

Dear Gina,
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June 2018 E-Newsletter

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It is with great sadness that we share that our dear Gina Nolte died on June 9th after a courageous battle with cancer.

Gina was instrumental in creating the foundation for PartnerSHIP 4 Health when the Statewide Health



Improvement Partnership was formed in 2009. She remained a critical component to any success our project had.

She has truly impacted us all in profound ways.

She was a collaborative style leader who brought out the best in all of us. She was a wonderful encourager, creative thinker, and inspired each one of us to reach our fullest potential.

She always placed your needs above hers and was a willing listener.

She had a servant's heart and a passion to make life better for those experiencing health inequities.

Her leadership and gentle spirit will be missed by all who knew her.

–The PartnerSHIP 4 Health Team

Three Fergus Falls Businesses Receive Bike-Friendly Status



Congratulations to Union Pizza, Appert Insurance, and Lake Region Healthcare for being recognized as Bike-Friendly Businesses in the latest round of announcements from the League of American Bicyclists! Union Pizza and Appert Insurance received the award for the first time, both at the Silver level. Lake Region Healthcare successfully renewed their existing Silver level award. The Bike-Friendly Business program recognizes businesses and workplaces that make an effort to support and encourage biking for their employees, customers, and the general public.

[Click Here for Coverage from the Fergus Falls Daily Journal](#)



Minnesota GreenCorps Member Applications Available

PS4H is proud to announce that we have been designated as a Minnesota GreenCorps host site for fall 2018–spring 2019, our fourth term of service. The new GreenCorps member will work on projects designed to increase physical activity and decrease harmful emissions by encouraging more biking and walking in our communities. Applications for this and other GreenCorps positions are now available and are due June 18th.

[Click Here for More Details and Application Materials](#)

A vertical poster for the 'Streetsalive!' event. The background is a vibrant magenta. At the top left, the dates 'June 24' and 'August 26' are written in white. The center features a colorful silhouette illustration of a diverse group of people: a person pushing a stroller, a person on a bicycle, a person walking, and a person on a skateboard. Below the illustration, the word 'Streetsalive!' is written in a large, white, sans-serif font, with 'alive!' in a bright green color. Underneath the title, the text 'Sundays noon—5pm. Free for everyone.' is written in white. Further down, a paragraph in white text describes the event: 'Our community's open street event: downtown streets are closed to motor vehicles and open to walking, biking, wheeling, skateboarding - all forms of human transportation!'. To the right of this paragraph are three small social media icons (Facebook, Twitter, Instagram) and the website 'fmstreetsalive.org'. At the bottom of the poster, the word 'SPONSORS' is written in small white capital letters.

City of Moorhead | City of Fargo
Ball State Bank & Trust | The YMCA of Cass and Clay Counties | Blue Cross Blue Shield of North Dakota | Red River Zoo
West Acres Shopping Center | TNT Kids Fitness | High Plains Reader | Spotlight Media

Highlights From the Eliminating Health Disparities Initiative



EHDI Health Screening

The Eliminating Health Disparities Initiative (EHDI), led by the New American Consortium's Maryann Allen, is a targeted effort to start narrowing the health disparities gap by providing culturally appropriate programs to communities most impacted by health disparities. Under this initiative we work primarily with Africans/African Americans in Moorhead and Pelican Rapids with a primary focus on

reducing the risk factors that lead to Diabetes and Heart Disease & Stroke. Here are some current program highlights:

Health Screenings

- Screened 93 New Americans to date
- Screenings include Blood Glucose, Cholesterol, Blood Pressure, and BMI
- 7 community partners: Family Healthcare, Clay county WIC, Community Health Services, Inc., U of M Extension, NDSU Nursing Department, NDSU Pharmacy Student Association, and Adult Basic Education Moorhead

Diabetes Prevention Program (DPP)

- 8 participants in Somali Class at Moorhead Adult Basic Education
- 6 participants in Kirundi class at New American Consortium
- Arabic class starting soon

Community Health Worker

- Aline Muhimpundu completed 1 year of course learning, obtained her Community Health Worker Certification, and is currently teaching DPP classes

[Click Here to Learn More About EHDI](#)



OSPTI staff prepared a healthy meal with NDSCS students

OSPTI Advances Community, Patient, Employee Wellness

Orthopedic & Sports Physical Therapy Inc. (OSPTI) in Breckenridge is well-known locally as a supporter of community active living initiatives. But not everyone knows that they also promote wellness for their employees and patients. While the common narrative is that small businesses don't have the capacity to take on the challenge of worksite wellness efforts, OSPTI's seven-member wellness committee (Almost one third of their employees) shows what a small worksite can accomplish. As a past member of a PartnerSHIP 4 Health (PS4H) worksite wellness collaborative, they are a great example of a creative and active wellness committee.

With funding from PS4H, OSPTI purchased multiple pieces of wellness-focused equipment that can be used by employees and patients, such as a blender for making healthy snacks. They also partnered with the North Dakota State College of Science (NDSCS) Culinary Club to host a healthy meal event for their employees. After working with the group to develop five different healthy recipes that use ingredients from the nearby Twin Towns Gardeners' Market, wellness committee members visited the market to purchase the ingredients. Then they prepared, cooked, and served the five recipes. The committee offers these events to give employees the tools to make sustainable healthy eating changes. OSPTI is also utilizing green space next to their building to construct raised garden beds for growing vegetables. Produce harvested will be shared among employees, and staff hope to engage their younger patients in gardening therapy.

"PartnerSHIP 4 Health has been a wonderful partner and contact to work with," reports Shawn Krause-Roberts, President & CEO of OSPTI. "We have enjoyed the healthy improvements within our workplace setting for employees and in turn our patients. We look forward to working with PartnerSHIP 4 Health in the future!"

[Read More](#)



All participants will receive a medal and be entered for a chance to win a new bike!
 WE WILL HAVE BIKES & HELMETS AVAILABLE TO USE IF YOU DO NOT OWN ONE!

BIKE HELMETS ARE MANDATORY

QUESTIONS?

CALL 218-346-2526

**FREE
EVENT!**

COURSE DESCRIPTIONS:

ages 3-5
 FUN RUN LAP
 1 MILE BIKE RIDE

ages 6-8
 1/2 MILE RUN
 2 MILE BIKE RIDE

ages 9-12
 1 MILE RUN
 3.5 MILE BIKE RIDE

FRIDAY, JUNE 29TH AT ARVIG PARK
 REGISTRATION & BIKE INSPECTION BEGIN AT 5PM - RACE BEGINS AT 6PM

open to participants ages 3-12

Additional sponsors include:

- KLN Family Brands
- Perham Health
- Perham Lions Club
- Arvig
- Murdock's Ace Hardware
- SafeKids

Minnesota Higher Education Bike Forum



BikeMN will host the first ever Minnesota Higher Education Bike Forum on June 28th in St. Cloud. This is an opportunity for students and staff from Minnesota's colleges and universities to learn more about how to make campuses more bike friendly. Follow the link below to find out more and register for the event.

Date/Time

Thu, June 28, 2018
10:00 AM – 3:00 PM

Location

St. Cloud State University Atwood Memorial Center
6th St S, St Cloud, MN 56301
St. Cloud, MN 56301

Please contact Kate Matusinec with any questions: kate@bikemn.org

[More Info and Registration](#)

Diabetes Prevention Program Lifestyle Coach Training

Date: September 11–12th, 9am–5pm

Location: Lakes Country Service Cooperative
1001 E. Mount Faith, Fergus Falls, MN 56537
218–737–6502 (direct–dial)
www.lcsc.org

Are you or one of your staff interested in becoming a Lifestyle Coach for the Diabetes Prevention Program? The next local training opportunity will be September 11–12th in Fergus Falls.

- The training includes coffee and water all day, light healthy breakfast, a healthy lunch, and a light healthy snack both days.
- There is **NO CHARGE** to attend. Maximum of 12 participants. **Registration deadline is August 14, 2018**

- This training is being sponsored by PartnerSHIP 4 Health and is funded by the MN Department of Health and the Centers for Disease Control and Prevention.
- The Diabetes Prevention Program is a yearlong program. Each Diabetes Prevention class lasts for at least one hour. Lifestyle Coaches will need time for class preparation, tracker input and data entry. Most Lifestyle Coaches spend 3–4 hours per week on the program. Please make sure that your supervisor is aware of these responsibilities.

[Click Here to Register](#)

When asked for the SHIP Coordinator Name please enter "Kelsie Tucholke" and when asked for the date of contact, please put the date that you emailed Kelsie to let her know that your organization plans to offer the DPP.

Please contact Kelsie Tucholke with any questions about this training opportunity.

Contact: Kelsie Tucholke, kelsie.tucholke@co.clay.mn.us, 218-299-7206

Should I Talk to My Teen About Vaping?



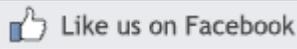
For the first time since 2000, overall youth tobacco use has increased in Minnesota. The rapid uptake of e-cigarettes and other vaping devices has suddenly reversed a trend of declining teen tobacco use in Minnesota, and recent data show one in five high school students use e-cigarettes, a nearly 50 percent increase since 2014.

E-cigarettes are battery-powered devices that allow users to inhale, or vape, aerosolized liquid (e-juice). E-cigarettes, "vapes", vape or hookah pens, e-pipes, and other vaping products recently surpassed conventional cigarettes as the most commonly used tobacco product among youth, so it is critical that public health officials and the general public understand their potential risks. Nearly all e-cigarettes contain nicotine. Nicotine is highly addictive and can harm the developing adolescent brain. Because the brain is still developing until about age 25, youth and young adult exposure to nicotine can lead to addiction and disrupt attention and learning. No amount of nicotine is safe for youth.

[Should You Talk to Your Teen About Vaping? Click Here](#)

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!



PartnerSHIP 4 Health | www.partnership4health.org

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