



# Dawson County Health Department News

October 2020

Volume 10, Issue 10

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**207 W. Bell**  
**Glendive, MT 59330**  
**Tel: (406)377-5213**  
**Website:**  
[dawsoncountymontana.com](http://dawsoncountymontana.com)

**Public Health:**  
**Tel: (406)377-5213**

**WIC Program:**  
**Tel: (406)377-5213**

**Home Health:**  
**Tel: (406)377-5213**

**Family Planning:**  
**Tel: (406)377-2935**

**Tobacco Prevention:**  
**Tel: (406)377-5213**

## New Faces at the Health Department



Hi, my name is Brant Gordon, and I'm the new District Sanitarian. Most folks I've met in Glendive are amused that I just relocated from one of the sunniest places on Earth, Yuma AZ. "Oh boy, wait

until winter gets here" they say! All kidding aside, I have found the people of Glendive to be exceptionally amenable to me as a new comer to the town and obliging to the District Sanitarian's role.

After receiving my bachelor's degree in nutrition, I served as a United States Peace Corps volunteer in the South Pacific island country of Papua New Guinea. For those history buffs familiar with the United States' action in the Pacific during WWII, you may have heard of New Guinea, where there was fierce fighting with the Japanese. I was attached to the health department and worked at the district level to promote and improve

*(Continued on page 7)*



Ciao everyone! I am excited to be a part of the Dawson County Health Department team as the new administrative assistant for Family Planning.

For the past almost 15 years, I have worked at Jefferson Elementary as a Special Education Paraprofessional. Many of you may have seen me around the last five summers, as I was the Environmental Health Specialist for the Sanitarian Dept.

I am a small-town gal, growing up with seven siblings on a farm and ranch north of Lambert. I went to college in Billings, where I met my husband, Todd, who is from Glendive. We moved here 27 years ago and have two kids. Our daughter Morgan lives and works in Minneapolis and our son Jory is a senior in college in Sioux City, IA. I love traveling and spending time outdoors, taking advantage of the beauty around Glendive.

## October Events

|  |       |  |
|--|-------|--|
| Domestic Violence Awareness Month                | 4-10  | Mental Illness Awareness Week          |
| Health Literacy Month                            | 8     | National Depression Screening Day      |
| Let's Talk Month                                 | 15    | National Pregnancy and Infant Loss Day |
| National Breast Cancer Awareness Month           | 19-23 | National Health Education Week         |
| National Bullying Prevention Month               | 22    | National Check Your Meds Day           |
| National Dental Hygiene Month                    | 23-31 | Red Ribbon Week                        |
| National Downs Syndrome Awareness Month          | 31    | Halloween                              |
| National Pregnancy & Infant Loss Awareness Month |       |  |



## WIC Is The Nation's Most Successful Public Health Nutrition Program

By: Lynn Newnam

Each month, Montana WIC provides healthy food, nutrition education, breastfeeding support, and a community of support from both experts and peers to more than 16,000 moms and children. Nationwide, WIC serves more than 7 million people.

Montana WIC participants say they would recommend WIC to their friends, and when asked what they value most about WIC, more than 75 percent say they value the nutrition information and appreciate the support from WIC staff.

As the nation's most successful and cost-effective public health nutrition program, WIC is designed to influence lifetime nutrition and health behaviors for participating families. If you're pregnant, a caregiver, or a mom with children under 5, you can get the right personalized support for you and your family.

Households that are enrolled in the following programs automatically meet income eligibility for WIC:

- ◆ Healthy Montana Kids Plus (HMK-Plus) and Medicaid
- ◆ Supplemental Nutrition Assistance Program (SNAP)
- ◆ Temporary Assistance to Needy Families (TANF)
- ◆ Food Distribution Program on Indian Reservations (FDPIR)
- ◆ National School Lunch Program (free and reduced-price meals)



More information about WIC, including specific income guidelines, is available online at [wic.mt.gov](http://wic.mt.gov) or by calling 1-800-433-4298.

Call Dawson County WIC at (406)377-5213 to apply or for additional information about your local WIC clinic. Dawson County WIC office hours are Thursdays 8-12 and 1-5.

This institution is an equal opportunity provider.

## Red Ribbon Week

By: Lindsay Sadorf

**The Red Ribbon Campaign is now the oldest and largest drug prevention program in the nation reaching millions of young people. .**

Red Ribbon week is October 23rd- October 31st. Red Ribbon Week is an alcohol, tobacco, and other drug and violence prevention awareness campaign observed annually in October in the United States.

Red Ribbon Week began after the kidnapping, torture and brutal murder of Drug Enforcement Administration (DEA) Agent Enrique "Kiki" Camarena in 1985. Agent Camarena had been working undercover in Guadalajara, Mexico for over four years. His efforts led to a tip that resulted in the discovery of a multimillion dollar narcotics manufacturing operation in Chihuahua, Mexico. The successful eradication of this and other drug production operations angered leaders of several drug cartels who sought revenge. As a result, they murdered key informants and then, on February 7, 1985, they kidnapped Agent Camarena and his pilot Captain Alfredo Zavala-Avelar (taken separately on the same day).

Today, the Red Ribbon Celebration brings millions of people together to raise awareness regarding the need for alcohol, tobacco and other drug and violence prevention, early intervention, and treatment services. It is the largest, most visible prevention awareness campaign observed annually in the United States.

Since its beginning in 1985, the Red Ribbon has touched the lives of millions of people around the world. In response to the murder of DEA Agent Enrique Camarena, angered parents and youth in communities across the country began wearing red ribbons. The red ribbon symbolizes their commitment to raise awareness of the killing and destruction cause by drugs in America. Today, the Red Ribbon Campaign serves as a catalyst to mobilize communities to educate youth and encourage participation in drug prevention activities. Source: [redribbon.org](http://redribbon.org)





**DOMESTIC VIOLENCE**  
AWARENESS MONTH

October is



Pregnancy & Infant Loss awareness month

**I AM THE FACE**  
I am 1 in 4  
miscarriage • infant loss • stillbirth



DAILY 4  
**BRUSH FLOSS RINSE CHEW**

Dental Hygiene Month

MONTANA TOBACCO



1-800-QUIT-NOW

[www.QuitNowMontana.com](http://www.QuitNowMontana.com)

Dawson/Wibaux/Prairie County  
Tobacco Prevention Specialist  
406-377-5213

## Downs Syndrome Awareness Month

By: Kari Granmoe

Growing up in the country, our once-a-week trips into town were frenzied. Piano lessons, picking up parts, grabbing groceries, visiting with Grandparents, and running to the Extension Office were done in record time (with my siblings and me tagging behind our parents at each stop). Only during the County Fair did we spend the night “in town”. It was like Christmas. We ate new foods, were treated to new experiences, and relished in the change of pace. And, we saw new people. There were friends-of-the-family, neighbors, and folks in the community at large (that were only seen at seldom intervals). I distinctly remember one such family. Their daughter always carried a paintbrush, and would spend hours stroking the smooth, glistening bristles over the weather-worn wood of the fair-ground buildings. I remember watching her, and wondering aloud at her actions. My Mom gently, calmly, and with much compassion explained that this special lady had Down syndrome. It was through that conversation that my love for those with Down syndrome was born.



How does this condition occur? It all happens with an unheard “plunk”! In the midst of the magical mix of tiny cells from whence all humans originate, an extra (or partial) chromosome in the “control center” of each cell of the forming baby is added, which determines the presence of Down syndrome (the most notable chromosomal condition). Both screening and diagnostic testing is available during pregnancy, including imaging studies and chromosomal analysis, which can provide more information to expecting parents. Approximately one in 700 babies are born with Down syndrome, each being as unique as the fingerprints on their tiny hands. While their preference in favorite foods, colors, and activities all vary, these individuals typically share distinctive features, including: a single deep crease across the palm of their hand, almond-shaped eyes, a smaller stature, low muscle tone, mild to moderate cognitive delays, and slightly flattened facial features. Born to parents of all race, nationality, and socioeconomic status, individuals with this syndrome are named after the English physician John Langdon Down, who characterized the condition. People with Down syndrome may be predisposed to certain diseases, but all add value to the community in which they live. They contribute to society in notable ways, including fostering charity amongst their peers. Those who know someone with Down syndrome can testify to the unique “sparkle” they bring to any setting. Fortunately, advances within the medical community have added to the lifespan of these precious individuals. In the early 1980’s, their expected length of life was twenty-five; now, they are expected to live to be sixty. As with all individuals, access to medical care, being nurtured and engaged at home and in school, and receiving adequate nutrition is critical to their growth and development.

Since learning of Down syndrome, my love for individuals with this syndrome has only increased. As a parent, my constant angst is wishing that my children would stop growing (if only for a moment). Individuals with Down syndrome seem to have discovered Ponce de Leon’s fountain of youth. Their innocence is remarkable, as is their determination. Like their peers, their attitudes and exuberance are contagious. October is Down Syndrome Awareness Month: thirty-one days to remember the thirty-one million (and counting!) reasons why those with Down syndrome are worth celebrating. Blue and gold are colors that have been chosen to represent Down syndrome awareness. Wear them boldly. Even better, wear the color of kindness. Make the world a gentler place, and tell watching generations that the number of chromosomes we carry is less important than the size of our hearts.



## Meet Our AmeriCorps Vista Volunteers!



Hello, my name is Brenna Eikenbary. I am currently serving as an AmeriCorps member alongside Maria Mutka. Over the next year we will be assisting the Dawson County Public Health Department in completing a Community

Health Assessment and Community Health Improvement Plan. This means we will be crafting, distributing, and analyzing a survey to assess the needs and values of this community and then coming up with a strategic plan to target those issues in the coming years. I am excited to partner with a variety of local stakeholders to better understand this community and the amazing resources already in place! In an effort to meet and engage with community members you will likely see me in attendance at a variety of local meetings as well as helping out with local events from the E-Waste Drive, to school sports, and much more. Come January, you may see me knocking on your door with a survey in hand.

I am from Napa, California. I graduated a year early from Cal Poly San Luis Obispo in June 2020 with a degree in Animal Science. In high school, I was actively involved in FFA and earned my American Degree this past fall. Most of my background is animal-based working with a variety of livestock and companion animals, however, most of my experience is wildlife related. For the past 5 years, I have volunteered as a crew supervisor for the Marine Mammal Center rescuing and treating seals, sea otters, and sea lions. Additionally, in my first year of college I interned in Namibia, Africa rehabilitating cheetahs and African wild dogs. During college, I became interested in the field of One Health which is the interaction between animal health, human health, and the environment. Long-term, I hope to study and prevent emerging infectious diseases from moving into human populations from wildlife and livestock.

This year I am excited to learn more about public health and the concerns of rural communities. I am stunned by how beautiful this area is and I am incredibly excited to continue to explore new places and interact with more of you. Thank you very much for welcoming me into this community and I am looking forward to meeting and working with you all over this next year!



Hi, my name is Maria Mutka and I am coming to the Dawson County Health Department as a Communities in Action AmeriCorps member. Communities in Action is a subset of the state AmeriCorps program in Mon-



tana that seeks to improve public health and community wellness all around the state. It does this through public health assessment, partnering with stakeholders, creating strategies, implementing those strategies, and coalition development. I will be in Glendive working with the Health Department for the next year along with my fellow AmeriCorps member, Brenna Eikenbary. Our primary task is to conduct a community-wide health assessment to understand the public health-oriented strengths of the Dawson County community, what can be improved, and current health priorities from the voices of Glendive residents themselves.

I decided to come to Glendive for a year to avoid having my senior year of college "COVID-ed" so to speak. I wanted to do some meaningful work while taking a year off from college, and as an anthropology major with a focus in public health, this AmeriCorps program with Dawson County seemed like an excellent way to do that.

In non-COVID times, I am normally a student at Smith College in Massachusetts majoring in anthropology and Russian studies (yes, I speak Russian!). I enjoy the great outdoors, music, dance, and community service. I was largely raised in Raleigh, North Carolina. Most of my immediate family still lives there or in the Southeast, so telling them I was deciding to move all the way to Montana for a year was then quite the surprise!

Ever since I moved here just a few weeks ago, I have really begun to fall in love with the Montana scenery and people! Everyone I've met is so genuine and friendly (shout out to the lovely ladies at the Dawson County Health Department!) and parks like Makoshika and Teddy Roosevelt are just unmatched! Glendive is such a wonderful new place to call home. I am really looking forward to getting more involved in the community, listening to your voices and opinions on health in the community, and serving you all in ways that are conducive to bettering this town that we all love!

# GET YOUR FLU SHOT

**Call 377-5213 to make an appointment today! We have the high dose vaccine for those over 65.**

## Let's Talk...

By: Lynn Newnam



"Let's talk..." These are two very simple words, but for many parents, they are not so simple when the rest of the sentence is "... about sex."

While it may be uncomfortable, especially at first, research continues to show that children and teens want to receive their information about sexual health from their parents and caregivers. And the simple fact is that parents have an enormous influence on their children's decisions about sex and other risk-taking behaviors—more than friends, the media or teachers.

Each year the National Campaign to Prevent Teen Pregnancy commissions an independent survey of adults and teens nationwide. Many of these questions focus on parents and their role in preventing teen pregnancy. Collected here is a sampling of polling results that parents may find of interest:

- Who adults believe most influence teens' decisions about sex: teens' friends
- Percentage of teens who say it would be easier for them to postpone sexual activity and avoid teen pregnancy if they were able to have more open, honest conversations with their parents: 87%
- Percentage of teens who say they haven't had a single such conversation with their parents: 37%
- Percentage of parents of teens who believe they should talk to their kids about sex but often don't know what to say, how to say it, or when to start: 90%

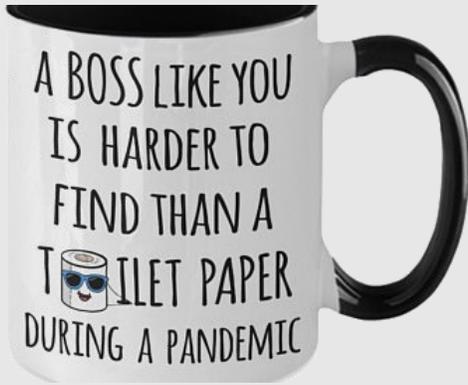
So if the kids want to talk, how does a parent get started? Initiating conversations about the facts of life may be difficult for some parents because they did not grow up in an environment where the subject was discussed. Some parents may be afraid they do not know the right answers or feel confused about the proper amount of information to offer. To help, here are 10 tips from the experts at Advocates for Youth:

### Ten Tips

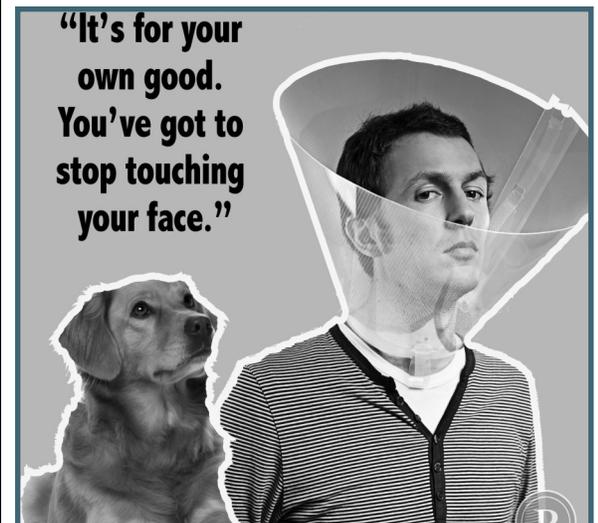
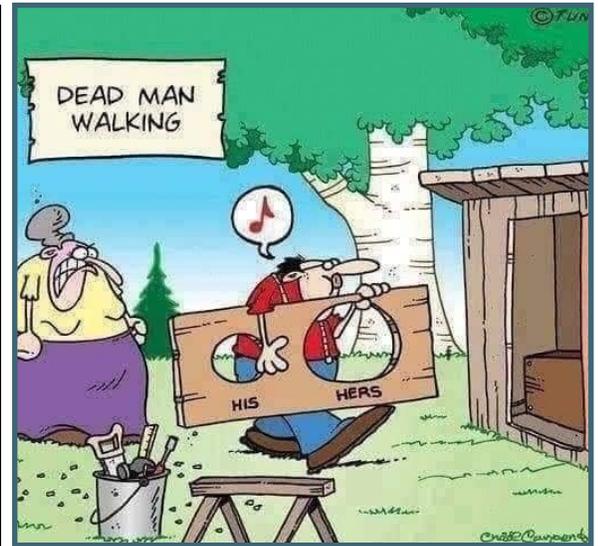
1. **First, encourage communication by reassuring kids that they can talk to you about anything.**
2. **Take advantage of teachable moments. A friend's pregnancy, news article, or a TV show can help start a conversation.**
3. **Listen more than you talk. Think about what you're being asked. Confirm with your child that what you heard is in fact what he or she meant to ask.**
4. **Don't jump to conclusions. The fact that a teen asks about sex does not mean they are having or thinking about having sex.**
5. **Answer questions simply and directly. Give factual, honest, short, and simple answers.**
6. **Respect your child's views. Share your thoughts and values and help your child express theirs.**
7. **Reassure young people that they are normal—as are their questions and thoughts.**
8. **Teach your children ways to make good decisions about sex and coach them on how to get out of risky situations.**
9. **Admit when you don't know the answer to a question. Suggest the two of you find the answer together on the Internet or in the library.**
10. **Discuss that at times your teen may feel more comfortable talking with someone other than you. Together, think of other trusted adults with whom they can talk.**

October is Let's Talk Month, a community campaign conducted nationally that supports parents in making stronger connections with their children and in talking honestly and openly about sexual health and relationships. For more resources about how to be your children's primary sexual health educator, visit the following sites: [www.advocatesforyouth.org](http://www.advocatesforyouth.org) or [www.teenpregnancy.org](http://www.teenpregnancy.org) or call DCFP at 377-2935.

*Timber*



*Happy Bosses  
Day to the  
Best!!*



Do you blow on your food when it's hot or do you just hasafashafsas until you can chew it?

**1 in 8**  
women  
will be diagnosed with  
breast cancer in her  
lifetime.

MAKE OCTOBER YOUR MONTH TO GET  
**SCREENED**  
BREAST CANCER AWARENESS MONTH

## Services Provided by the Health Department

**Immunizations:** Adults and children, Thursdays: 9:00 am-noon and 1:00-5:00. Walk-ins are welcome. To schedule an appointment call 377-5213.

**Insurance Billing:** Yes, the Dawson County Health Department does bill insurance for children's immunizations.

**WIC (Women, Infants and Children):** Thursdays 8:00-12:00 and 1:00-5:00 . Appointments may be made by calling 377-5213.

**Family Planning:** Walk in hours are Monday—Tuesday: 1-5 pm, Wednesday: 8 am-noon and 1-5 pm, Thursday: No Clinic, Friday: 10 am-noon and 1-3 pm. Services are based on a sliding fee scale. To schedule an appointment call 377-2935.

**Blood Pressure Clinics:** Wednesday-Thursday: 8-noon—no charge.

**Labs:** Wednesday 8:00-noon. Some labs require 12 hour fast.

**Home Health Services:** In home services including skilled nursing. Certified Nurse Assistant, Homemaker and Meals on Wheels. Call 377-5213 for more information or to make a referral.

**Public Health Home Visiting:** Home visiting program for pregnant women, infants and children. Services help to build parental resilience, social connections, knowledge of parenting and child development, concrete supports in times of need and social and emotional competence of children.

**Tobacco Prevention:** Preventing tobacco use among youth and promote quitting among adult users. Free signs for CIAA compliance.

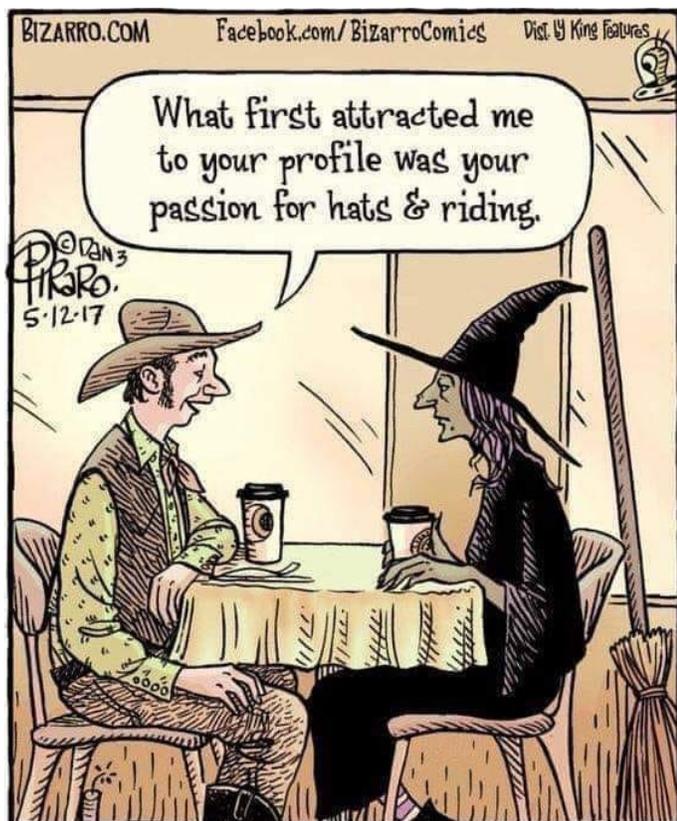
**Public Health Emergency Preparedness:** Planning and coordination of community resources to prepare for public health emergencies.

## Continued from Page 1

public health in rural villages for two years. It was the Peace Corps experience that shaped my decision to pursue a career in public health.

I attended graduate school and received a master of public health degree with a major in environmental health. Following graduate school, my wife and I moved to San Diego, CA where I pursued my career in environmental health and safety. In 2005, my wife and I made the decision to leave Southern California (too congested, too much traffic and too expensive), return to Yuma where I grew up, raise our daughter close to family, and work with my mom managing her award-winning restaurant and event venue named Julieanna's Patio Café.

In March of this year, facing an uncertain future in the restaurant as a result of the pandemic, I decided to leave the family business and return to my public health roots, which brings me to Glendive. I have a passion for hospitality and good food and look forward to being a resource, regulatory authority and patron for Dawson County's retail food establishments. I'm also excited to get to know the many other facets of the District Sanitarian's roles and responsibilities. I hope to become a trusted and knowledgeable resource for the people of Dawson County on all matters pertaining to environmental health. Although my wife is still in Yuma working (she's a hospice nurse), we have plans for her to join me soon. We look forward to sharing our life here in Glendive and exploring this part of the country. It's a pleasure to be here!



## WIC's Healthy Halloween Treats!



Use apple slices, mini marshmallows & peanut or soy butter to hold everything together.



Add a few chocolate chips to bananas and put a celery stick in the center of a mandarin orange

If you would like to be on the mailing list for this monthly publication or submit an article for the next month, please e-mail Laureen Murphree at [murphree@dawsoncountymontana.com](mailto:murphree@dawsoncountymontana.com)

We are on the Web!  
[www.Bit.do/dcHealthDept](http://www.Bit.do/dcHealthDept)

2020

# OCTOBER



| SUN | MON   | TUE   | WED  | THU  | FRI  | SAT   |
|-----|---|---|--|--|--|---|
| 27  | 28  | 29  | 30   | 1  | 2  | 3   |
|     |   |   |  | WIC 8 - 12; 1-5<br>Immunization &<br>BP Clinics<br>8:30-12 & 1-5 | Family Planning<br>10:00 - 12:00<br>1:00 - 3: 00 |   |
| 4   | 5   | 6   | 7  | 8  | 9  | 10  |
|     | Family Planning<br>1:00 - 5:00  | Nurturing Tree -<br>Online Activity<br>Family Planning<br>1:00-5:00 | BP/Lab Clinic<br>8 -12<br>Family Planning<br>8 -12; 1- 5 | WIC 8 - 12; 1-5<br>Immunization &<br>BP Clinics<br>8:30-12 & 1-5 | Family Planning<br>10:00 - 12:00<br>1:00 - 3: 00 |   |
| 11  | 12  | 13  | 14   | 15   | 16   | 17  |
|     |  | Nurturing Tree -<br>Online Activity<br>Family Planning<br>1:00-5:00 | BP/Lab Clinic<br>8 -12<br>Family Planning<br>8 -12; 1- 5 | WIC 8 - 12; 1-5<br>Immunization &<br>BP Clinics<br>8:30-12 & 1-5 | Family Planning<br>10:00 - 12:00<br>1:00 - 3: 00 |   |
| 18  | 19  | 20  | 21   | 22   | 23   | 24  |
|     | BOH Meeting<br>1:15<br>Family Planning<br>1:00 - 5:00                               | Nurturing Tree -<br>Online Activity<br>Family Planning<br>1:00-5:00 | BP/Lab Clinic<br>8 -12<br>Family Planning<br>8 -12; 1- 5 | WIC 8 - 12; 1-5<br>Immunization &<br>BP Clinics<br>8:30-12 & 1-5 | Family Planning<br>10:00 - 12:00<br>1:00 - 3: 00 |   |
| 25  | 26  | 27  | 28   | 29   | 30   | 31  |
|     | Family Planning<br>1:00 - 5:00  | Nurturing Tree -<br>Online Activity<br>Family Planning<br>1:00-5:00 | BP/Lab Clinic<br>8 -12<br>Family Planning<br>8 -12; 1- 5 | WIC 8 - 12; 1-5<br>Immunization &<br>BP Clinics<br>8:30-12 & 1-5 | Family Planning<br>10:00 - 12:00<br>1:00 - 3: 00 |  |
| 1   | 2   |   |  |  |  |   |



**DAWSON COUNTY HEALTH DEPARTMENT**  
 207 W BELL ST  
 GLENDIVE, MT 59330  
 406-377-5213