



PartnerSHIP 4 Health

Charting a course for good health

Welcome to the April PartnerSHIP 4 Health e-newsletter. In this edition you will find information on:

- Ringdahl EMS pedaling its way to improve the health of its employees and the public
- Traffic Skills 101 Bicycle Training to be offered in Fergus Falls May 16 & 17
- Bike rodeos being held across the region
- Community bike rides scheduled in Fergus Falls to promote national bike month
- Dr. Jill Williams back by popular demand
- The truth about e-cigarettes
- New tobacco free best practice policy for human service organizations

Bike Rodeo Schedule

Click on each community to learn more

[Detroit Lakes](#)

April 26th
9:30-11:30a
Kent Freeman Arena

[Fergus Falls](#)

April 26th
10a-1pm
YMCA

[Perham](#)

May 7th
3:30-5:30pm
Boys & Girls Club

[Breckenridge](#)

May 14th
4-6pm
OSPTI

[Henning](#)

May 18
1-3pm Fairground

[Barnesville](#)

June 3, 6:30pm
Library



proud sponsor of bike rodeos in Otter Tail County

TOBACCO-FREE 4 HEALTH

On April 4th Tobacco-Free 4 Health and Fargo-Cass Public Health held a community meeting titled,

"What in the World is an Electronic Cigarette?"

The meeting outlined that e-cigs are not a safe alternative to smoking and not proven to be an effective cessation tool. There was also a focus on marketing these products at youth.



Are you interested in holding similar meeting?? Contact Keely Ihry at 218-299-7180 keely.ihry@co.clay.mn.us

PartnerSHIP 4 Health along with NAMI (National Alliance for Mental Illness) recently developed a Tobacco-free Best Practice Policy.

If you are interested in seeing this policy or implementing it in your organization. Please let us know!

Contact Corey Ernst Corey.ernst@co.clay.mn.us 218-299-5063

Ringdahl EMS Pedaling to Improve Health

A split second can mean the difference in saving a life or timely attendance to a serious medical crisis. Few would think that biking could play a serious role in making that difference.

However, bicycling to work and using bicycles as a regular part of their ambulance service has recently become institutionalized as the way that Ringdahl EMS Ambulance in Fergus Falls, MN does business.



[Learn more](#)

May National Bike Month

In celebration of National Bike Month Fergus Falls is sponsoring a community bike ride series. Residents are encouraged to bike with area leaders throughout the month. Find the schedule [here](#)



Traffic Safety 101 training to be held in Fergus Falls

On May 16th & 17th Fergus Falls will serve as host to the **Traffic Skills 101 Class**. This traffic skills course gives cyclists the confidence they need to ride safely and legally in traffic or on a trail. The course covers bicycle safety checks, fixing a flat, bike sills and crash avoidance techniques. This fast-paced, 9 hour course prepares cyclists for a full understand of vehicular cycling.



Tuition is \$50, but PartnerSHIP 4 Health is willing to reimburse the \$50 for anyone who registers for the class and passes the class, provided that they live, work, or attend school in Becker, Clay, Otter Tail, or Wilkin Counties. Anyone interested in the tuition reimbursement should contact Patrick Hollister at patrick.hollister@co.clay.mn.us or 218-328-1809.

[Register here](#)



Dr. Jill Williams

On March 31st and April 1st Dr. Jill Williams of the Robert Wood Johnson Medical School provided a training on the topics of *Tobacco Use and Recovery Among Individuals with Mental Illness or Addiction* and *Working with Low Motivated Smokers using the Learning about Healthy Living Approach*.

During the 1st day of training Dr. Williams made the case of the importance and responsibilities of professionals to promote a tobacco-free lifestyle for smokers with mental illness.

The 2nd day of training focused on implementing the *Learning about Healthy Living Approach*. This wellness-based group treatment approach allows for organizations to facilitate a tobacco-free lifestyle class for mental health consumers with different levels of motivation.

Follow-up is being done with all organizations who attended this training to see what organizations are planning to do with the information provided and if there are additional resources needed to implement what was learned.

Questions?? Contact Keely Ihry at 218-299-7180 or keely.ihry@co.clay.mn.us