

# Pembina County Public Health



Prevent. Promote. Protect.  
Fall 2023

**Youth Action Summit is right around the corner!**

**SAVE THE DATE!**

**BISMARCK YOUTH ACTION SUMMIT**  
**When?** 10.9.23  
**Where?** Dream Center Bismarck

**FARGO YOUTH ACTION SUMMIT**  
**When?** 10.10.23  
**Where?** Avalon Event Center Fargo

**Tobacco Free North Dakota**

**Public Health**

**100% AUTHENTIC YOUTH MOVEMENT**  
**BREAK FREE**

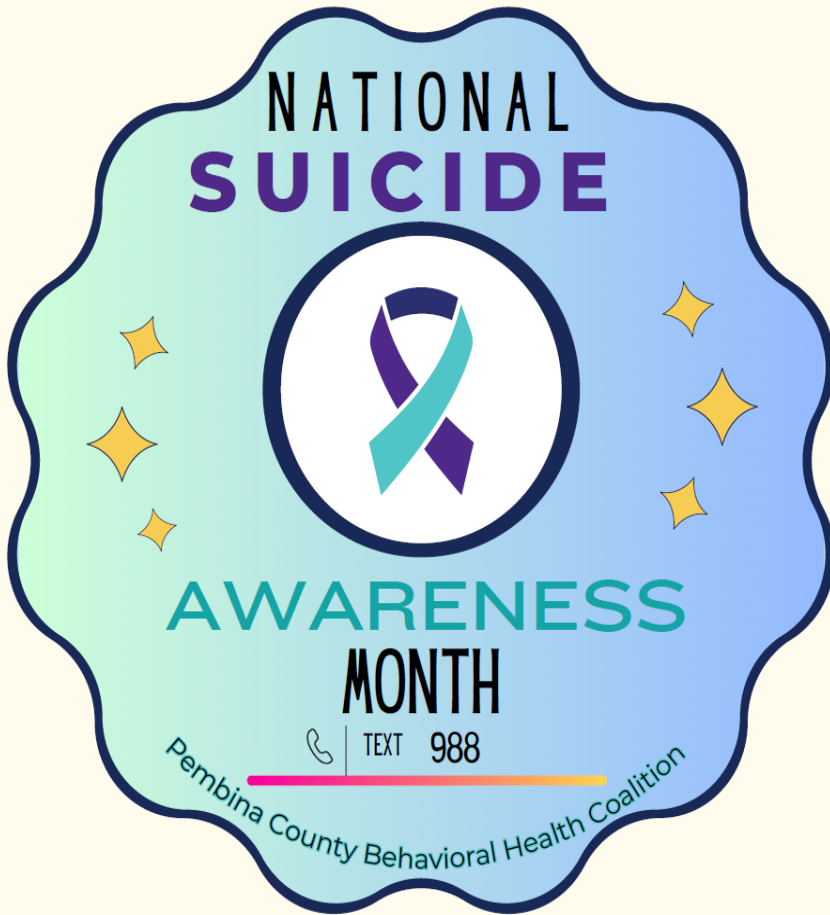
For more information about the summit nearest you scan the QR code above OR visit <https://www.breathend.com/youth-action-summit/>

Attention Pembina County students! The Youth Action Summit is for North Dakota youth in middle and high school who are passionate about making positive impacts in their school, community, and state to prevent the next generation from a lifelong addiction to nicotine.

Have you driven south on 1-29 recently? If so, you may have seen the billboard just north of Drayton that was sponsored by Pembina County Public Health. The billboard was put up in July and is currently holding that space for the time being.

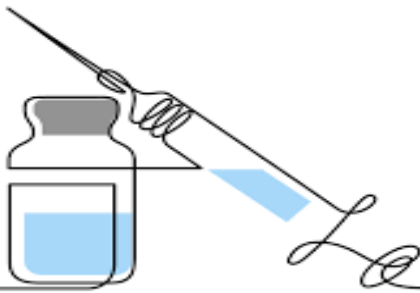
If you or someone you know is struggling to quit smoking or vaping, give our office a call at 265-4248. There are resources available to help you quit.





We can all help prevent suicide. September is National Suicide Awareness month. A time when communities can come together and share their stories and resources to help spread awareness about suicide. The goal is to prevent individuals from taking their own lives.

Pembina County Behavioral Health Coalition hosted a 5K run/walk on September 7th for Suicide Awareness Month. We hope to make this an annual event. The coalition is made up of community members from all walks of life, such as: law enforcement, educators, administration, counselors, nurses, and students. Their mission is to increase the wellbeing of Pembina County's population by communicating consistent, positive, and relevant messages through coordinated behavioral health efforts.



**Coming soon to a community near you!**

It's hard to believe it is already that time of year again. Public Health will have vaccination clinics at area communities starting at the end of September. As always, if any of these days don't work for you, please give our office a call, and we can set up an appointment.

## Influenza and COVID-19 Clinics

Thursday, Sept. 21 9:30a-2p @ Drayton Senior Center

Tuesday, Sept. 26 9:30a-2p @ Walhalla Senior Center

Thursday, Sept. 28 9:30a-2p @ St. Thomas Café

Thursday, Oct. 5 9:30a-2p @ Roadside 66-Crystal

Thursday, Oct. 12 9:30a-2p @ Mountain Community Center

Thursday, Oct. 19 9:30a-2p @ Northdale-Neche

Thursday, Nov. 2 9:30a-2p @ Gastrak- Pembina

\*If you are in need of other vaccinations, give us a call and we will bring them along! 701.265.4248

\*Please bring all insurance cards with you!



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Pembina County Public Health would like to extend a "Thank You!" to every Pembina County Park for partnering this summer to promote exercise within our county. Two different projects were completed within Crystal, St. Thomas, Cavalier, Drayton, Pembina, Neche, and Walhalla parks. All parks received community movement boxes to have for use in their communities.

Pembina County Public Health utilized Community Engagement grant funding to purchase equipment such as frisbees, balls, jump ropes, and chalk to encourage people of all ages to get out and move! The other project includes permanent movement opportunities painted by local artist, Ava Kemnitz. At this time, she has completed three designs in the Cavalier City Park. Plans are in the works for bringing this opportunity to other Pembina County Parks! Keep up the great work, Pembina County!

## Pembina County is on the Move!



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## HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION?

Every sport is different, but there are steps your children can take to protect themselves from injuries, such as concussion.

- Ensure that they follow their coach's rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.
- Make sure they wear the right protective equipment for their activity (such as helmets, padding, shin guards, and eye and mouth guards). Protective equipment should fit properly, be well maintained, and be worn consistently and correctly.
- Learn the signs and symptoms of a concussion.

### Pembina County Public Health

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Phone: (701) 265-4248

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Call to schedule a **FREE** Narcan Training for you or your business.

**YOU DIDN'T  
FAIL AT  
QUITTING  
SMOKING.  
YOU'RE  
JUST NOT  
DONE YET.**

PEMBINA COUNTY PUBLIC HEALTH HAS RESOURCES TO HELP YOU QUIT.

CALL 701-265-4248