

CHISAGO CONNECT

Connecting Your Community, While Protecting Your Health

NEWSLETTER

THE MONTHLY NEWSLETTER OF CHISAGO COUNTY PUBLIC HEALTH



February 2023 ISSUE 30

For current updates on Coronavirus (COVID-19) please visit:

[Chisago County COVID-19 Data Dashboard](#)
[Chisago County Public Health Facebook](#)



Heart Health

Why experts say a good mood can lead to good health | American Heart Association.

It doesn't take a scientist to understand that laughter feels good, while anger feels awful. But it does take one to explain why one of these feelings can boost the immune system, while the other can wear it down, damage the heart and increase the risk for dementia. Simply put: "Mood can influence your health," said Dr. Erin Michos, director of Women's Cardiovascular Health at Johns Hopkins School of Medicine in Baltimore. Negative emotions – including anger, hostility and pessimism – are linked to a higher risk of heart disease and lower chance of recovery from events such as heart attacks, as well as poorer cognitive health. Conversely, a growing body of research shows feelings such as happiness, optimism, gratitude, a sense of purpose, well-being or satisfaction in life lead to better heart and brain health.



Check out this article from the American Heart Association to learn more.

[Why experts say a good mood can lead to good health | American Heart Association](#)

Public Health Happenings:

- WE ARE HIRING! Chisago County Public Health is hiring for a Maternal Child Health Family Home Visiting Nurse. This position provides in-depth health assessments and education centered on pregnancy, postpartum, breastfeeding and parenting issues and concerns. Using nursing process and assessment develops an individualized plan of care to facilitate services related to children's growth and development while supporting their caregivers. **The application closes February 3rd, 2023, so click [here](#) check out the Chisago County website to apply today.**
- Our next MAPP meeting will be held on March 2nd, 2023, from 1-3pm. During this time, we will be reviewing the data from the Community Health Assessment and analyzing the effects in our community. Stay tuned for a full report of that data.
- The Public Health Department is in the process of applying for Accreditation. The process of accreditation helps shape the department and develop/reassess quality improvement measures, and plans. We look forward to using this process to help our organization grow.

February National Childrens Dental Awareness Month

National Childrens Dental Health Month | American Dental Association (ada.org)

On the first Thursday of each month, at the North Branch Health & Human Services building, Children's Dental Services offers dental care for all ages. Children's Dental Services is a non-profit dental clinic that accepts all forms of insurance and also offers free & reduced cost care based on income. Services provided include exams, x-rays, cleanings, fillings, sealants, fluoride application, crowns, extractions and oral health education. Children's Dental Services will work with families to help them apply for insurance or discounted care. Payment plans are available when necessary. Appointments can be scheduled by calling: 612-746-1530.



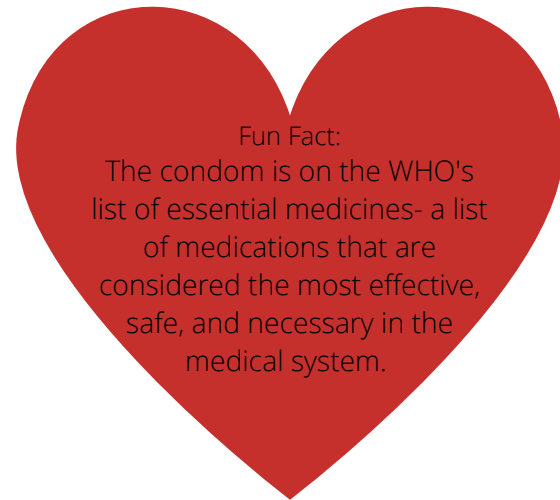
2023 Dates for Services:

February 2nd
March 2nd
April 6th
May 4th
June 1st
July 6th
August 3rd
September 7th
October 5th
November 2nd
December 7th



International Condom Day- February 13th 2023

- Chisago County Public Health offers free male and female condoms!
- Condoms are practical, easy to carry, and are the most affordable way to prevent HIV, other sexually transmitted infections (STIs), and unplanned pregnancies.
- Check the expiration date! Expired condoms can break easily and cause accidents. It's better to be safe than safe sorry, so make sure to only use condoms within the expiration date.
- The rates of STI's remains at near historically high levels in Minnesota, with increases in reported cases of chlamydia, gonorrhea, and syphilis. Many STI's have no signs and symptoms, and sometimes the symptoms go away but the STI is still present. If left untreated, STI's can lead to complications such as infertility in men and women, pregnancy complications and pelvic inflammatory disease in women.



PROGRAM SPOTLIGHT- SHIP

Does your organization have a need for a lactation room (now or in the future)? Do you have a designated space for lactation, but no furnishings to make a pumping mother comfortable? Do you need assistance in identifying a space for lactation within your building? Do you have a policy and system in place to help new moms feel successful in continuing to feed their baby after returning to work? If any of these questions generated any curiosity, SHIP can assist you with these projects.

To connect with the SHIP Team, please email:
Elizabeth Stenson (SHIP Coordinator) – Elizabeth.stenson@chisagocountymn.gov
Mackenzie Halfen (Community Health Specialist) – Mackenzie.halfen@chisagocountymn.gov



PUBLIC HEALTH RECOGNITION

A big shout out, and huge thank you to The Baby Blanket of Lindstrom, MN for supporting families in our community. The Baby Blanket is a face-to-face, hands-on outreach program designed to support parents and children with basic needs. The Baby Blanket has supported so many WIC clients and other families in the community. We have heard great testimonials from several foster parents, and others helping moms fleeing domestic situations, who are often coming with very few clothes and limited supplies, and the Baby Blanket has been warm, welcoming and awesome in meeting their needs.

This month the Boutique is open: Thursdays from 9:30 am to 12:30 pm and Saturdays from 9:30 am to 12:30 pm.

Check out their website [HERE](#) for more information:

