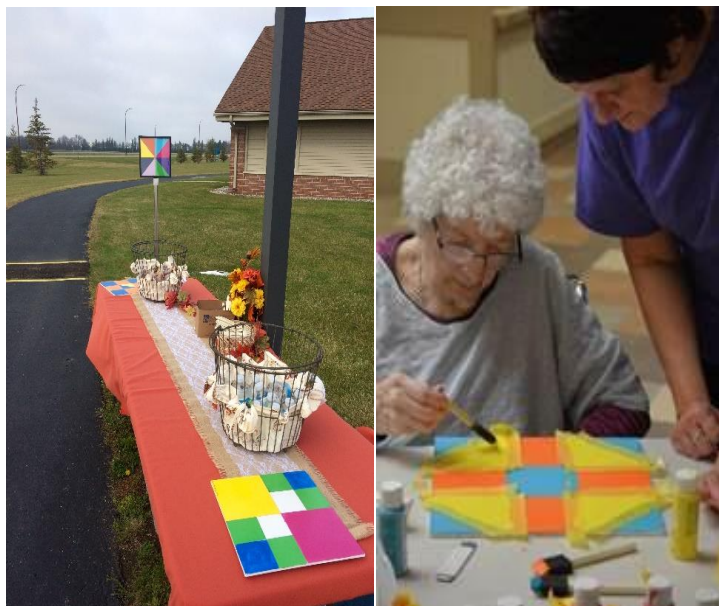


Artfully Promoting Health



St. Francis Nursing Home Residents Painting Barn Quilts

Did you know that art that integrates physical activity promotes physical and mental health? Art4Health, a collaborative effort between PartnerSHIP 4 Health and Springboard for the Arts, aims to do just that by engaging artists and community leaders across Becker, Clay, Otter Tail, and Wilkin counties.

Art4Health kicked off in the spring of 2016 with a creative placemaking workshop in each of the four counties. These workshops focused on using arts and culture to address community issues such as low levels of physical activity or minimal awareness of mental well-being. Attendees learned about regional health concerns and community engagement through art, and were then eligible to apply for up to \$1500 provided by the Surdna Foundation in support of integrating the arts with preventative health.

Projects taking place across the four-county area

Approximately 60 community members attended the Art4Health workshops, and 13 creative placemaking projects were approved in Detroit Lakes, Battle Lake, Fergus Falls, Perham, Breckenridge, and Moorhead. As of January 2017, ten projects have been completed, with approximately 500 community participants engaged to-date. Organizations that received funding

for creative placemaking projects include the Boys & Girls Club of Detroit Lakes, Ecumen of Detroit Lakes, DanceBARN in Battle Lake, Lakes and Prairies Community Action in Moorhead, Kirkbride Park in Fergus Falls, and the Detroit Lakes Community and Cultural Center.

The St. Francis Nursing Home (Catholic Health Initiatives) in Breckenridge was the site of one creative placemaking project. Residents had the opportunity to learn barn quilting. Artist Mary Jo Schmid of Crooked Lane Farms taught residents to paint pieces of wood to resemble quilt squares. The completed squares were placed along the campus' outdoor walking path. Residents, visitors, and staff follow the outdoor path to view the artwork, and at the same time engage in physical activity. The art pieces will be interchanged periodically with new pieces to keep the public engaged. "Once St. Francis created permanent installation sites along the walking path they took barn quilting to a new level," said Michele Anderson, Springboard for the Arts Rural Program Director.

Stay tuned to PartnerSHIP 4 Health's social media and e-newsletter for stories about how this and other Art4Health projects positively impact the health of our communities.

To learn more about Springboard for the Arts, please visit <http://springboardforthearts.org>

To learn more about PartnerSHIP 4 Health, local public health and community partners in Becker, Clay, Otter Tail and Wilkin counties, please visit <http://partnership4health.org>

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