

Rolette County Wellness Coalition

Rolette County Public Health District

Tuesday, December 16, 2025

12 (Noon) P.M.

In-person at the RCPHD Office in Rolla or via TEAMS



Members Present:

Sara Hendrickson, RN-Rolette County Public Health District

Sam Sell-Rolette County WIC

Jeanna Strong-Rolette County WIC

Taylor Hart-ND Thrive UND Outreach

Sara Erickstad-Lake Region Human Service Center

Renae Henderson, Director of Nursing at Rolette County Public Health

Abigail Ginerich, FNP-St. Kateri in Rolla

Liz Deckert-Director at Peace Garden Consortium

Diana Lange-Rolla Library

Sara Tabbut Kemp-ND Thrive at UND

Michelle McCamy-Northland Clinic

Rylee Dahlen-Tribal Health Liaison

Rolette County Wellness Coalition meeting notes were reviewed with no concerns voiced.

Introductions were made by stating their name.

Finish the lyrics Christmas Edition was played to test coalition members knowledge on Christmas songs.

Presentation

Renae Henderson, RN-Director Nursing, presented on adult immunizations. The presentation went over the who, why, when, and how of immunizations. Vaccines are for all ages. Immunizations are for a lifetime. Why are vaccines important? Vaccines save

lives. They have reduced diseases that routinely harm or kill babies, children, and adults. Vaccines are the best way to protect yourself and your loved ones. Vaccines can prevent serious illness and hospitalizations. Vaccines are safe. They can have side effects, most experience mild side effects. A graph of state-wide adult immunization coverage rates was shared.

What is considered to be up to date?

- Tetanus-once every 10 years
- Pneumonia-once after age 50 (some exceptions and risk factors)
- Shingles-2 doses after age 50
- RSV-one dose, age 75 or older or 60-74 with risk factors
- Hepatitis B vaccine-2 or 3 doses, depending on vaccine brand and available for those 19 and older with risk factors
- Flu shots should be every fall
- Covid yearly and every six months for those over 65.

Talk with your health care provider about what they would recommend for vaccinations and your underlying health conditions. Ask questions. Check with the insurance provider. Some adult vaccines may not be covered by insurance. If you have questions, feel free to reach out to RCPHD at 477-5646.

Liz Deckert- Peace Garden Consortium

Busy back in the schools and training teachers. Schools are working on assessments. Working on professional development. A lot of kids are coming into public schools from Part C early intervention services.

Abigail Ginerich, FNP-St. Kateri in Rolla

St. Kateri Hospital offers pediatric PT and OT (Wednesday in afternoon). Play therapy is offered by Tiffany Clouse. Abigail spoke about the Human Trafficking presentation that will be happening on Wednesday, January 14, 2026, in Rolla. Rolette County in North Dakota has human trafficking hubs at Sky Dance Hotel in Belcourt and Dale's in Dunseith. Work was done on HB 1361 for those found guilty through the district court, not federally. It states sentences for AA felonies would be at least 20 years, A felonies 10 years, and B felonies five years. No parole would be granted for any of these crimes.

Jeanna Strong-Rolette County WIC

Always looking for new referrals. When a child is in foster care, they are eligible for SNAP benefits, Medicaid and WIC benefits. Families can qualify for WIC based on household size and gross income. Give Rolette County WIC a call if you have questions about eligibility.

Sara Erickstad-Lake Region Human Service Center

NDSU Parent Education offers parenting and family education to support parents, families, professionals, and the community. Parenting for Families in Recovery addresses a variety

of challenges and experiences common to parents in recovery from substance use, including: identifying strengths and needs; exploring healthy parenting in balance with recovery needs, understanding the family-centered change process, promoting healthy parenting and communication styles, modeling self-care, and developing a family blueprint for overall wellness. All classes can be found at:
<https://www.ndsu.edu/agriculture/extension/programs/parent-education>

Sara Hendrickson, RN-Rolette County Public Health District

Well child visits will be available over the Christmas holiday break. Call to make an appointment. Will be able to offer cribs for kids. Pack & Play and bassinets. Has received the training and will be conducting crib clinics.

Sara Tabbut Kemp-ND Thrive at UND & Taylor Hart, Rural and Tribal Youth Suicide Prevention

No new updates at this time. Going out to schools to get them involved in ND Thrives and presenting STARS-Suicide Prevention Training and Readiness for Schools. Worked with St. Kateri in Rolla. ND Thrives also offers a Lethal Means workshop on learning calm conversations to have with people you might be concerned about who want to commit suicide. Learn ways to safely store firearms and medications. If you are looking for training or services offered by ND Thrives, check out their website at: ndthrives.com. ND Thrives is having a Lunch and Learn on November 19. You can check out the on-line learning series at [Home - ND Thrives](#). If you would like a training in your community, reach out to Sara, Katie, or Lavonne.

Michelle McCamy-Northland Clinic

Dental services have started in Rolette. The dental office is open Monday-Friday from 8 a.m. to 6 p.m. Medicaid is accepted and they have a sliding scale. Behavioral health is offered via telehealth. \$25 physicals are being done. A Psychiatric Nurse Practitioner is working in Rolette. Primary healthcare and vaccines are being provided.

Rylee Dahlen-Tribal Health Liaison

Injury Prevention Month was in November. Public Health Month is in May. Looking at needs assessments. Basic CPR classes, Stop the Bleed, SIDS awareness, Babysitting classes.

Diana Lange-Rolla Library

Rolla Library will be hosting an author on January 17, 2026. Kids game will be held one time per month. The first one of the year will be on January 10, 2026. Bunco will be starting in December. Look for more information on Facebook page.



SOME OF THE FOOD FOR THE FOOD DRIVE.



**THANK YOU
FOR YOUR HELP**



Thank you to everyone in helping collect food, cleaning supplies, and personal care products for Dakota Prairie Community Action. There were close to 500 items donated. A cash donation was also given. The donations were greatly appreciated.

The next Rolette County Wellness Coalition meeting will be on Tuesday, January 20, 2026, at 12 (Noon) p.m. via TEAMS or in-person.