

MONTHLY REMINDERS

NOTICE OFFICES CLOSED

Sept. 2-Labor Day

TRAININGS/CLASSES

Minot Office:

KICK START-QUIT TOBACCO

AUG 15 / SEPT 19 / OCT 17
6:30PM - 8:30PM

FOOD SAFETY

AUG 6 / SEPT 3 / OCT 1
4:00PM - 8:00PM
AUG 7 / SEPT 4 / OCT 2
9:00AM - 1:00PM

RESPONSIBLE BEVERAGE SERVER TRAINING

AUG 1 / SEPT 5 / OCT 3
5:00PM - 7:00PM
Sunday Classes Available!
(Check our website for dates & times)

Other Locations:

Free Car Seat Safety Checks 3PM-6PM



Ryan Honda
3701 S. Broadway, Minot

**August 13
September 10**

FOR POSSIBLE DATE/TIME
CHANGES PLEASE VISIT
WWW.FDHU.ORG



FOR ADDITIONAL EVENTS
VISIT OUR FACEBOOK PAGE
LIKE AND SHARE!



FALL PREVENTION

Did you know that one in four older Americans falls every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+.

Falls can result in hip fractures, broken bones, and head injuries. Even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

If you have an aging parent, grandparent, or neighbor in your life, helping them reduce their risk of falling is a great way to help them stay healthy and independent as long as possible.

Most falls can be prevented. The key is to know where to look. Here are some common factors that can lead to a fall:

- **Balance and gait:** *As we age, most of us lose some coordination, flexibility, and balance— primarily through inactivity, making it easier to fall.*
- **Vision:** *In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see.*
- **Medications:** *Some prescriptions and over-the-counter medications can cause dizziness, dehydration or interactions with each other that can lead to a fall.*

More than 80% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications.

Simple modifications for the home will help keep a safe environment.

Lighting: Increase lighting throughout the house, especially at the top and bottom of stairs. Ensure that lighting is readily available when getting up in the middle of the night. **Stairs:** Make sure there are two secure rails on all stairs.

Bathrooms: Install grab bars in the tub/shower and near the toilet. Make sure they're installed where your older loved one would actually use them. For even greater safety, consider using a shower chair and hand-held shower.

For more ideas on how to make the home safer, the Centers for Disease Control (CDC) offers a home assessment checklist in multiple languages.

6 Steps to Reducing Falls

- ✓ Find a good balance and exercise program.
- ✓ Discuss current health conditions with physician.
- ✓ Ask about last eye checkup.
- ✓ Talk about medications and side effects.
- ✓ Notice if they're holding onto walls, furniture, or someone else when walking or if they appear to have difficulty walking or arising from a chair. Talk to other family members.
- ✓ Do a walk-through safety assessment of their home.

Visit www.ncoa.org for more information.

BOTTINEAU - 228-3101
BOWBELLS - 377-2316
GARRISON - 463-2641

KENMARE - 385-4328
MCCLUSKY - 363-2506
MINOT - 852-1376

MOHALL - 756-6383
TOWNER - 537-5732
WASHBURN - 462-3330

DID YOU KNOW?

Celiac disease is a digestive disorder that damages the small intestine. People with celiac disease cannot eat gluten, a protein found in wheat, barley, oats, malt and rye. The disease can cause long-term digestive problems and keep you from getting nutrients you need. If you have celiac disease, you may experience digestive symptoms or symptoms in other parts of your body.

Digestive symptoms are more common in children than adults. Some people with celiac disease have no symptoms. Your doctor may diagnose celiac disease with a medical and family history, a physical exam, blood tests, an intestinal biopsy, a skin biopsy, and genetic tests. Doctors in the United States do not routinely screen people for celiac disease. Doctors treat celiac disease by prescribing a gluten-free diet. Symptoms significantly improve for most people with celiac disease who follow a gluten-free diet. A dietitian can teach you how to avoid gluten while following a healthy and nutritious diet. Eating, diet, and nutrition play a major role in treating celiac disease. You should maintain a gluten-free diet by avoiding all products that contain gluten. You can maintain a well-balanced diet with a variety of foods that do not include gluten.

This content is provided as a service of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK), part of the National Institutes of Health.



WABA | WORLD BREASTFEEDING WEEK 2019
1-7 AUGUST 2019

The National Breastfeeding Helpline has trained breastfeeding counselors to provide support by phone and can help answer common breastfeeding questions. They can also help you decide whether you need to see a doctor or lactation consultant. The Helpline is available for all breastfeeding mothers, partners, prospective parents, family members, and health professionals seeking to learn more about breastfeeding. The Helpline is open from Monday through Friday, from 9 a.m. to 6 p.m. ET. If you call after hours, you will be able to leave a message, and a breastfeeding counselor will return your call on the next business day. Help is available in English or Spanish.

CALL 800-994-9662 FOR SUPPORT!

Learn more about breastfeeding basics and find other online resources at www.womenshealth.gov/breastfeeding and www.womenshealth.gov/itsonlynatural.



CONTACT LENSES ARE LIKE UNDERWEAR

1 DON'T OVER-WEAR

Replace your contacts as often as your eye doctor tells you to.

2 AVOID THAT SKETCHY PAIR

If a contact comes out and you can't disinfect it right away, throw it out. Don't buy contacts without a prescription.

3 CARRY A SPARE PAIR (OF GLASSES)

Always carry a spare pair of glasses as a backup.

COVER YOUR BUTT, TAKE CARE OF YOUR EYES



www.cdc.gov/contactlenses

LAST SEASON-IN THE UNITED STATES

FLU KILLED
AN EST. 80,000 PEOPLE.

**YOU MAY SURVIVE THE FLU BUT
WHAT ABOUT THE PEOPLE YOU
SPREAD IT TO?**

#FIGHTFLU

GET YOUR FLU SHOT.

**TO FIND A LOCAL CLINIC VISIT
WWW.FDHU.ORG**