



PartnerSHIP 4 Health
Charting a course for good health

PartnerSHIP 4 Health

January 2015
e-news

www.partnerSHIP4health.org



Dear Gina, welcome to the PartnerSHIP 4 Health e-newsletter. We hope you enjoy these exciting updates!

Shovel Dilworth: Adopt a Sidewalk

Need an excuse to get outside and enjoy the winter? Shoveling can be a fun outdoor activity during the winter months.

PartnerSHIP 4 Health has an opportunity for you to adopt a Dilworth sidewalk to shovel. As you keep walkways, bus stops, and fire hydrants snow-free, you can also enjoy the great outdoors.

A Place For Hope becomes a Place for Health

A Place For Hope provides a safe, enriching, and supportive environment for adults living with a serious and persistent mental illness or serious mental illness. In collaboration with PartnerSHIP 4 Health, it is making a fresh start in 2015 with a new name, a new mission, and a new goal to promote healthier lifestyles among their members.

PartnerSHIP 4 Health helped A Place For Hope develop several new initiatives to teach members about healthy eating and portion sizes, active living, and tobacco-free living. A Place For Hope is excited to continue helping their members improve their overall wellness.

To read more about A Place For Hope's success, [click here](#).



Volunteer to shovel and get a chance to win a cash prize!

For more information, [click here](#).

**TOBACCO-FREE
4 HEALTH**

MN Legislative Session Has Started!

Reducing tobacco's harm remains our focus this legislative session. We aim to:

1. Protect current tobacco related laws
2. Assess opportunities to regulate electronic cigarettes
3. Share new data on tobacco use in Minnesota
4. Restrict the sale of flavored tobacco products

Together we can reduce tobacco use and make Minnesota an even healthier place to live!

Healthy Child Care Provider Leads Healthy Children

From February to May of 2014, child care provider Darcy Barry participated in *ChildcareAlive!*, a program furnished through PartnerSHIP 4 Health. *ChildcareAlive!* provides entertaining lessons for children, helpful tips and recipes for parents, and valuable resources for child care providers. Barry now offers a new variety of healthy foods to the children in her child care and provides parents with helpful resources to maintain healthy lifestyles at home.

Barry found *ChildcareAlive!* to be a complete success, as the healthier changes not only had an impact on the children, but on Barry's health as well!

To read more about Barry's experience with *ChildcareAlive!*, [click here](#).

Where Our Future Grows



The West Center Regional Juvenile Center (WCRJC) in Moorhead, MN, teamed up with PartnerSHIP 4 Health to review and address recreational programming, nutritional opportunities, and overall wellness at their facility.

As a result, WCRJC developed a culture focused on youth involvement rather than competition so that youth now focus on exercise, skill building, and self-esteem.

WCRJC created on-site gardens to increase healthy eating opportunities. Youth built garden frames and cultivated produce from the planting stage to the harvesting stage.

To find out how you can become more involved or to stay up to date on this legislative session, contact Corey Ernst at corey_ernst@co.clay.mn.us

or

218-299-5063

Clearway, MN funds the work of Tobacco-Free 4 Health

They also learned how to use the produce in recipes such as fresh salsa.

According to the Director at WCRJC, the changes made at the center increased the confidence levels of their youth. WCRJC believes their collaboration with PartnerSHIP 4 Health empowered them to better equip the youth for success in the community following the completion of their programs.

[Click here](#) to learn more about the changes made at WCRJC.

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