



PartnerSHIP 4 Health

Charting a course for good health

PartnerSHIP 4 Health

September 2013

e-newsletter

www.partnerSHIP4Health.org



Dear Keely,

- Arts Organizer to bring a unique perspective to the work of PS4H
- Fergus Falls students expand leadership opportunities through FU2P60
- Dr. Rob Anda to speak on Adverse Childhood Experiences
- Breastfeeding supports leading to increased rates
- Area schools primed to participate in International Walk to School Day October 9th
- PS4H names Jason Bergstrand as Manager

Dr. Rob Anda to address Adverse Childhood Experiences

For over two decades, research through the Centers for Disease Control has been conducted on the correlation between Adverse Childhood Experiences (ACEs) and their lifelong effect on adults. Dr. Anda will speak on the research behind the ACE study, how we can prevent those experiences from happening and what can be done to help those who have experienced adverse situations.

[For more registration information click here](#)

Event to be held Friday, October 4th in Moorhead

Breastfeeding Duration Rates Increasing

Through the efforts of Leslie Anderson, PS4H has been hard at work to increase support for women breastfeeding. Leslie has been partnering directly with employers and health organizations to increase more consistent messaging and improved environmental space for women to breastfeed and these strategies are paying dividends.

[Read more](#)

Fergus Falls Students Lead by Example

The Fuel Up to Play 60 program was initiated in the Fergus Falls School District in 2012/2013 by Linda Bowhall, Katherine Enderson of Fergus Falls School and Kristin Erickson of PS4H. The District saw many improvements to their school wellness environment by none greater than students stepping forward to lead by example.

[Read more](#)

[View short video](#)

Springboard for the Arts

**International
Walk to School
Day to be
celebrated
October 9th**

**Walking and biking to
and from school is
one of the best ways
for children to stay
active.**

**PS4H is partnering
with area schools to
help bring this very
message home. Each
school operates the
event a little
differently but as a
celebration to bring
awareness to the
health benefits
of being active.**

Springboard for the Arts and PartnerSHIP 4 Health proudly announce that **Heather Zinger** will serve in the new role of Arts Organizer. Springboard for the Arts has recently seen great success in connecting other artists in the direct work of various community organizations.

This position is the first of its kind to be paired with a public health organization and the only position that serves outside the Minneapolis/St. Paul metro area. Funding for this position is being supported through the Surdna Foundation of New York.

Heather most recently has been working as an Artist in Residence at the Roger Maris Cancer Center. Heather brings many unique skills and talents that will be used to integrate the use of the arts with preventative health.

Heather's day to day work will be overseen by PartnerSHIP 4 Health.

Watch for some dynamic & innovative ways of carrying out the preventative health message of PS4H.

**Dana Reith receives
School Nutrition Specialist credentials**

The SNS Credential is a mark of excellence and achievement that reflects what it takes to manage school nutrition programs in today's challenging climate. The SNS Credentialing Exam evaluates candidates' knowledge and skills required to perform specific job activities related to managing or directing school nutrition programs. Only 1,300 people across the U.S. have achieved this particular status. Dana will use what she learned to help area schools reach even greater nutritional standards throughout their food environments.

**PartnerSHIP 4 Health welcomes Jason Bergstrand as Manager
Jason brings previous experience to the position and is poised to lead our partnering
communities in reaching new heights in preventative health**