



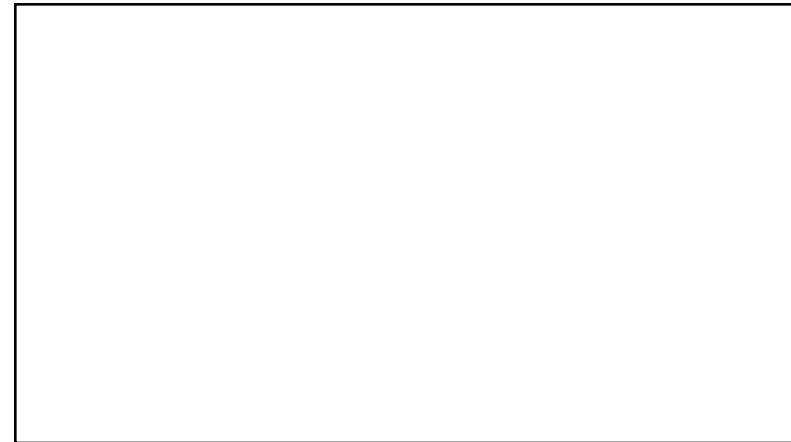
Public Health
Prevent. Promote. Protect.

Walsh County Health District & WIC
638 Cooper Ave- Suite 3
Grafton, ND 58237
701-352-5139
Fax 701-352-5074
www.walshcountynd.com/health
www.facebook.com/WalshCountyHealth



STAFF

Allen Anderson, RDN, LRD, Administrator
Carly Ostenrude, RN, Director of Nursing
Donna Holand, LPN
Joelle Schmuck, RN
Sharon Laxdal, RN, Tobacco Prevention Crd.
Kaci Sharp, RDN, WIC Director
Ashley Johnson, WIC Specialist



WALSH COUNTY HEALTH DISTRICT HOURS:

~Monday – Friday
8:00 am to 4:30 pm.
~Closed 12 to 12:30 daily.



WIC HOURS:

~Same as the Health District
EXCEPT CLOSED FRIDAYS.

Flu Protection

All North Dakotans six months and older are recommended to be immunized against influenza before the end of October. Because influenza activity can increase quickly and it can take up to two weeks to have the full benefit from the vaccine, now is the time to protect from severe flu.

Walk in Flu Clinics:

Wednesday, Oct 4th

Wednesday, Oct 11th

Wednesday, Oct 25th

From 8 am to 12 noon

and

1 pm to 4 pm

COVID Protection

While COVID-19 cases, hospitalizations and deaths remain low in comparison to 2021 and 2022, new variants continue to emerge, and hospitalizations related to COVID-19 are slowly trending upward nationwide. Updated COVID-19 vaccines are recommended for everyone six months and older. COVID-19 vaccine is currently available for everyone age 12 and older. Call us to check on availability for anyone under the age of 12.

Walsh County Health has three walk in flu clinics scheduled for October. We will also offer any additional vaccinations that you may need, such as COVID-19, RSV, shingles, etc. If our walk in dates do not work for you, just call our office at 352-5139 to schedule an appointment.



Walsh County Health District & WIC

NEW BEGINNINGS Betsy Thompson, WIC Director, Retires Kaci Sharp Accepts WIC Director Position



Walsh County Health and WIC is very grateful to Betsy for her excellent work serving WIC clients over the past eight years. Her dedication and work ethics were greatly appreciated! We wish her the best in her retirement. We are very excited to have Kaci join us! We know she will also provide excellent help and care for our WIC clients.

After more than 40 years working in the WIC program, the past eight years at Walsh County, I will be retiring the end of September.

I have really enjoyed working with the area families and our community. It was very rewarding to assist families with the WIC Program.

I am looking forward to retirement because it will allow me to spend more time with my family. I'm excited to be able to attend more of my grandchildren's activities!

Thanks and best wishes,
Betsy Thompson

Hello!

My name is Kaci Sharp, and I am a Registered Dietitian Nutritionist and Certified Lactation Counselor. I have a Bachelor's of Science in Dietetics and a Lactation Counseling Certification. I recently accepted the Walsh County Health District WIC Director position, and I am excited to start my new career journey. I have a passion for helping families feel empowered to make healthier choices and to promote breastfeeding. I enjoy visiting with pregnant moms and children and offering up to date nutrition information as appropriate.

I have been a dietitian for almost 10 years, and for the past eight years, I have been the dietitian at Pembina County Memorial Hospital Association with experience in outpatient counseling which includes diabetes/gestational diabetes, hospital patients, and nursing home residents.

I am a farm wife and mom of two children. I love spending time with my family, being outside, going for walks/bike rides, going to the lake and cooking. Summer is my favorite season! I look forward to meeting with all the new families!



Community Family Engagement

The Walsh County Health District has been able to support and help organize some family engagement events over the last few months. These family engagement events served as opportunities to facilitate education and conversations with families about underage drinking and being a positive model. Through our Substance Use Prevention, Treatment, and Recovery Services (SUPTRS) Block Grant, we were able to support these events and provide alcohol free family events in Walsh County with the goal of decreasing underage drinking



National Night Out—Aug. 1st

The 5k for 5k fun run and walk was organized by Unity Medical Center, Walsh County Health District, and Grafton Parks and Recreation. This was the first annual 5k fun run and walk. It took place on September 16th with the race starting off at the Grafton corn maze. There were 58 participants.

and increasing family engagement and education. On August 1st, an estimated 350 people attended the National Night Out event held at the Heritage Village in Grafton. National Night Out aimed to provide a free family event that fosters positive interactions and relationships with law enforcement agencies by bringing law enforcement, first responders and neighbors together under positive circumstances. The Walsh County Health District had the pleasure of helping support this event and partnered with Vision Zero to provide an impaired driving simulation and underage drinking education. There was a free supper served as well as a variety of kids games and activities.

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5K Event on Sept. 16th

All proceeds went to the new Grafton public pool project. Walsh County Health District was able to provide registration bags with underage drinking education as well as adult binge drinking and social host ordinance information.

The Walsh County Health District is continuing to look for events to partner with to aid in our goal of decreasing underage drinking and increasing family engagement, education, and positive role modeling throughout the county. Please reach out to us at 701-352-5139 for more information or ideas for future events you would like to see happen in our county.

PARENTS LEAD.ORG

Parents Lead is an evidence-based prevention program that provides parents and caregivers with a wide variety of tools and resources to support them in creating a safe environment for their children that promotes behavioral health.

The parent-child relationship is es-

essential to the development and well-being of children. In fact, healthy bonding and attachment between parent and child

is one of the biggest factors preventing behavioral health issues like underage drinking, drug use, depression, and anxiety.

Through four primary parental behaviors, all parents can make a difference in the lives of their children:

1. Ongoing communication

2. Effective monitoring
3. Positive role-modeling
4. Engagement and support

Parents Lead is built and supported by parents in the North Dakota Department of Health and Human Services' Behavioral Health Division.

Check out this great resource! Parents Lead also has resources for professionals to share with parents.

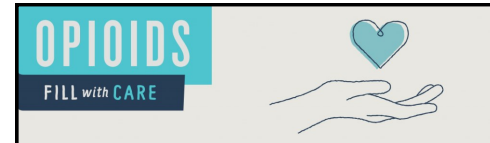


The ONE Program is providing ONEboxes, naloxone access/rescue boxes, to Walsh County Health District to distribute.

The boxes are designed to be placed in community areas to increase access to naloxone where overdoses may occur. Some counties have placed these in community centers, local libraries, courthouses, sporting venues, and schools. Many locations place them near the fire extinguisher or AED for easy access. The boxes are equipped with a PPE kit, CPR mask, 2 doses of nasal naloxone, and a built-in video walking the user through emergency response.

If you would like more information or a ONEbox, please contact Joelle at Walsh County Health District at 701-352-5139.

You can learn more about the ONEboxes at www.wvdii.org/onebox



The Baby Safe Haven Law allows for a parent or parent's agent (another person acting with the parent's consent), who feel they are unable to take care of their baby, to

Free COVID-19 Tests

As of September 25, 2023, residential households in the U.S. can order one set of four free at-home tests. Orders will begin to ship the week of October 2nd. Just order online by going to: <https://www.covid.gov/tests>

You may also stop by our office to pick up your free COVID-19 at home test kit.

TOBACCO TREATMENT SERVICES

Walsh County Health District offers the following tobacco and nicotine dependence treatment services:

- Provides refunds up to \$200/year for FDA approved tobacco and nicotine dependence treatment medications.
- Free tobacco and nicotine dependence treatment coaching. We can help you enroll in NDQuits. Qualified NDQuits enrollees may receive free nicotine patches, gum, or lozenges. You can also call NDQuits at 1-800-784-8669 for help.
- Maternal Tobacco Program. This program is for pregnant women who currently use tobacco or were using tobacco at the time of conception. This program rewards women, up to \$400, to quit tobacco during their pregnancy and remain tobacco-free after their baby is born.

FOR MORE INFORMATION:
CALL WALSH COUNTY HEALTH
(701) 352-5139



RSV Vaccines

Respiratory syncytial virus (RSV) is a cause of severe respiratory illness across the lifespan. For the first time, there are now immunizations available to protect against RSV for those 60 and older, and for infants.

RSV immunization is recommended for all infants born before or during the RSV season, which is typically October through March, and for children at increased risk of severe RSV who are entering their second RSV season.

Adults 60 years of age and older now have the option to receive one dose of RSV vaccine based on shared clinical decision-making between a patient and their health care provider. **Our office has the adult RSV vaccine available.**



Approved Location

You must hand your baby to a staff person.

After Hours Protocol

Please call 911.

If this location is not open for business, the parent/agent may call 911 and request help with a "Baby Safe Haven."



surrender the baby without facing prosecution for abandonment.

To be protected by the Baby Safe Haven Law, the baby must be un-

harmed, under one year of age, and surrendered to an on-duty staff person working for a Baby Safe Haven-approved location.

Walsh County Health District is a designated safe haven drop off location. Our hours are from 8 am to 4:30 pm Monday—Friday. For after hours assistance, please call 911.