county residents from prevention to treatment. Jaya Henderson and McKenna Schneider have demonstrated healthcare leadership in their attendance and participation in this coalition. Their contributions and insight as youth are valuable and appreciated by this group. Jaya and McKenna were presented with a certificate on behalf of the BMHTF to recognize their contribution to the mental and behavioral health of Cavalier County through participation in this coalition at the Langdon High School Spring Awards Ceremony.



Don't Wait, Vaccinate



Sure it's summertime, but school will be back in session before you know it. Beat the fall immunization rush and ensure your child is up-to-date on their vaccinations BEFORE the start of the new school year. School immunizations are required for ALL North Dakota students entering Kindergarten, 7th grade, 11th grade, and college. Call CCHD at (701) 256-2402 to schedule an appointment.

Munich Immunization Clinics

Munich Ambulance Center
Third Thursday of Every Month—9:00am—10:00am

***Except holidays**

Routine adult vaccinations will be available
Childhood vaccinations will be available with prior notice.

Langdon Immunizations

Routine Adult and Childhood Immunizations:
Mon—Fri during regular business hours

***Except holidays**

Appointments are preferred
but not required as long as staff is available

Farm TOTABLE

Community Garden Box Project

A Cavalier County Health District Collaborative with LAHS and NDSU Extension - Langdon

GARDEN BOX LOCATIONS:

Cavalier County Courthouse
Wheatland Estates
Maple Manor Care Center
Langdon Prairie Health
Cavalier County Senior Meals and Services
Milton CHS
Osnabrock Community Living Center
Munich Plaza/ First Insurance
Langdon Area High School
Langdon Elementary School

Cavalier County Health District (CCHD), Langdon Area High School (LAHS) Technology and Engineering Department, LAHS Family and Consumer Sciences (FCS) Department and NDSU Extension have partnered to build additional garden boxes this year and place them throughout the community. This partnership was once again made possible with grant funding from the North Dakota Department of Health and Human Services Maternal and Child Health Program. The goal of this project is to teach LAHS students about farm to table gardening but has the added benefit of making fresh fruits and vegetables available to community members at no cost at the locations where they are placed. Look for these garden boxes throughout the community again this year, watch plants grow, and harvest them when they are ripe.

CCHD Staff in the community



Reading

This winter CCHD staff read in classrooms, conducted preschool screening, and provided dental education at county schools.



Preschool Screening



Dental Education

988 SUICIDE & CRISIS
LIFELINE

24/7 CALL, TEXT, CHAT

Career Co-op Student



CCHD had the pleasure of hosting an LAHS career Co-op student this past fall. She was truly a joy to have around. We wish her the best of luck on her journey to becoming a nurse. Here's a little note from Jalynn:

"My name is Jalynn Swanson. I am a senior at Langdon Area High School and grew up on a farm near Lawton, ND. I have been involved in many sports and other extracurricular activities throughout high school. This past semester, I had the opportunity to spend some time with Cavalier County Public Health and have enjoyed home visits, teaching and reading to youth about their health, observing immunization care, and much more. In the fall, I plan to attend North Dakota State University to major in Nursing."

-Jalynn Swanson

Youth Safety Day

Progressive Agriculture Safety Day was held on May 8, and drew 72 children in grades K-8 from St. Alphonsus School for a half-day session on how to take responsibility for their own safety and health. According to Steph Welsh with Cavalier County Health District, children learned how to identify safety hazards and to make safer, healthier decisions.

Hands-on experiences led by local community members and regional volunteers taught participants about life-long safety lessons. The safety day was sponsored by the Progressive Agriculture Foundation and its sponsors. Safety Day included presentations and activities in the following areas: grain safety, farm equipment blind spot safety, ATV safety, sun safety, first-aid, fire safety, medication safety, and bike/helmet safety.

The safety day's success is due in large part to the generous support of many organizations and volunteers including Langdon Fire Dept., Langdon Ambulance, Cavalier County Sheriff's Dept., NDSU Extension, ND Parks and Rec., Safe Kids Grand Forks, and St. Alphonsus school.





Lifejacket Loaner Program

Cavalier County Health District in cooperation with Safe Kids Grand Forks offers life jackets for all ages to be checked out **FREE** for up to two weeks at a time. If you need a life jacket for a weekend at the lake, trip to the pool, or any other water recreation event, stop by Cavalier County Health District and pick some up.

Bike Helmets

Cavalier County Health District has a limited supply of **FREE** bicycle helmets for toddlers and young children. If you need a bicycle helmet, stop by Cavalier County Health District and have your child fitted.

If your child has a bicycle helmet and you are unsure of the fit, you are welcome to bring your child and their bicycle helmet and we can ensure proper fit.



Alcohol-Free Events

June

- Summer Concert Series
at Boyd Block– Langdon
June 6, 13, & 20 @ 7pm
- Frost Fire Park
Summer Theater: Oklahoma
June 29 & 30
Get Tickets Now:
frostfirepark.org/summer-theatre
- Frost Fire Park
Visual Arts Camp
June 10–14
Register at:
frostfirepark.org/encore-camp

July

- Art Day Camp with Mindy Lill
July 17 & 18
For more information
contact: **Amber Benoit** at
701-305-0089
- Frost Fire Park
Summer Theater: Oklahoma
Multiple July dates
Get Tickets Now:
frostfirepark.org/summer-theatre
- FREE Movie at the Roxy
July 20 @ 2pm

August

- FREE Movie at Boyd Block
August 1st dusk
- Frost Fire Park
Performing Arts Camp
August 5–9
Register at:
frostfirepark.org/encore-camp

ALL SUMMER

- Langdon Pool
- Sarles Pool
- The Roxy Theatre



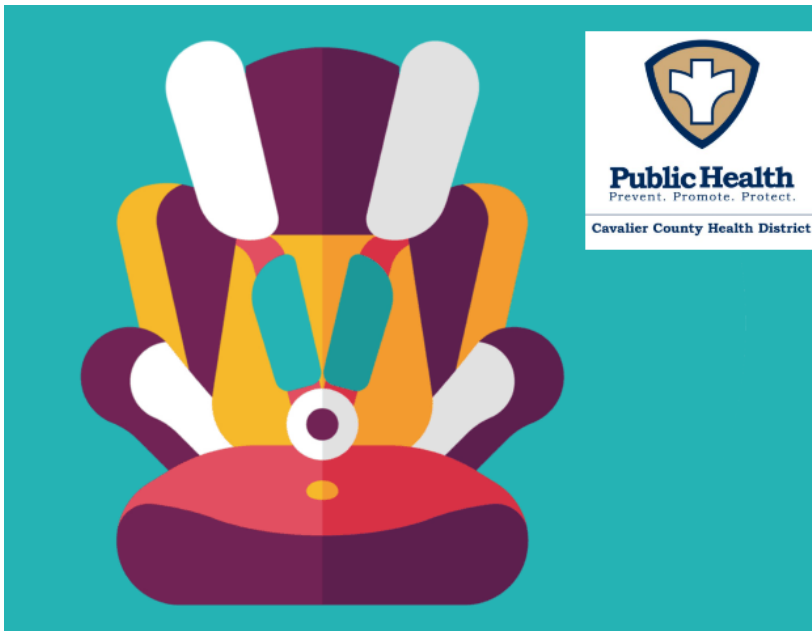
PORTABLE LACTATION TENT

This tent is available to check out **FREE** of charge for use at events in Cavalier County. The lactation tent comes complete with a folding table, changing table, and lounge rocker.

To learn more or to reserve the tent for your next event, please call
701-256-2402

Responsible Beverage Server Training

Cavalier County Health District in cooperation with Cavalier County Sheriff's Department and the North Dakota Safety Council offered Responsible Beverage Server (RBS) training to The Pain Reliever In Nekoma, The Eagles in Langdon, and Langdon Country Club this quarter. RBS training is state-approved and designed to educate owners, managers, and servers on best-serving practices and state laws. We would like to thank the owners and staff of The Pain Reliever, Eagles, and Langdon Country Club for taking a huge step in ensuring a safer space for its patrons.



Cavalier County Health District offers **FREE CAR SEAT CHECKS**

If you have questions about the fit of your child in their car seat or the fit of your child's car seat in your vehicle, schedule a car seat check with one of our Certified Car Seat Specialists.

There is so much to know about safe car seat use, and it can be confusing. Let us help you ensure your child's car seat is installed correctly and the fit is appropriate.

Narcan Training

ANYONE CAN SAVE A LIFE

during an opioid overdose

WITH NALOXONE.

If you are interested in this

FREE

opportunity please call

Cavalier County Health District

701-256-2402





Public Health

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Cavalier County Health District

901 3rd St. Suite #11

Langdon, ND 58249

Phone: 701-256-2402

Fax: 701-256-5765



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

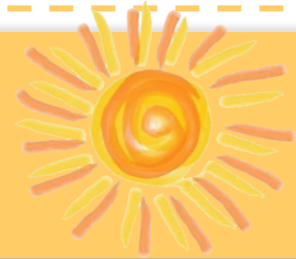
cavaliercountyhealth.com

facebook.com/cavaliercountypublichealth/

instagram.com/cchd_langdon/



CCHD Summer hours are
Mon—Thu 8am—4:30pm
Fri 8am—12pm
(Effective May 1st—September 30th)



Immunization Honor Roll

The North Dakota **Pediatric Honor Roll** for the first quarter of 2024 is based on the provider quarterly immunization rate reports and recognizes providers who have met or exceeded the North Dakota Immunization Target of 95% coverage.

Cavalier County Health District has been recognized by the North Dakota Immunization Program for 100% of Kindergarteners being fully vaccinated by age 6 in Quarter 1 of 2024.

While the staff at CCHD are honored and proud to be recognized on the North Dakota Immunization Honor Roll, ***the real honoree is YOU!*** Thank you to our community members for getting yourselves and your children vaccinated and helping our community stay safe and healthy.



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

Or contact a tobacco cessation
specialist at Langdon Prairie health by
calling 701-256-6120

