

Dear Gina,

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## April 2018 E-Newsletter

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Employees prepare for healthy snack taste-testing

## ComDel Innovation Worksite Wellness Momentum

It's easy to see why ComDel Innovation employees are choosing healthy snacks in the breakroom—they helped select them! As a past member of the PartnerSHIP 4 Health (PS4H) worksite wellness collaborative, this local manufacturing firm received funding to hold a taste testing event and conduct a survey on employee purchasing practices and preferences for healthy vending options. Vegetable juices, yogurt, granola bars, and nuts were all available for sampling. Over 90 employees participated, and many expressed interest in other options such as whole wheat crackers, fresh vegetables, and hard-boiled eggs. Based on employee feedback, the wellness team is working with their vending supplier to stock the breakroom with healthy vending options.

One of ComDel Innovation's most successful initiatives has been offering "I CAN Prevent Diabetes," the local Diabetes Prevention Program, to employees and community members. Each class runs for 12 months and impacts 12–15 people. ComDel Innovation recently started their sixth class. "Through PartnerSHIP 4 Health, we've continued to offer the National Diabetes Prevention Program at ComDel Innovation on-site," said Karen Viger, ComDel Innovation's Occupational Health Nurse. "It's been amazingly received in this community. We just had a biometric screening at ComDel Innovation and we had four employees who signed up through that, so that's just another amazing opportunity for them. It's all been possible through the support of PartnerSHIP 4 Health and we really have appreciated that support."

[Read More](#)

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## It's Bike Rodeo Season!

Each spring PartnerSHIP 4 Health supports bike rodeos in many of the communities we serve.



Bike rodeos are bicycle safety events designed to teach kids basic bike handling and safety skills. Check out the event information below to bring your kids or volunteer!

### Fergus Falls

Friday, April 20th

4:30–6:30pm

Fergus Falls Area Family YMCA

### Detroit Lakes

Saturday, April 28th

9:30–11:30am

Kent Freeman Arena

### Henning

Tuesday, May 15th

5:00–7:00pm

Landmark Center

### Ottertail

Saturday, May 19th

2:00–3:00pm

Ottertail Community Center

## Prediabetes

*It's real, it's common, it's REVERSIBLE!*

Join us for a special event to learn how you can contribute to keeping employees with prediabetes from progressing to type 2 diabetes, leading to a healthier, happier workforce, lower health care costs, and increased productivity!

#### WHEN:

April 23, 2018  
11 a.m.-12:30 p.m. (lunch provided!)

#### WHERE:

Lakes Country Service Cooperative  
1001 E. Mt. Faith  
Fergus Falls, MN 56537



*Special guests from the Minnesota Department of Health and the Minnesota Health Action Group will be on hand to share best practices about diabetes prevention, and to help you accelerate healthy changes at your organization.*

*You want your employees to be their healthy best; we want to help you stop diabetes in its tracks.*

**Register for the event today! | April 23**

### DID YOU KNOW...

▶ **One in three** of your employees has prediabetes and **90 percent** of them don't know it?

▶ In just the last **five years**, the number of Americans with diabetes has increased by a steep **27 percent**?

▶ People without chronic disease have about **\$1,560** in health care expenses per year...which jumps to **\$16,779** per year for people with diabetes with diagnosed comorbidities?



**PartnerSHIP 4 Health**

To register, visit: <https://www.eventbrite.com/e/prediabetes-luncheon-tickets-44595332841>

[Click Here to Register](#)

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## Women/Trans/Femme LCI Seminar Hosted by BikeMN

This LCI Seminar is the first in Minnesota to create a dedicated space for women, including individuals who identify as trans, as well as/or non-binary, gender-nonconforming, and intersex. [Please register here.](#)

This seminar will be led by three women coaches with assistance from women LCIs. Our Minnesota Coach team is comprised of two men and two women who are planning this seminar with a national woman coach. All instruction and assistance will be provided by women/ trans/ femme individuals. One module "working with BikeMN and the League" will be presented by CJ Lindor, BikeMN's Education Coordinator, who identifies as male. Read this for a full description of the League Cycling Instructor training seminar and this to understand expectations and course objectives. (Required reading before class.)

Scholarships are available. [Click here to fill out the application.](#)

[Read More](#)

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## One Vegetable, One Community 2018

One Vegetable One Community is a community-wide event sponsored by University of Minnesota Extension encouraging residents to plant and grow their own food!

Each individual community chooses a vegetable of the year and area partners such as 4-H groups, student groups or volunteer organizations put together seed packets to be dispersed community-wide. Seed packets include seeds to grow, nutrition information for the vegetable, and a recipe or tip/trick to using the vegetable.

PartnerSHIP 4 Health's communities include:

Breckenridge: Carrots

Fergus Falls: "The Three Sisters" (Corn, dried beans and squash)

Pelican Rapids: Swiss chard

Detroit Lakes: Snap peas

[Check out One Vegetable, One Community on Facebook for more information!](#)

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Follow us on Twitter! @CobberBike

And Facebook! Cobber Riverside Bike Ride

## Cobber Riverside Bike Ride

Did you know that Fargo/Moorhead has over 200 miles of bike trails? Start your spring off right and hop on a bike!

### Sunday, April 15

- Gather at 2:00. Bike ride starts at 2:30 by the Integrated Science Center on Concordia Campus.
- Family Friendly Event so children are welcome!
- Discover some of Fargo/Moorhead's great trails while getting a workout!

No bike? NO PROBLEM! Rent one of our provided bikes for free with a photo ID.



## Day at the Capitol 2018: A Student's Perspective

I had the privilege to participate in the Day on the Capitol made available through Clearway MN.

As tobacco prevention advocates we had an opportunity to meet with various representatives which was enjoyable and a great experience. We met with representatives Paul Marquart, Ben Lien, and Kent Eken. We shared our desire to see the newly introduced Tobacco 21 bill get a hearing. I enjoyed hearing the position of each representative, which was mostly in favor of the T21 Bill. As a student it was a



great experience to converse with our elected representatives and to voice our passions and beliefs. It proved the importance to try and take advantage of our citizen abilities and rights to voice what we stand for.

Overall, the day at the capitol event went very well from my perspective. The day was well organized and stayed direct to the mission. It was a mission all attendees have been invested in, and it was inspiring to see such a crowd come together in support of something greater than themselves. As a college student it was an experience that was worthwhile and will serve as a purpose to stay involved and passionate about legislation.

Taylor Vonderharr, Concordia College '18

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## You're Invited to Perham's Bikeable Community Workshop!

The workshop is part of an effort to make our community more bike-friendly and is presented by the Minnesota Departments of Health and Transportation and the Bicycle Alliance of Minnesota.

Wednesday, May 9, 2018, from 9 a.m. to 3 p.m.  
St. James Conference Room  
Perham Health  
1000 W Coney St. Perham, MN 56573

We believe you can help us develop realistic strategies to make our community a safe and more pleasant place to bike, and thereby, improve the health of all residents. At the workshop, we will learn more about successful bike design, safety, education, enforcement, and encouragement. We will relate these concepts specifically to the community by studying a bike route during the workshop. A bike audit of this area will help us understand and identify obstacles to biking and suggest potential short-term and long-term solutions. To learn more about the Bikeable Community Workshop [click here](#).

Please wear comfortable shoes and clothing suitable for the weather. Also, bring along a bicycle and helmet to participate in the mobile workshop portion—a leisurely paced [3–5] mile bike ride in small groups highlighting bicycle facilities and opportunities.

We hope you will be able to participate in this valuable workshop. Please contact Maggie Fresonke at (218) 347-1887 or [maggie.fresonke@perhamhealth.org](mailto:maggie.fresonke@perhamhealth.org) with questions.

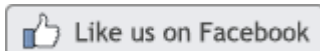
Please register for this workshop using the following link by April 19, 2018:

[Click Here to Register](#)

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## 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!



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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](http://www.partnership4health.org)

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Clay County Public Health, 715 11th Street North, Suite 303, Moorhead, MN 56560

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