

Dear Gina,
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February 2018 E-Newsletter

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Save the date! February 12

Fellowship of the Fresh!

Regional Farmers' Market Gathering sponsored by PartnerSHIP 4 Health.

The purpose of this gathering is to network with community partners and other Farmers Markets in the region to discover creative ways to strengthen and grow your Farmers Market!



- **Community Efforts to Make a Farmers Market Successful** – Making a Farmers Market successful is a community wide effort! Jesse Davis, Grand Rapids Farmers Market & Minnesota Farmers Market Association, will share innovative examples of collaboration between business, local government, nonprofits, and food access champions.
- **SNAP/EBT/WIC at the Farmers Market**- Taking SNAP/EBT (formerly known as food stamps) at the Farmers Market not only increases access to fresh seasonal produce for community members from all income levels, it also boosts the local farm economy, which means more consumer dollars remain in the community. The staffing and infrastructure needed to sustain EBT can be challenging. Can we work together (collaboratively) to find a solution to make this easier for everyone!
- **"Local Eats"** – Similar to Blue Apron or Hello Fresh, Local Eats is a meal box equipped with all the ingredients you need to make a meal with a local food spin. Each box is filled with seasonal fresh ingredients sourced from local growers, chef inspired recipes, step by step video instructions and calorie and nutrition facts!

Details at a Glance

What: Farmers Market Gathering
When: Monday, February 12 at 10:00 a.m. – Lunch will be served!
Where: Perham Health –St. James Room
1000 Coney Street West, Perham MN

To help with meal planning, please RSVP by Wednesday, February 7:

Janet Lindberg
jlindber@co.ottertail.mn.us
218-998-8334
PartnerSHIP 4 Health



PartnerSHIP 4 Health's 2017 Worksite Wellness Partners

Vector Windows Supports Healthy Employees

Vector Windows, a vinyl window manufacturer located in Fergus Falls, joined the 2017 PartnerSHIP 4 Health (PS4H) worksite wellness collaborative and used the experience to reinvigorate their wellness committee and make progress in promoting a tobacco-free environment, increasing access to healthy food options, and offering breastfeeding support. "We are so appreciative for the tools and education PS4H has been able to provide us over the last year," states Vector Windows representative Hannah Watkins. "They have been able to give us a new level of organization to our wellness efforts. We all look forward to seeing the continued wellness success here at Vector Windows."

[Read More](#)

3rd Annual Community Health & Wellness Summit Tuesday, FEBRUARY 20, 2018



Planning From the Future
Tuesday **Feb 20**

7:45 am - 4:00 pm
First Lutheran Church
912 Lake Ave, Detroit Lakes, MN

*No RSVP is required for this FREE event

You won't want to miss this! This year, we'll inspire you with "Planning From the Future"-Yes, from the future!

Bemidji State President Emeritus, Jim Bensen, a renowned expert on visionary and innovative thinking, will energize us to move our communities forward. You'll also:

- Get results of the 2017 Becker County Health Needs Assessment
- Learn what is currently happening to improve health and wellbeing
- Engage in discussion about how you can help build a better community

Consider bringing a donation item to support local community needs:

- Small laundry baskets
- Dish soap: smaller size
- Toilet paper: 4 pack
- Small cooking pots
- Kleenex boxes
- Laundry detergent

Who should attend this event:

- Community leaders including schools, worksites, health care professionals, services clubs, social services, faith community, and community health professionals looking to help make the healthy choice the easy choice throughout the community.
- Community members of all ages who are passionate about making the healthy choice the easy choice for themselves, their families, and our community.

Presented by:

Becker County
energize



Family HealthCare (FHC), a family-oriented primary care clinic and federally qualified health center (FQHC) in Fargo-Moorhead, participated in the 2015-2016 Workplace Wellness Collaborative. FHC provides a variety of services including medical, dental, optometry, lifestyle medicine, pharmacy, physical therapy, vision services, and lab/x-ray. Diane Jones, Human Resources Director, says that FHC joined PartnerSHIP 4 Health's worksite wellness collaborative, "to get more ideas and information about wellness programs from other organizations that would help us to enhance our organization's program." Promoting physical health has been a key part of the workplace wellness program. FHC has a gym that is open to employees, 24 hours a day, 7 days a week, free of charge. They have also increased access to healthy foods via healthier vending options.

Read More

Healthy Schools Summit


March 21 2018


Dakota Medical Foundation, Fargo
www.ndseec.com | FREE to attend

Ready, set, let's ACTIVATE!

Let's activate with a line-up of ND and MN regional and local success stories and find out how they are making a healthy difference in the lives of students!



<p>Scott Taylor Dan Nelson Principal & Behavior Interventionist Park Brook Elementary Osseo, MN School District</p>	<p>Julia Dinsmore Poverty Storyteller</p>	<p>Tim Lutz Supt. Kelliher, MN Public Schools</p>
<p>Breakout Sessions:</p>	<p>Healthy Eating Alternative breakfast models Increasing participation & decreasing waste Food allergies</p>	<p>Physical Activity Active classrooms Recess Before & after school time</p>
<p>Systems Healthy fundraising Wellness policy implementation Staff Wellness</p>		

[Click Here to Register](#)



Day at the Capitol Thursday, March 22, 2018 St. Paul, MN

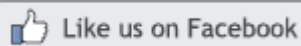
Join us in St. Paul for a day of education and advocacy.

- Meet inspiring tobacco control advocates from around the state
- Train to be an effective grassroots advocate
- Meet with your legislators and share how policies can create a smoke-free generation such as:
 - Raising the tobacco age to 21
 - Funding tobacco prevention and cessation programs
 - Restricting menthol, fruit and candy flavored tobacco products
 - Keeping the price of tobacco high to prevent kids from starting to smoke and help current smokers quit

We will start our day at 8:30 at the Minnesota History Center and move to the Capitol grounds in the afternoon. If you are interested, please contact Jason McCoy at jason.mccoy@co.clay.mn.us or 218-230-5389.

Like and Review PartnerSHIP 4 Health on Facebook

Have you checked out our Facebook page? It's a great way to learn more about PartnerSHIP 4 Health's work across Becker, Clay, Otter Tail, and Wilkin Counties. Like what we do? Leave a review to help others find out who we are!



PartnerSHIP 4 Health is supported by the Minnesota Department of Health through the Statewide Health Improvement Partnership (SHIP). To learn more about SHIP and its work across the state, click the logo to the right!



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