



## November 2019 E-Newsletter

**In This Issue:** Find a local diabetes prevention class, register for a CookWell class, read a success story about The Williams Company Store, learn about worksite wellness successes and opportunities, and hear an update from our GreensCorps member.

[Visit our Website](#)

## November is National Diabetes Month

November is National Diabetes Month, and prevention and early detection of Type 2 Diabetes is key to preventing other health complications. One in three people have prediabetes, but 90% of them are unaware. Diabetes prevention classes have proven to be a successful way to help clients prevent diabetes, but also live healthier lives.

There are several diabetes prevention classes being offered in our service area. Please share this list! To see the full press release, [CLICK HERE](#).

**1** OUT OF **3** U.S. ADULTS  
HAS **PREDIABETES,**  
ONLY **10% KNOW**  
THEY HAVE IT.

### Perham

Perham Health Classes Starting Week of January 6, 2020  
Contact: Colleen Bauck, [Colleen.bauck@sanfordhealth.org](mailto:Colleen.bauck@sanfordhealth.org), 218-347-1236

Ottertail Clinic (105 Otter Dr, Ottertail) Mondays beginning January 6, 5:00 - 6:00 pm

PACC (620 3rd Ave SE, Perham) Tuesdays beginning January 7, 7:00-8:00 am

New York Mills Clinic (20 W Centennial 84 Dr, New York Mills) Tuesdays beginning January 7, 4 - 5 pm

Perham Health Clinic (1000 Coney St W, Perham): Wednesdays beginning January 8, 10:30-11:30 am, 2:30-3:30 pm and 4:30-5:30 pm

### Fergus Falls

YMCA 1164 Friberg Ave): Wednesdays beginning January 8, 10:30 am  
Contact: Stacey Vaughn, [stacey@fergusfallsymca.org](mailto:stacey@fergusfallsymca.org), 218-739-4489

Lake Region Healthcare: Mondays beginning January 13<sup>th</sup> (evening), and April 2020  
Contact: Natalie Knutson: [NKnutson@lrhc.org](mailto:NKnutson@lrhc.org), 218-736-8451

### Breckenridge/Wahpeton

Classes will begin early in 2020  
Contact: Ronda Gripentrog, [ronda.gripentrog@ndsu.edu](mailto:ronda.gripentrog@ndsu.edu), 701-642-7793

### Fargo/ Moorhead

Classes will begin early in 2020  
Contact: Nikki Johnson, [nikki.a.johnson@ndsu.edu](mailto:nikki.a.johnson@ndsu.edu), 701-231-5165

### **Pelican Rapids**

Sanford Health Class

Contact: Rita Cowie, [rita.cowie@sanfordhealth.org](mailto:rita.cowie@sanfordhealth.org), 218-863-6132

The Welcome Place (class started in October)

Contact: Jackie Larson, [larsonjb@umn.edu](mailto:larsonjb@umn.edu), 218-998-8760

### **Becker, Clay, Otter Tail and Wilkin Counties**

If interested in hosting a class, contact Sara Van Offelen, [vanof001@umn.edu](mailto:vanof001@umn.edu), 218-234-8926

## Upcoming Events

**CookWell with The Williams Company Store**  
**Monday, November 11 5:30 - 7 pm**  
**YMCA, Fergus Falls**

There is still room in next week's CookWell class! The Williams Company Store & Deli of Ottertail, MN will be showcasing some of their breakfast and grab-and-go specialties including two fruit / veggie smoothies, overnight cold oatmeal, and yogurt parfaits.

CookWell is a healthy cooking class series hosted by the Fergus Falls YMCA in cooperation with EatWell restaurant partners, PartnerSHIP 4 Health, and Meadow Farm Foods. The classes are taught by the restaurant chefs / owners of the participating restaurant. Class participants gain practical kitchen skills, help prepare the meal, eat together, and take home recipes. Sign up today with a friend and join the fun!

Call the Fergus Falls YMCA at 218-739-4489 to register. \$10 for YMCA members, \$15 for potential members.

**Also: read the success story on The Williams Company Store below!!**



**What: Tropical Green Smoothie, Otter-ly Berry-ful Smoothie, Cold Oats and Yogurt Parfaits**

**Who: The Williams Company Store & Deli**

**When: Monday, November 11th 5:30– 7:00PM**

**Where: Fergus Falls YMCA**

**Cost: \$10 Members \$15 Potential Members**

**Registration Required-call (218) 739-4489**

Come whip up some yummy breakfast and snack ideas with Dan and Marnie Whitehead from The Williams Company Store & Deli in Ottertail. They make food healthy, fun and beautiful! You will get to help prepare ingredients, eat a meal together, and take home all the recipes. Invite a friend and sign up today.

*\*The Williams Company Store & Deli is part of the CookWell initiative.*



**Fergus Falls Area  
Family YMCA**

## Success Story: The Williams Company Store



How often do you see fresh fruits and vegetables on restaurant menus in rural Minnesota? Dan and Marnie Whitehead, owners and managers of The Williams Company Store & Deli in Ottertail, Minn. have found their partnership with the EatWell initiative to help their menu stand out amongst the fried food venues commonly found in small towns.

The Williams Company Store & Deli occupies the town's original downtown general store selling unique gift shop items, while also operating a small deli and espresso bar. They have a loyal local following, but also rely on business from summer tourists.

PartnerSHIP 4 Health started working with The Williams Company Store in the fall of 2017, with

the primary goal of incorporating more fruits and vegetables into their current menu. By assessing the store environment and available resources, recipes were identified that would complement their store and menu. Menu revisions resulted in adding overnight steel cut oats (cold and hot), yogurt parfaits with fresh fruit, whole fruit and vegetable smoothies, sides of fresh cut veggies and lowfat cottage cheese, summer grab-and-go, and new salads. The store also began to partner with Buehler's Produce, a farm also in Ottertail, to incorporate local foods into their recipes.



[Read Entire Success Story HERE](#)

## 2019 Worksite Wellness Collaborative Wrap Up

Our 2019 Worksite Wellness Learning Collaborative has wrapped up! Participating businesses this year included Community Health Service, Compassion Care, Essentia Health Cancer Center, Leighton Broadcasting, MnDOT District 4, MSUM, Northern Contours, PioneerCare, and Twin Town Villa.



Learn how your organization can develop or energize a wellness program to invest in the health of your employees. For more information about this year's accomplishments [CLICK HERE](#).

To learn more or to participate in the 2020 program, contact Karen Nitzkowski at [knitzkowski@gmail.com](mailto:knitzkowski@gmail.com) or 701-371-9644.

## GreenCorps Update





This October, Katie took part in a Walkable Communities Workshop in Fergus Falls. As part of the workshop, which was facilitated by the Minnesota Department of Health, community members and planners discussed the benefits of walkable communities, the current barriers to walking in Fergus Falls, and specific improvements the town could make. Participants in the workshop also walked through the community and shared their experiences as pedestrians. Katie was glad to be a part of this important step in increasing walkability in Fergus Falls.

PartnerSHIP 4 Health (PS4H) is part of Becker, Clay, Otter Tail, and Wilkin County public health and 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 below.

