Shower -

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Rolette County senior meal menus

Rolette

Monday, March 24: Polish and kraut, boiled potatoes, green beans, apricots.

Wednesday, March 26: Swiss steak with gravy, mashed potatoes with gravy, carrots, apple.

Friday, March 28: Cod, patio potatoes, mixed vegetables, oranges. Monday, March 31: Lasagna,

green beans, salad with dressing, garlic toast, cherry crisp.

Dunseith

Monday, March 24: Polish and kraut, boiled potatoes, green beans, apricots. Tuesday, March 25: Beef stew,

beets, biscuits, peaches. Wednesday, March 26: Swiss steak with gravy, mashed potatoes with gravy, carrots, apple.

Thursday, March 27: Pork chops, wild rice, peas, applesauce.

Friday, March 28: Cod, patio potatoes, mixed vegetables, oranges. Monday, March 31: Lasagna,

green beans, salad with dressing, garlic toast, cherry crisp.

Rolla

Monday, March 24: Polish and kraut, boiled potatoes, green beans, apricots.

Tuesday, March 25: Beef stew, beets, biscuits, peaches.

Wednesday, March 26: Swiss steak with gravy, mashed potatoes with gravy, carrots, apple.

Thursday, March 27: Pork chops, wild rice, peas, applesauce.

Friday, March 28: Cod, patio potatoes, mixed vegetables, oranges. Monday, March 31: Lasagna,

green beans, salad with dressing, garlic toast, cherry crisp.

St. John

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tatoes, mixed vegetables, oranges. Monday, March 31: Lasagna, green beans, salad with dressing, garlic toast, cherry crisp.

on one project has been an enjoyable part of it."

Henderson said there are a "tremendous amount" of programs in the county aimed specifically at new and expecting moms.

"Giving the mother or family information, putting a name to the program, and possibly enrolling the family within the program the day of the baby shower is the goal," Henderson said. "Starting off on the right foot is important in the overall health of children, this is a great way to just do that."

Justification for all the attention to mothers-to-be and babies in Rolette County is evidenced in the latest statistics involving birth rates.

According to the most recent numbers, Rolette County had a fertility rate of 77.8 births per 1,000 women aged 15 to 44, which was much higher than the national average of 58.3 births per 1,000 women. Mandy Swain has three children

and a baby girl will join the family in August. She said Trinity Hospital's outreach program at SMP Health-St. Kateri has been a blessing.

"I'm able to do half of my appointments locally and within my community," Mandy said. " This helps with travel expenses and taking off time for out of town appointments.'

Mandy's youngest son, Maxim, also benefited from Anne Carlson Early Intervention, a home-based service for families of children birth to age three with developmental delays. They partner with families to help children learn and participate as independently as possible in their daily lives.

"I got a referral from the Turtle Mountain Tribe's Home Visitation Program due to his lack of speech, which was very concerning to me," Mandy said. "It was very beneficial that he was accepted into Early Intervention as it contributed so much to his speech progress."

Within those two years, Maxim was also able to individually qualify for Medicaid, WIC and other programs.

"As a family of five, that helped greatly with hospital costs for just him, along with the food that WIC provided for him. These services were great for a growing family," Mandy said.

Rolette County Health's Sarah Senger said the upcoming event will benefit families experiencing all kinds of needs, not just for moms but for grandparents and guardians.

"People do not always know what resources are out in the communities and we want to bring a variety of agencies together to give families information on the programs, contact numbers, and getting to know the faces of the people that are working at the agencies," Senger said.

Two of Michelle Pays' four children have taken part in services of-



Taylor, far left, and Raynee, far right, Gottbreht with their twins, Peyton and Parker, who will soon have a new sibling. (Photo courtesy of Leslie Ostreim Photography)

helped my kids a lot," Pays said. Since she's expecting another child, Michelle is looking forward to the community baby's shower.

expecting another child. They are grateful of the services Rolette County does have, but they also have other ideas.

"I think the services at the moment that Rolette County provides are great but sometimes I wish more services would be accessible to the working families as some of us just fall short of income qualifications, but still can benefit from all the services," Mandy said. She mentioned pregnancy support for single moms and breast feeding groups are also

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Renae Henderson, Rolette County Public Health

options for more support.

Raynee had thoughts along similar lines, saying that new parent classes could be "very beneficial."

Henderson said the coaltion's upcoming community baby shower will

highlight "a tremendous amount of programs" available to new and expecting moms.

The event will also offer up door prizes, as well as a station for immunizations for all ages.

The county health nurse said a highlight prize is a beautiful ribbon skirt/shirt outfit made by and donated by Bonnie Nadeau, who works for Anne Carlson Early Intervention.

"Keeping with the baby shower theme, there will will be cake and refreshments, donated by local businesses," Henderson said. "We hope to have a great turnout and make it yearly event."

Mandy is already looking forward to the shower and digging into the resources that will be available.

"Pregnancy is something that isn't always exciting as there are many issues that arise during pregnancy for mom and baby so just information on what to look for - good and bad - is nice to have," she said.



"It was a good experience and it

All three of these mothers are now

fered by an early intervention program. She said the agency provided many key services to help them grow and communicate their needs.

ANNUAL SCHOOL BOARD ELECTION NOTICE THREE OPENINGS **ON DUNSEITH** SCHOOL BOARD

The Business Manager of the Dunseith School Board, has announced that there will be (3) three positions open on the board. One position is available for a three-year term from the Willow Lake, Gilbert, Holmes Township, one position is also available for a three-year term from the Hillside-Russell Township, and one position is available for a three-year term from the city of Dunseith Township. Prospective candidates shall reside in the areas that they represent. All candidates of the Dunseith School District #1 shall be voted upon by the district at large.

Anyone who is 18 years of age and resided in the Dunseith School District #1 for at least 30 days is entitled to vote and/or file as a candidate in the school election.

The Annual School Board Election will be held June 10, 2024.

The Polls will be open at 11:00 a.m., Central Daylight Savings Time, and will close at 7:00 p.m., Central Daylight Savings time.

The election will be held at the Dunseith CTE Center.

Absentee ballots will be available at the Business Office located at the Dunseith CTE Center during regular business hours, 8:00 a.m. through 4:00 p.m. beginning May 26, 2024, through June 9, 2024, and on Saturday May 3, 2024 from 8:00 a.m. through 4:00 p.m., CST.

Rolette County Wellness Coalition COMMUNITY BABY SHOWER Thursday, April 3, 2025 2-6 P.M. **EAGLE HEART LOG HOUSE** DUNSEITH, ND (9710 Highway 281, Dunseith)

Join us to celebrate pregnant and new moms with community resource, raffles, give aways, and light refreshments.





