

Dear Jason,

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July 2018 E-Newsletter

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In this issue:

[Worksites Support Healthy Babies and Healthy Moms](#)

[Breastfeeding Friendly Workplace Applications Due August 15](#)

[StreetsAlive 2018 is Here!](#)

[SNAP/EBT Accepted at Local Farmers Markets](#)

[Healthy Cooking Series at Fergus Falls YMCA](#)

[Diabetes Prevention Program Lifestyle Coach Training](#)

[Otter Tail County Tobacco 21 Public Hearing](#)

Worksites Support Healthy Babies and Healthy Moms

Did you know that there are benefits to breastfeeding for both mothers and babies? Breastfeeding mothers reduce their risk of breast cancer, ovarian cancer, and diabetes, and reduce their babies' risk of ear and respiratory infections, diarrhea, asthma and obesity. A growing number of employers are trying to help breastfeeding moms continue



Mothers' room upgrades at
Fergus Falls Public Schools

to do so once they return to work. To advance these efforts, PartnerSHIP 4 Health (PS4H) integrates breastfeeding support into its Worksite Wellness initiative. The incentive for businesses is clear: Supporting breastfeeding at work can provide as much as a 3:1 return on investment as a result of reduced healthcare costs, reduced employee absenteeism related to healthier babies, lower turnover, and higher productivity.

The PS4H Golden Start Breastfeeding Initiative offers worksite wellness partners assistance with selecting an appropriate space for a mothers' room, drafting a lactation policy, and securing funding for comfortable chairs, small refrigerators and signage. Jen Kohorst, Fergus Falls Public Schools District Nurse, championed these improvements in the Fergus Falls Schools. "Through the help of PartnerSHIP 4 Health, we were able to update our mother's rooms, making them cozy and comfortable for nursing/pumping moms," she reports. "In areas with ever-changing pumping room locations, we also were able to create 'on the go' pumping bags, helping make any area pumping friendly. PS4H made the process seamless and helped me every step of the way, from applying for the grant to connecting me with a local lactation consultant. We are thrilled with the new updates and very thankful for the assistance and grant PS4H provided."

[Read More](#)

Breastfeeding Friendly Workplace Applications Due Aug. 15



August is National Breastfeeding Month, and that means it's time to submit your applications for the Minnesota Department of Health's Breastfeeding Friendly Workplace program. The program is free of charge, and recognizes workplaces that show a commitment to supporting breastfeeding mothers at work. Being recognized can help promote your business in the community, show that you care about healthy employees and families, and can have real benefits for your bottom line. The application process is simple and rewarding! Click the button below to learn more about the program from the Minnesota Department of Health's website.

[Click Here to Learn More About the Program](#)

June 24
August 26



Streets**alive**!

Sundays noon—5pm. Free for everyone.

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!



fmstreetsalive.org

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SNAP/EBT Accepted at Local Farmers Markets

Farmers markets across the region are committed to making fresh, nutritious and locally grown foods available for all people, including SNAP/EBT shoppers. There are a wide array of products considered to be allowable purchases at farmers markets including fresh fruits and vegetables, meat, fish, eggs, jams/jellies, honey/maple products, baked goods and seeds/plants to grow food.

As an added incentive, farmers markets physically located in Minnesota have the option to participate in the Market Bucks program through Hunger Solutions. Market Bucks allow SNAP shoppers to expand their purchasing power and make healthy foods more affordable by matching SNAP/EBT spending dollar-for-dollar (up to \$10 per market visit). The Fergus Falls, Detroit Lakes and Moorhead farmers markets all participate in this valuable incentive program.

Fergus Falls Farmers Market

- 1110 W Lincoln Ave Fergus Falls, MN 56537
- Wed 2–5:30pm and Saturday 9am–1pm

Detroit Lakes Farmers Market

- Located at People's Park, 1310 Phinney Ave Detroit Lakes, MN 56501
- Tuesday & Saturday 10am–1pm

Moorhead Farmers Market

- Located at Moorhead Center Mall Parking Lot, 510 Center Ave Moorhead, MN
- Tuesdays 3:30–6:30 pm

Twin Town Gardeners Market – Breckenridge/Wahpeton

- Located at corner of 2nd Ave North and 8th St North Wahpeton, ND 58075

- Thursdays 4–7pm
 - Not eligible for Market Bucks program
-



What: Black Bean, Roasted Sweet Potato & Quinoa Tacos with Avocado Crema

Who: The Fabled Farmer

When: Wednesday, July 18th 6:00– 7:30PM

Where: Fergus Falls YMCA

Cost: \$10 Members \$15 Potential Members, Registration Required.

Come and see how easy it can be to make a delicious and healthy meal with the chefs from Fabled Farmer! Elizabeth and Zane will be making tacos along with a fruit salad with a honey lime dressing. Participants will help with food prep and sampling and go home with recipes.



**Fergus Falls Area
Family YMCA**

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

Otter Tail County Public Hearing for Tobacco 21



The Otter Tail County Board of Commissioners will be hosting a public hearing on August 14, 2018 at 1:00 P.M. The meeting will be held at the Otter Tail County Government Services Center County Board Room in Fergus Falls, Minnesota.

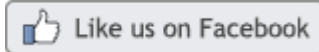
The proposed ordinance will:

1. Prohibit the provision of tobacco, tobacco products, tobacco-related devices, electronic delivery devices, and nicotine or lobelia delivery devices to a person under the age of 21.
2. Require verification that the person is at least 21 years of age prior to distributing a product.
3. Require clearly visible notice of the county minimum legal sales age to be posted at the location where products are available for purchase.

[Would you like to know more? Contact Jason McCoy here for more information.](#)

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

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