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January 2013

PartnerSHIP 4 Health

e-newsletter

www.partnerSHIP4Health.org



Dear Keely,

Welcome to this month's PartnerSHIP 4 Health e-newsletter.

Highlights include:

Cities working on "Bike Friendly" status
Ecumen develops breastfeeding room while supporting Mary's House
Fruit vending supports healthy eating in the workplace
Sanford Health in Detroit Lakes, Perham and Pelican Rapids become certified in Health Care Homes
Online Local Foods College starts January 22nd
Farm to Cafeteria workshop to be held February 4th

Sanford Health in Detroit Lakes, Perham and Pelican Rapids become certified in Health Care Homes

Health Care Homes is an approach to primary care in which primary care providers, families and patients work in partnership to improve health outcomes and quality of life for individuals with chronic health conditions and disabilities.

Cities working towards Bike Friendly status

In partnership with Bicycle Alliance of MN, PS4H sponsored a series of community meetings to promote the benefits that cities can have by being a bike friendly community. Meetings were held in Frazee and Fergus Falls in December.

From these meetings city officials and local residents are coming together to work on advancing biking promotion and infrastructure by applying for Bike Friendly status with the League of American Bicyclists. Applications are due each year in either February or July.

"The purpose is to promote cycling as something that is safe and can help communities," said local certified cycling instructor David Sanderson. "As a former physician, I see a lot of health benefits in cycling."

The comprehensive application process looks at the five basic criteria, known as the "five Es" - Engineering, Education, Encouragement, Enforcement and Evaluation.

To date only 216 communities nationwide have met this prestigious recognition but that is not stopping community members to rally together to move their communities forward.



Participate in the online **Local Foods College and learn to build a resilient local foods system**

Session topics include: Beyond the Soil Survey Book, Efficient Irrigation, Weed Suppression and Control, Seeds and Seed Selection, Business Planning, Working Together for a Regional Food Hub, Preservation, and Farmers' Markets and Merchandising

Learn more or register...



Farm to Cafeteria workshop to be held February 4th in Mahanomen, MN

Click here

Even if communities do not meet the criteria they still are winners because the League of American Bicyclists will make detailed recommendations on how to become eligible in the future. The recommendations provide a roadmap for cities to work on to become recognized as Bike Friendly Communities.

Could your employer do this?

Fruit vending is a simple, effective and low cost investment strategy to improve healthy eating opportunities for employees in the work place. During this past year PartnerSHIP 4 Health has helped organizations get started with this concept. Many wellness committees direct & promote the service.

[View a sample vending contract](#)

Contact Dana Rieth at drieth@lcs.org for more information



Ecumen a leader in women's health

The health and nutritional status of mothers and infants are directly linked, making breast feeding a critical first step in supporting improved health for mom and baby. Ecumen Detroit Lakes, a leader in senior housing, recently implemented a breastfeeding room for employees.

"We are pleased to be able to make this space available for our working mothers who still want to breast feed", says Jennifer

**for information on
the workshop**

**Click here to view
local food growers
in the region..**

Farm to Cafeteria aims to build strong communities, healthy people and resilient local farms. The workshop is designed to create strong partnerships between growers and buyers and increase capacity for local food purchases by institutions.

Klabunde, Human Resources Director. "We are pleased that our employees are using the space for this important purpose. It's one simple step we can make as an employer to support the health of families".

Ecumen Detoit Lakes is going beyond just supporting their own employees in unique ways; recently they used the breast feeding room to hold a baby shower for Mary's Place, a non-profit agency serving women and children in the area. One good deed follows another as toys, clothes, diapers and much needed baby supplies were collected. Thank you Ecumen Detroit Lakes for being a champion for community health.



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