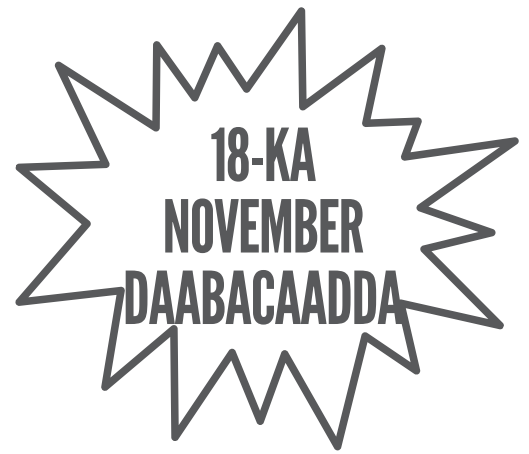




LIVE WAR



WARGEYSKAAGA TODDOBAADLAHA AH EE KU SAABSAN LIVEWELL FINNEY COUNTY!

LABA KURSI OO CUSUB OO NAASNUUJIN AH OO IMANAYA DEGMADA FINNEY

Labo kursi oo cusub oo naasnuujin ah ayaa imaanaya Degmada Finney, waxaana mahada iska leh dadaalka Kooxda Waxqabadka Sinaanta Caafimaadka Deegaanka (LHEAT). Hadda oo ay ku jirto sannadkii labaad ee wada shaqaynta Xarunta Caafimaadka KU ee Jinsiga iyo Qaababka Qowmiyadeed ee deeqda Caafimaadka Bulshada (REACH), LHEAT waxay diiradda saartaa siyaasadda iyo horumarinta deegaanka ee kor u qaada dhaqdhaqaaqa Jirka, Cunista Caafimaadka leh, iyo naasnuujinta.

Fadhiyadani waxay siin doonaan meel hadh leh, oo raaxo leh waalidiinta si ay u quudiyaan ilmahooda oo ay ku jiraan xarun beddelaad habboon. Kursi kastaa wuxuu sidoo kale muujin doonaa calaamado wata macluumaadka naasnuujinta waxtarka leh iyo faahfaahinta ilaha deegaanka. Raadi macluumaad dheeraad ah isla marka ugu dhakhsaha badan ee kuraasta la rakibo!

LHEAT waxay ku kulmaan Arbacada labaad ee bil kasta duhurkii fasalka B ee Isbitaalka St. Catherine. Waxaan kugu martiqaadeynaa inaad nagu soo biirto taageeridda horumarinta bulshadan muhiimka ah!



XASUUSIN!

NAGALA SOCO BARAHA BULSHADA!



Follow Us

DHACDOOYINKA SOO SOCDA

Codsiyada LIEAP waxay furan yihiin
Noofambar 18 Kulanka Isbahaysiga -
Noofambar 19 Xafiiska Waa Loo Xidhay Mahad-
celinta Dawooyinka ee Bilaashka ah ee
Bulshada - Diseembar 2 LHEAT- Diseembar 11

Naloxone available at LiveWell Finney County!

Naloxone is a life-saving medication that can rapidly reverse the effects of an opioid overdose, restoring normal breathing and potentially saving lives. LiveWell Finney County offers free Naloxone and provides training sessions for groups on how to safely administer it, empowering our community to respond effectively in emergencies. For more information or to schedule a training, please contact LiveWell Finney County.

NEWS TO SHARE?

Email us at
LiveWellFinneyCounty@gmail.com

LOW INCOME ENERGY ASSISTANCE PROGRAM

APPLICATIONS ACCEPTED
NOVEMBER 18, 2024 THROUGH
MARCH 31, 2025

QUALIFYING HOUSEHOLDS MUST:

- NOT EXCEED HOUSEHOLD INCOME LIMITS
- BE PERSONALLY RESPONSIBLE FOR THE HEATING FUEL COSTS PAYABLE TO EITHER THE LANDLORD, UTILITY COMPANY OR FUEL VENDOR

VISIT DCF AT
1710 PALACE DRIVE OR
CALL 1-888-369-4777 FOR
MORE INFORMATION

FACT:

November is national diabetes month. Nearly 98 million adults in the U.S. have prediabetes — and many don't realize it. National Diabetes Month offers an opportunity to spotlight this critical public health issue and inspire people to take charge of their health.

NOVEMBER 21

The Great American Smokeout: It's Time to Quit!

Quitting smoking is one of the most important steps you can take for your health, and the benefits are life-changing!

- Increases life expectancy
- Lowers the risk of 12 types of cancer
- Reduces the risk of cardiovascular disease

This Great American Smokeout, take a moment to learn about the powerful benefits of quitting smoking and how it can transform your life. It's never too late to make a healthy change!

Together, we can build a healthier, smoke-free future.

ST. CATHERINE HOSPITAL SOUP CONTEST

Thursday, November 21, 2024, from 11am to 1:30pm in classrooms A&B. Proceeds to benefit Charles O Stones Intermediate Center and Garden City Achieve's Non-perishable Food, Hygiene and Supply Closets. (please bring a hygiene donation)

\$5 for soup, water and dessert.

There is hope.



988 SUICIDE & CRISIS
LIFELINE

PEP22-08-03-011

LiveWell
Finney County
Health Coalition



Naloxone ayaa laga heli karaa Degmadda LiveWell Finney!

Naloxone waa dawo nafta badbaadisa oo si degdeg ah u beddeli karta saamaynta xad-dhaafka ah ee opioid, soo celinta neefsashada caadiga ah iyo badbaadada nolosha. Degmadda LiveWell Finney waxay bixisaa Naloxone lacag-la'aan ah waxayna siisaa casharro tababarro ah oo loogu talagalay kooxaha sida si badbaado leh loo maamulo, taasoo awood u siinaysa bulshadeena inay si wax ku ool ah uga jawaabto xaaladaha degdegga ah. Wixii macluumaad dheeraad ah ama si aad u ballansato tababar, fadlan la xidhiidh LiveWell Finney County.

WARARKA LA WADAAGAYO?

Noogu soo dir emailka
LiveWellFinneyCounty@gmail.com

BARNAAMIJKA CAAWINTA TAMARTA DAKHLIGA HOOSE

CODSIYADA WAA LA AQBALAY
NOOFAMBAR 18, 2024 ILLAA
MAARSO 31, 2025

QOYSASKA U QALMA WAA INAY:

- AAN DHAAFIN XADKA DAKHLIGA QOYSKA
- SHAKHSI AHAAN MASUUL KA NOQO KHARASHKA SHIDAALKA KULULAYNTA EE AY BIXINAYAAN MULKIILAHA, SHIRKADDA TAMARTA AMA IIBIYAHA SHIDAALKA

BOOQO DCF AT
1710 PALACE DRIVE AMA WAC
1-888-369-4777 WIXII
MACLUUMAAD DHEERAAD AH

XAQIIQDA:

Nofeembar waa bisha sonkorowga qaranka. Ku dhawaad 98 milyan oo qaangaar ah oo ku nool Mareykanka ayaa qaba cudurka macaanka - qaar badanna ma oga. Bisha Sonkorowga Qaranka waxa ay bixisaa fursad lagu iftiimiyo arrintan caafimaadka bulshada ee muhiimka ah oo lagu dhiirigaliyo dadka inay masuul ka noqdaan caafimaadkooda.

NOVEMBER 21

Smokeout-ka Weyn ee Ameerika: Waa waqtigii la joojin lahaa!

Joojinta sigaar cabista waa mid ka mid ah tillaabooyinka ugu muhiimsan ee aad u qaadi karto caafimaadkaaga, faa'iidooyinkuna waa kuwo nolosha beddela!

- Waxay kordhisaa rajada nolosha
- Waxay hoos u dhigtaa halista 12 nooc oo kansar ah
- Waxay yaraynaysaa khatarta cudurada wadnaha iyo xididada

Smokeout-ka Mareykanka ee Weyn, qaado daqiiqad si aad wax uga ogaato faa'iidooyinka xoogga leh ee joojinta sigaarka iyo sida ay u beddeli karto noloshaada. Marna aad daah uma aha in la sameeyo isbeddel caafimaad leh!

Si wada jir ah, waxaan u dhisi karnaa mustaqbal caafimaad qaba oo aan sigaar cabbin.

TARTANKA MARAQA EE ISBITAALKA ST. CATHERINE

Khamiis, Noofambar 21, 2024, laga bilaabo 11 subaxnimo ilaa 1:30 galabnimo gudaha fasalada A&B. U gudub si aad uga faa'iidaysato Xarunta Dhexe ee Charles O Stones iyo Garden City Achieve's Achieve's Food, Nadaafadda iyo Qolalka Supply ee Aan Kharribanayn. (fadlan keen tabaruaad nadaafadeed)

\$5 maraq, biyo iyo macmacaan.

There is hope.



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