Not So Yearly Resolutions ......

Have you started your resolutions for the New Year? Quit Tobacco Products, Eat Healthier, Lose Weight, and Exercise More. Sound Familiar? Although these are great goals to help us form new habits for a healthier lifestyle, they sometimes can be very hard to achieve.

*How about taking a different approach in 2018?* Try adding some of these positive ideas into your list for the New Year!

**Clean Bill of Health**
- Establish a primary care physician if you don’t already have one. Review yearly recommendations for your age group.
- Focus on annual or bi-annual recommended appointments you have been putting off such as:
  - Mammogram/Prostate
  - Colonoscopy
  - Update Immunizations
  - STD/HIV Testing
- Schedule your 6 month dental cleaning/check up.
- See your Optometrist for your yearly eye exam.

**Focus on Reducing Stress**
- Get a massage once a month.
- Take a vacation – we all get caught up in the chaos of everyday life. Be sure to use that vacation time you have been banking.
- Pay down your credit card debt or start saving just a dollar a day.
- Spend more quality time with your family and surround yourself with positive relationships. Try contacting old acquaintances whether by phone or Facebook.
- Identify 3 things your grateful for each day. Write them down.
- Consider strengthening your spirituality.
- Volunteer.

**Get Organized**
- Find an attorney that specializes in estate planning and write your will.
- Make sure your beneficiaries are up to date on your life insurance plans.
- Meet with a funeral home and start thinking about costs and arrangements.
- Contact your primary care physician and hospital of choice to review your options for a living will.
- Create an emergency binder with important passwords, bank accounts, all insurance policies you carry, safe deposit box locations, a list of properties you own and all investment companies you work with.

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What’s New at FDHU

**WELCOME**

Vicky Jones  
Nursing Administrative Assistant
Jackie Cenis  
WIC-Minot AFB & McHenry Co.

**COMING EVENTS**

**Food Safety Class**  
*Minot Office*  
Dec. 5 & 6, Jan. 2 & 3 and Feb. 6 & 7

**Kick Start Tobacco Quit Class**  
*Minot Office*  
Jan. 18 and Feb. 15  
*Towner - Feb. 6*

**Car Seat Check**  
*Minot Office*  
Dec. 12 - *Ryan Chevrolet, Minot*  
Jan. 9 - *Ryan GMC/Buick/Cadillac, Minot*

**Breastfeeding Class**  
*Minot Office*  
Dec. 20, Jan. 17, and Feb. 21

**Take Back Day**  
*Minot Office*  
Dec. 12, Jan. 9

For details and more local events, click “Calendar” at [www.fdhu.org](http://www.fdhu.org)

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**National Prescription Drug Take Back Day**

**Thursday, Jan. 18, 2018**  
**12pm-7pm**

**First District Health Unit**  
**801 11th Ave SW**  
**Minot, ND**

Too often, unused prescription drugs find their way into the wrong hands. That’s dangerous and often tragic. Clean out your medicine cabinets and turn in safely and anonymously.
Smart phones have become as common as a cold these days, with the vast majority of people between 13 and 65 carrying one. They are useful in so many ways—including improving your health. If you want to quit smoking, monitor your blood sugar, be reminded to take your medication on time, or track your food intake or exercise, you can find an app to help you. The majority of smart phones use either an Apple or Android operating system, and both offer thousands of health-related applications. Apps can remind you that it’s time to get up and move around a bit, measure your heart rate and connect you with your support people. If you have a New Year’s Resolution, consider your smart phone one of your partners in reaching your goal.

When a Resolution isn't Enough

Sometimes making a change takes more than just resolve. Some changes are more challenging than others, but with the right tools and some support, you can do it! You can increase your chance of success by joining a group of others who have been through it. Groups like Alcoholics Anonymous (AA) and Narcotics Anonymous (NA) are available throughout the area, and they’re filled with people who know what it’s like, what worked for them, and what pitfalls to avoid.

Finding a meeting is easy—visit AA on the web at www.aanorthdakota.org, and NA at www.na.org. In addition to meeting information, you can find online groups that link you to others who will help support you. The first step can be the hardest, but you don’t have to take it alone!

Are you struggling or know someone who is?

CALL 2-1-1
MINOT AREA RESOURCES

Alcohol/Substance Abuse  Medication Assistance
Domestic Violence  Food Pantries
Emergency Shelter  Prepared Meals
Employment  Advocacy
Housing  County Social Services
Rent/Utility Assistance  Thrift Stores
Legal Assistance  Transportation Assistance
Medical/Dental Services  Veteran Resources

WWW.MYFIRSTLINK.ORG

For more info, contact:
Bottineau County: Bottineau  228-3101
Burke County: Bowbells  377-2316
McHenry County: Towner  537-5732
McLean County: Garrison  463-2641
Washburn  462-3330
Renville County: Mohall  756-6383
Sheridan County: McClusky  363-2506
Ward County: Kenmare  385-4328
Minot  852-1376

1.800.Quit.Now

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