

# Central Valley Health District Newsletter

Central Valley Health District



**Public Health**  
Prevent. Promote. Protect.

## First Central Valley Health District Newsletter

The administration and staff of Central Valley Health District (CVHD) will work together to share information with the public through this newsletter. A quarterly distribution is planned

at this time. The focus will be on current health issues and helping the public to gain more knowledge and understanding of the mission and goals of CVHD.



## Summer Shot Schedule

CVHD is staffed with registered nurses available to give immunizations for infants, children and adults. Certain immunizations are required by law for children entering kindergarten, and middle school. Be sure your child is immunized by the first day of school.

**For more information contact your local public health.**

**Stutsman County Office:**  
8:00 - 12:00 - 12:30 - 4:30  
(Monday, Tuesday, Thursday, Friday)  
8:30 - 12:00 - 12:30 - 4:30  
(Wednesday)

**Logan County Office:**  
Napoleon Office 9:00-12:00  
(Tuesday, Wednesday)

**Gackle Office**  
9:00 - 12:00 (Thursday)

*Issue 1  
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### **Central Valley Health District (CVHD)**

122 2nd Street NW  
Jamestown ND  
701.252.8130  
FAX 701.252.8137  
[www.centralvalleyhealth.org](http://www.centralvalleyhealth.org)

### **Logan County Public Health**

301 Broadway  
Napoleon ND  
701.754.2756

### **JUNE HEALTH OBSERVANCES -**

- Fireworks Safety Month
- Cataract Awareness Month
- Home Safety Month
- Men's Health Month
- National Aphasia Awareness Month
- National Congenital Cytomegalovirus Awareness Month
- National Scleroderma Awareness Month



# Public Health Services in Stutsman and Logan Counties

Central Valley Health District provides the following services:

## **Family Planning -**

Family planning provides education for individuals and the community. Counseling on birth control methods, pregnancy, infertility, and safer sex is available.

Medical services

- Physical exam
- Pap smear
- Pregnancy testing
- Examination and treatment of sexually transmitted infections and vaginal infections
- HIV testing
- All forms of birth control

Fees are based on income and family size. All services are strictly confidential and are provided by a nurse practitioner. Appointments are necessary.

## **Optimal Pregnancy Outcome Program (OPOP)**

A nurse, social worker and nutritionist provide pregnant women with information and guidance in making healthy lifestyle choices to help them to have the healthiest baby possible.

## **Women's Way**

Women's Way is a breast and cervical cancer early detection program available to North Dakota women. Funding is available for mammograms, clinical breast exams, pap smears and pelvic exams.

## **WIC Women/Infants/Children**

WIC is a special supplement food program for pregnant or breast feeding women, infants and children under 5 years of age.

Participants must meet income guidelines, and be screened for a nutritional risk.

## **Emergency Preparedness and Response**

EPR works with all-hazards planning and education for public health emergency situations., from mass immunization/ antibiotic dispensing to natural disasters.

## **Environmental Health**

The environmental health staff work with:

- Radon information and education
- Air & water quality control including molds
- Solid waste & sewage disposal management
- Water well development
- Housing and public gathering sanitation
- Insect and vermin control
- Swimming pool sanitation

## **Public Health Nursing Services**

Central Valley Health District's nursing services include a minimal charge. There are no income eligibility requirements.

- Blood Pressure
- Blood Sugar Screening
- Hemoglobin Screening
- Urinalysis Screening
- Throat Cultures

- TB Testing
- Lipid Profile (cholesterol) by appointment
- Ear Checks and Irrigation
- Foot-Care Clinics (by appointment only)
- Home Visits
- Communicable Disease Control
- Medication Monitoring and Setup
- By Doctors Orders: dressing changes, catheter care, allergy injections, etc.
- Immunizations - Childhood and Adult

## **School Health Services**

The school health services provided are:

- Vision Screening
- Scoliosis Screening
- Height and Weight
- Nursing Health Appraisals
- Health Education
- Student Health Counseling
- School Based Immunizations

## **Tobacco Prevention Program**

Services include:

- School Health Programs
- Jamestown Tobacco Free Coalition
- Cessation
- Enforcement
- Policy Development/ Advocacy
- Smoke Free Worksite Information
- Youth Advocacy Programs
- Education Materials
- Community Outreach

## New Income Levels for WIC Eligibility ~

BISMARCK, N.D. – Income eligibility guidelines for the North Dakota Special Supplemental Nutrition Program for Women, Infants and Children (WIC) have increased, according to Colleen Pearce, WIC Program director with the North Dakota Department of Health.

Effective April 1, 2011, a family of four can earn up to \$3,446 each month (or \$796 each week for the household) and still meet income eligibility requirements. Funded by the U.S. Department of Agriculture, the WIC Program has improved children's health, growth and development and prevented health problems for over 30 years. WIC benefits include quality nutrition and breastfeeding education, access to other services and monthly foods rich in calcium, iron and protein to help bolster the health of pregnant, postpartum and breastfeeding women; babies; and children younger than 5 years. WIC foods are designed to fit the nutrition needs of each WIC participant and include only milk, eggs, cheese, peanut butter, 100 percent fruit juice, beans, whole grains and cereals and fresh fruits and vegetables. WIC supports breastfeeding as the optimal way to feed infants, but infants who are not breastfeeding



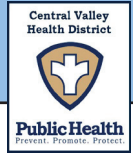
receive iron-fortified formula and older infants also receive baby food.

“Studies show that the proper nutrition WIC children receive helps them enter school ready to learn,” said Colleen Pearce, director of the Department of Health’s WIC Program. “WIC is a cost-effective, sound investment that helps ensure the health of our children.”

To qualify for WIC, families must reside in North Dakota, meet the income requirements and have a nutritional or medical need for WIC services, such as anemia or inadequate diet. Need is determined by measuring the child's or woman's height and weight, performing a hemoglobin test, and taking his or her health and dietary history. To find out if they qualify, North Dakotans can call their local WIC agency or the state WIC office at 1.800.472.2286. For more information, contact Colleen Pearce, North Dakota Department of Health, at 701.328.2496.

*Samples of foods which can be purchased with WIC vouchers*





# Central Valley Health District Staff

Unit Administrator  
*Robin Iszler*

Office Staff ~  
*Lynn Walden*  
*Tonya Drenth*  
*Beth Schwartz*

Business Department ~  
*Tami Dillman*  
*Coralynn Dallman*

Nursing Department ~  
*Marcia Bollingberg, Director*  
*Angie Allmer*  
*Deb Fischer*  
*Sharon Frey*  
*Karena Goehner*  
*Jean Johnson, Logan County*  
*Wendy Klett*  
*Brenna Lee*  
*Lou Mayer*  
*Annette Neimeier*  
*Kathy Rowe*

Career and Technology Center Instructor  
*Wanda Opland*

Chronic Disease Management  
*Karena Goehner*

Family Services~  
*Kali Brue Lauth*

Family Planning  
*JoElle Thomas NP*

SART  
*Deb Fischer, Coordinator*

Women's Way  
*Deb Fischer, Coordinator*  
*Tonya Drenth*

WIC and OPOP  
*Anita Berland - Director*  
*Julie Hoeckle*

Tobacco Prevention Program  
*Nancy Thoen, Coordinator*  
*Julie Hoeckle, Baby and Me Program*

Environmental Health and  
Emergency Preparedness & Response  
*Jim Michael, Director*  
*Marcie Bata*  
*Amy Mayer*

## CVHD Board

Dr. James Torrance, Chairperson  
Darla Reed, Vice Chairperson  
Heidi Larson  
Laurel Haroldson  
Dr. Philip Jystad, Secretary  
Dr. Ed Anderson  
Cindy Schaar  
Dennis Ova  
Dean Entzminger

### **Contact Our Administrative Offices:**

[www.centralvalleyhealth.org](http://www.centralvalleyhealth.org)  
701.252.8130  
122 2nd Street NW  
Jamestown ND

CHECK US OUT ON FACEBOOK.

**Central Valley Health District**  
**PO Box 880**  
**Jamestown ND 58402-0880**

MAIL TO: