

Greetings!

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November 2018 E-Newsletter

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T21

T21 Ordinance Passes in Otter Tail County!

We are excited to announce that Otter Tail County Commissioners have

approved a Tobacco 21 ordinance on November 13, 2018. As more and more communities in MN are stepping up to protect youth from addiction Otter Tail County is the first to pass a county-wide ordinance. Thank you to all the public health advocates who shared their personal stories of tobacco's harmful impact and commissioners for taking a stand for improving community health. For more information [click here](#)

Click for link to Daily Journal article



'Chefs Move to School' in Breckenridge High School

Have you ever walked on a balance beam? School food service directors master that skill daily with balancing serving nutritious foods with limited labor hours and skillsets. Breckenridge School's Food Service Director and Dietitian, Steph Beyer, says "Finding healthy foods that are easy to prepare and that kids will eat is one of my biggest challenges."

Two years ago, Karensa Tischer, Dietitian for PS4H connected Steph with Kyle Armitage, chef at NDSCS Culinary Arts Department to bring a national initiative, Chefs Move to School, to Breckenridge High School. Since then, Chef Kyle has brought his student chefs into the high school kitchen for 3 different events to teach how to prepare some healthy, tasty dishes. The food is then served to the high school students in the cafeteria. It has been a win-win partnership as Kyle is always looking for experiential

learning opportunities for his students, and Steph's staff has gained new recipe ideas along with expanding their culinary skills and maximizing use of their combi oven.

This unique partnership allows for student input into their meals. This has led to enhancing the school menu cycle by adding items like roasted vegetables as well as strengthening staff culinary skills.

[Read the entire Chefs Move to School Success Story here!](#)

New Breastfeeding Friendly Workplaces!



New Mother's Room at Northern Contours

As employers support new mothers, it's important to recognize workplace leaders who see the value to their businesses, their employees and the community.

The Minnesota Department of Health recognizes workplaces that have demonstrated their commitment to supporting breastfeeding mothers by creating a workplace lactation support program.

Recently, **Northern Contours in Fergus Falls** received this recognition.

In addition, the following area workplaces are recognized as Breastfeeding Friendly:

Lake Region Healthcare, Fergus Falls

MnDOT District 4, Detroit Lakes

Otter Tail County

StoneL, Fergus Falls

Vector Windows, Fergus Falls

Benefits:

- 1) Acknowledges your workplace's commitment to supporting healthy families
- 2) Provides an opportunity to promote your business to the community
- 3) Allows you to reap business benefits of supporting nursing mothers:

Supporting breastfeeding mothers is not only the right thing to do, it helps businesses save money and retain employees. Supporting breastfeeding women in the workplace has bottom line benefits for employers. In fact, businesses that implement lactation support programs often see a return on investment of 3:1.

- Breastfeeding employees miss work less often
- Breastfeeding lowers health care costs
- Breastfeeding support in the workplace reduces turnover rates
- Workplace lactation support programs improve productivity and loyalty
- Breastfeeding support can generate positive public relations

To learn more about the Breastfeeding Friendly Recognition Program, visit <http://www.health.state.mn.us/divs/oshii/bf/BFFworkplace.html>



GreenCorps Update!

Scott Schwandt is staying busy in his new GreenCorps role traveling alongside PS4H's Active Living Coordinator, Patrick Hollister. Scott also recently passed his certification to be a League Cycling Instructor (LCI) at the Bike MN headquarters in Minneapolis. As an LCI, he will educate others on biking traffic skills and other smart cycling techniques. He will work with PartnerSHIP 4 Health to make more confident bikers in the FM Metro and four-county area through classes and bike rodeos.

Open house for future Highway 87 projects in Frazee scheduled for December 4

The Minnesota Department of Transportation (MnDOT) is hosting an open house on Tuesday, Dec. 4 from 5:00 to 7:00 p.m., with a presentation at 5:30 p.m., to discuss three upcoming projects on Highway 87. The open house will be held at the Frazee Event Center, 114 N. Lake St.

The rural Highway 87 tree-clearing project is scheduled for the winter 2020/2021 season. It will include removing all trees and vegetation that's 65 feet from both sides of the center of Highway 87 from Frazee to Menagha.

In the summer of 2021, MnDOT will resurface Highway 87 from North River Drive in Frazee to the east Becker County line.

The urban Highway 87 project is scheduled for the 2022 construction season. It includes roadway resurfacing, ADA improvements, shared-use path construction and city utility replacements from south of the Highway 10 interchange to North River Drive in Frazee.



Hwy 87— City of Frazee project limits.

Residents and business owners are encouraged to attend to learn more about the project. Representatives from the project team will be available to discuss details and answer questions.

For more information on the project, visit <http://www.mndot.gov/d4/projects/frazee>.

To request an ASL or foreign language interpreter, or other reasonable accommodation, contact Janet Miller at 651-366-4720 or 1-800-657-3774 (Greater Minnesota), 711 or 1-800-627-3529 (Minnesota Relay). You also may send an email to ADArequest.dot@state.mn.us. Please request at least one week in advance, if possible.

<http://www.dot.state.mn.us/d4/projects/frazee//>

**We'd like to introduce you to our two new
Community Health Workers working with the
Eliminating Health Disparities Initiative!**



Farhan Hassan (left) has a background in Pharmacy and is a recent MPH graduate of North Dakota State University. He has obtained international experience working with the World Health organization's country office in Somalia and as a medical translator for Lutheran Social services of ND. Farhan is currently working as a community health worker to bridge the gap between public health, healthcare, and social needs in the New American Community.

Wambo M. Kimba (Right) is currently working with the New American Consortium as a Community Health Worker, as part of her roles and responsibilities she has been working with ethnic-based communities in promoting healthy lifestyle. She has been involved in community outreach and training to enhance the community members capacity and knowledge for better health. Wambo who has a background in Law, wishes to assist New American Community with advocacy and promotion for improved health by bridging the gap between health and social service systems, also by providing resources to address their health needs within the community.

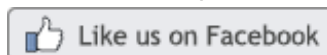
CHSI Innovates to Detect and Manage Prediabetes

Our apologies for the incorrect link in the October e-newsletter to CHSI's success story. Please find the updated link below!

[Read CHSI Success Story](#)

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!



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