

## PartnerSHIP4 Health

*Charting a course for good health*

# PartnerSHIP4 Health

November 2013

e-newsletter

[www.partnerSHIP4Health.org](http://www.partnerSHIP4Health.org)



Dear Keely,

- Bike fleets to support cycling to better health
- DL Schools making it easy to take physical activity breaks in the classroom
- Employers learning best practices in second PS4H collaborative
- New ClearWay Minnesota ad aimed at protecting children from secondhand smoke
- Perham Schools modeling the importance of active students
- PioneerCare makes a commitment to local whole foods

### Detroit Lakes leading the way with Jammin' Minutes

Detroit Lakes Schools is leading the way with Active Classrooms. So much so that they have produced 50 supporting Jammin Minute videos for teachers to easily access.

[Click here to view the videos](#)

ClearWay  
MINNESOTA

**Secondhand smoke is still a problem**

### Bike Fleets Roll Out

PS4H has partnered with 4 school districts to host a bike fleet for school and community use.

The first fleet was delivered to Fergus Falls School District on November 15th. Schools will implement the use of the bike fleets in their Physical Education Department but also in other classes, for field trips, athletic training and other creative opportunities. The schools will make the bike fleet available to other neighboring schools and for use by community groups. Stay tuned as more details become available.

[Fergus Falls Press Release](#)

[View new Clearway TV ad aimed at protecting children](#)

A focus for us this year is supporting policies that protect youth from the dangers of secondhand smoke.

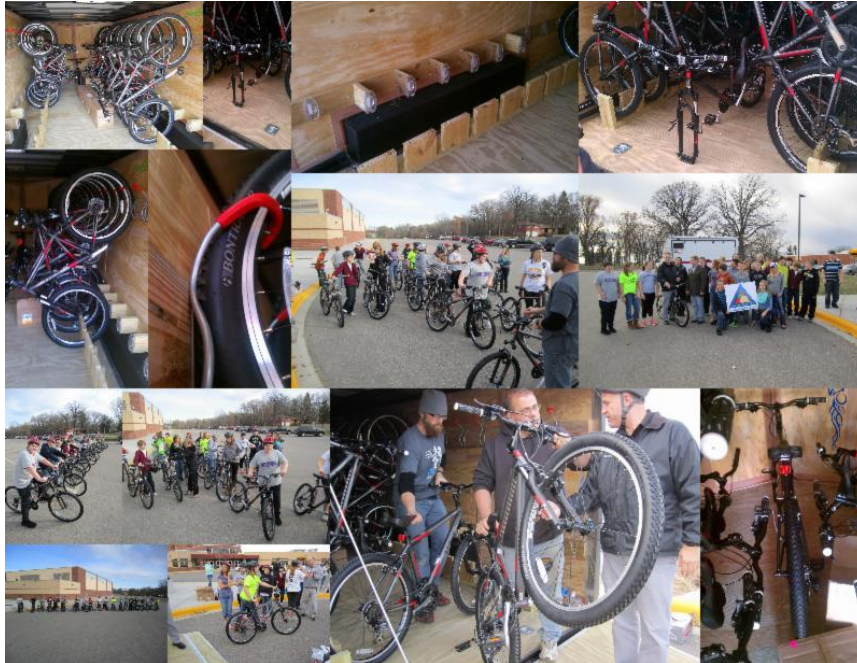
**International Walk to School Day (IWSD) becomes annual celebration in Perham**

In our last e-newsletter we omitted Perham by mistake in our IWSD article. Perham School District has been a tremendous example of how using a bit of creativity such as a remote drop site can involve all students in walking to school. State Representative Bud Nornes and his wife Joyce handed out apples to students as they finished their walk.

[View Perham Focus article](#)

[View pictures from the event](#)

Perham is known widely throughout the region for their commitment to



**Worksite Wellness Collaborative Starts**

Worksite wellness initiatives are becoming increasingly popular as employers find ways to help contain the cost of rising health insurance and retain happy and productive employees. Employers are seeing the value of implementing evidenced based wellness initiatives with the help of PS4H. A new collaborative began November 6th, 2013. The collaborative features 16 organizations who will meet with a variety of health experts over the next 12 months to develop a comprehensive worksite wellness initiative tailored to their own organization's needs.

[View current roster of organizations participating](#)

If you are interested in participating in the collaborative in the future contact: Karen Nitzkowski at knitzkowski@gmail.com

LaVerne Moltzan, Human Resource Director for Midwest Bank of Detroit Lakes was a recent participant in the collaborative. Her organization recently held a Fall Fitness Challenge for employees. The following is a quote from one of the employees participating.

"This is great! I have always done some form of exercise but I have not made a point of doing it everyday. If I did not feel like it, I would just skip it and not even feel guilty about skipping. But after this great incentive to exercise everyday I am making a point of continuing to do it every day. I am thankful that Midwest Bank cares enough about their employees to encourage them to lead healthier life styles. Thanks"

integrating physical activity in the school day. Way to go **Yellow Jackets.**



## **PioneerCare focused on local foods**

PioneerCare has been active in strengthening the Fergus Falls Farmers Market, improving connections between institutional buyers and growers, and growing some of their own foods on site. Read about their inspiring story.

**[Click here to learn more](#)**