



January 2020 E-Newsletter

In This Issue: Read success story for New York Mills / Henning Bike Fleet, celebrate Fergus Falls' Silver Bicycle Friendly Community Award, sign up for a CookWell class, join our Worksite Wellness Collaborative, and MORE!

Visit our Website

New York Mills and Henning Share Bike Fleet

How can we make physical activity and safety fun for students? New York Mills and Henning School Districts were excited to collaborate on efforts to secure a \$36,000 Minnesota Department of Transportation grant to purchase 40 mountain bikes and a 20-foot enclosed trailer to house the bikes. Additional contributions from Perham Health and assistance from PartnerSHIP 4 Health and Otter Tail County staff made this opportunity possible.

In addition to alerting school staff to the grant opportunity and assisting in writing the grant, PartnerSHIP 4 Health partners with BikeMN to provide Walk! Bike! Fun! curriculum focusing on operational instruction and safety training for students. For some students, this will be their only opportunity to learn how to ride a bike. Bike fleets provide an enjoyable opportunity to improve community health and increase bike ridership.



[Read the entire success story HERE!](#)

Worksite Wellness Collaborative

PartnerSHIP 4 Health is actively recruiting for new Worksite Wellness Collaborative partners from our four-county area. Learning together is fun and effective, so take advantage of this opportunity to promote wellness in your organization! The collaborative will run from late March through November 2020. If interested, please contact Karen Nitzkorski at 701-371-9644 or knitzkorski@gmail.com

Visit our website to see list of 70 past collaborative partners! <http://partnership4health.org/worksites/>

Download [Worksite Wellness Flyer PDF](#)

Take steps to improve the health of your employees

We'll help you get started!

Because the majority of adults in the U.S. spend half of their day at work, the workplace plays a big role in helping your employees be well. We'll help you create a culture of health at work. It's fun, easy, and proven effective.

Join our free learning collaborative and get strategies that can increase employee engagement, retention and job satisfaction.

We'll help you customize a wellness plan that's right for you.



HEALTHY EATING



PHYSICAL
ACTIVITY



QUITTING
TOBACCO



BREASTFEEDING
SUPPORT



LIFESTYLE/STRESS
MANAGEMENT

SHIP workplace wellness is making an impact



9 out of 10 workplaces that teamed up with Minnesota Department of Health's Statewide Health Improvement Partnership (SHIP) said their wellness efforts advanced due to SHIP.

Contact us to learn more!

Karen Nitzkowski
PartnerSHIP 4 Health Worksite Wellness Coordinator
Direct: 701-371-9644/knitzkowski@gmail.com

Visit our website to see 70
past collaborative partners
from 2012-2019!
www.partnership4health.org



Supported by SHIP, Minnesota Department of Health

Fergus Falls Receives Silver BFC Award!



Fergus Falls recently celebrated their designation by the League of American Bicyclists as a Silver level Bicycle Friendly Community, improving on their previous designation of Bronze. Katie, our GreenCorps member, is excited to be starting this process with Pelican Rapids and Detroit Lakes, who will both be applying for a Bicycle Friendly Community award for the first time in 2020. The cities will report their bicycling conditions and accomplishments in Engineering, Education, Encouragement, Enforcement, Evaluation & Planning, and Equity. In addition to possibly receiving recognition with an award, the process of applying benefits communities by helping them to identify and implement future bicycling improvements.

Visit The League of American Bicyclists special article featuring the Bicycle Friendly Community awards: <https://bikeleague.org/content/thankful-people-and-places-committed-being-bicycle-friendly-community>

CookWell with Service Food

Hungry for some healthy meal ideas? Start your 2020 off right with these delicious chicken marinades from Service Food. At our next CookWell class, you will get to sample 3 different flavors: Balsamic Basil, Asian Ginger, and Italian Herb. You will go home with marinade prepped ready for your next meal! Save the recipes for summer grilling! All marinades feature olive oil and fresh herbs/fruit juice and zests. Learn to also make Green Bean Fries and an easy way to boost nutrition in baked brown rice.

CookWell classes are interactive, educational, and FUN!

REGISTER TODAY by calling Stacey at the YMCA at 218-739-4489.

Monday, January 13th 5:30-7 pm at the Fergus Falls YMCA

\$10 for YMCA members, \$15 for potential members



Food Regulations Training

This year we are bringing a **Blazing Trails Through the Jungle of Food Regulations Training** to the region! Jane Jewett, Associate Director for the Minnesota Institute for Sustainable Agriculture, is a local food expert and will be delivering this valuable training at no cost to you. This workshop is available to anyone passionate about local foods including -- but not limited to -- growers and producers, (and potential growers/producers), farmers market coordinators, community garden coordinators, institutional food service directors (including schools), restaurant owners, SHIP coordinators, and / or UMN Extension educators.

Event Date: February 18, 9 am-1 pm
Essentia Health - St. Mary's EMS Building, 225 Park Street, Detroit Lakes, MN

Please RSVP to Karensa Tischer by February 11 at ktischer@lcsc.org or 218-737-6553.

Download [Blazing Trails Food Regulations Training PDF](#)



TUESDAY, FEBRUARY 18, 2020 BLAZING TRAILS FOOD REGULATIONS TRAINING

This year we are bringing a **Blazing Trails Through the Jungle of Food Regulations Training** to the region! Jane Jewett, Associate Director for the Minnesota Institute for Sustainable Agriculture, is a local food expert and will be delivering this valuable training at no cost to you. **This workshop is available to anyone interested in attending!**

What is "Blazing Trails?"

- A project focused on bringing a half-day training to every county in MN by September 2020 to provide access to information and resources about navigating food regulations and how they pertain to local food.

Who should attend?

- Anyone with a passion for local food!
- Anyone who sees potential for local food systems in their community!
- Anyone who is confused or intimidated by food regulations!
- Anyone buying and/or selling local foods!
- Farmers, farmers market coordinators, community garden coordinators, institutional food service directors (including schools), restaurant owners, SHIP coordinators, UMN Extension educators.

Karensa Tischer, *Registered Dietitian*
PartnerSHIP 4 Health



February 18, 2020

9 a.m. – 1 p.m.

**Essentia Health –
St. Mary's EMS
Building**

**225 Park Street
Detroit Lakes, MN
56501**

**Please RSVP to
Karensa Tischer**

ktischer@lcsc.org

or call

218-737-6553

by

**Tuesday
February 11, 2020**

**Lunch will be
served!**

**Mileage reimbursement
upon request**

Buy a Bike!

Meet Jake Krohn! Jake is a great friend of PartnerSHIP 4 Health in Fergus Falls. Jake has access to a supply of bikes from the now-defunct bike-share company "OFO". The company is gone, but the bikes remain, and they are in great condition! Jake is willing to provide these bikes at-cost to organizations around our four-county area. The bikes cost \$150 each. Jake currently has orders for 10, and has room for 3 more bikes. We are offering your organization an opportunity to order 1-3 bikes this round!

Jake has already provided these bikes to several organizations in Fergus Falls, who are letting their employees, customers, or the public use them. As you can see, Jake likes these bikes so much, he even bought one for himself! If you are interested in getting one or more bikes for your organizations contact Jake at jakekrohn@gmail.com. You are also welcome to consult with PartnerSHIP 4 Health staff for suggestions on how your organization could use these bikes. We can provide you with a sample use policy and a sample liability waiver. Please contact either Karen Nitzkowski at knitzkowski@gmail.com or Patrick Hollister at Patrick.Hollister@co.clay.mn.us. Please note that you would need to come to Fergus Falls to pick up your bike(s).



PartnerSHIP 4 Health (PS4H) is part of Becker, Clay, Otter Tail, and Wilkin County public health and 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 below.



