



DICKEY COUNTY

HEALTH DISTRICT

WELCOME, 2026!

As we begin a new year, we're grateful for the opportunity to continue supporting the health and well-being of our community. January is a time for fresh starts, reflection, and setting healthy goals.

This month's newsletter highlights seasonal health reminders, mental wellness tips, and upcoming opportunities to stay connected and informed.

WINTER WELLNESS

1. Stay active - Even in the cold.
2. Fuel your body well. Choose warm, nourishing meals, drink water, and include fruits and vegetables in your diet.
3. Get quality sleep- maintain a regular sleep schedule and create a bedtime routine to help your body recharge.
4. Make safety a priority- dress for the weather, prevent falls by wearing proper footwear, and use caution on icy surfaces.

FLU VACCINES

Flu vaccines are still available! It's not too late to protect yourself and others. Getting vaccinated now can still help prevent illness and reduce the spread of flu in our community. Call the office to schedule an appointment!

UPCOMING EVENTS

- Closed for New Years
01/01- 01/02
- WIC in office- 01/08
(By appt only)
- Oakes Footcare at Senior Center - 01/27
(By appt only)

NEW YEARS RESOLUTIONS: TAKE STEPS TOWARD A SMOKE-FREE LIFE

Make this the year you take a step toward a smoke-free life! Even small changes - like cutting back, setting a quit date, or seeking support, can improve your health and protect those around you. You don't have to do it alone. FREE quit support, counseling, and medications are available to help increase success.

- NDQuits- free counseling, along with free nicotine replacement products for those who qualify. Call (1.800.QUIT.NOW.)

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

205 15th St N,
Ellendale, ND
(701-349-4348)
Monday-Friday
8:00AM-4:30PM

VISION SCREENINGS

Our nurses conducted Vision Screenings in Oakes on December 16th and in Ellendale on December 19th. They screened approximately 222 students in Kindergarten, 1st, 3rd, & 5th grades between both schools. Parents will be notified if their child received a referral.

MOCKTAILS: FLAVOR WITHOUT THE ALCOHOL

Why mocktails? Mocktails offer a fun, flavorful option without alcohol, which supports health, safety, and involvement for all ages and lifestyles.

Choosing a mocktail is a simple way to support your health and keep celebrations safe. Whether you're participating in Dry January or just looking for something refreshing, mocktails let everyone enjoy the moment- no alcohol required!

MENTAL HEALTH CORNER

Tips for supporting mental well-being this new year:

- Set one or two achievable goals.
- Keep a regular sleep routine.
- Take a break from social media.
- Reach out for support if you're feeling overwhelmed.

If you or someone you know needs support, help is available. Call/text 988- 24/7, free, and confidential.

SERVICES

FOOT CARE

Footcare services are offered at the Oakes Senior Center (once a month) and in-office by appointment. Service includes soak, nail trim, and filing. Cost is \$30.00. If interested, please call the office to schedule an appointment.



MEDICATION MANAGEMENT

Our nurses offer medication management services to individuals in the county to ensure proper use of medication, and help individuals stay in their homes longer.

What we can help with:

- Reviewing prescription medications.
- Educating clients on proper use, dosing, and storage.
- Supporting safe medication disposal
- Assisting with pill planners.
- Providing referrals to pharmacies or healthcare providers.



Public Health

Prevent. Promote. Protect.

Dickey County Health District

CREDIBLE MIND

CredibleMind is available as a trusted mental health and wellness resource for our community. This FREE, online platform offers many tools to support your mental health. <https://crediblemind.com/>



Health Tracks is a preventative health program for newborns, children, and young adults through age 20 who are enrolled in North Dakota Medicaid. Each child receives a comprehensive health screening completed by a nurse. Health Tracks helps catch concerns early and keep your child on track for a healthy future.

We conduct Health Tracks screenings in both Ellendale and Oakes. Please give our office a call to schedule an appointment with our nurses.

MEDICATION DISPOSAL KITS

Dickey County Health District has DisposeRx packets and Deterra bags on hand. These products allow you to safely dispose of unused pills in your home trash can (versus flushing or tossing straight into the trash.) Narcan is also available for FREE at our office.



SCHOOL EDUCATION

Dickey County Health District plays an important role in school-based education. We can provide age appropriate lessons and classroom presentations related to substance use prevention, growth and development, dental hygiene, physical activity, and nutrition. By partnering with schools we can support early prevention tactics, reinforce positive behaviors, and help create a safe and supportive environment for students. Please call our office for more information about school presentations.



CRIBS FOR KIDS

Our public health unit partners with NDHHS Cribs for Kids to help families create a safe sleep environment for their babies. Participants receive a FREE Graco Pack 'n Play, a sleep sack, pacifier, and book. As well as, safe sleep education.



MEDICAL EQUIPMENT

We offer a FREE medical equipment loan program to support community members who may need temporary assistance. Available items include walkers, canes, crutches, wheelchairs, commodes, and toilet risers. Please contact our office for availability and additional details.

