



October 2019 E-Newsletter

Check out upcoming events including a Diabetes Prevention Luncheon, Walkable Community Workshop, and CookWell! Read our success story featuring the Pelican Rapids Food Shelf, celebrate International Walk to School Day, and welcome our new GreenCorps member!

[Visit our Website](#)

Upcoming Events

Diabetes Prevention Luncheon with Minnesota Department of Health and Paul Sonnenberg
Monday, October 7th 11 am - 12:30 pm
Lakes Country Services Cooperative, Fergus Falls

Guest Speaker, Paul Sonnenberg, community member and owner of Marlo Motors in Perham, MN will share his story of weight loss and preventing diabetes. Paul started at 340 pounds, but has lost 45% of his body weight in the past two years by participating in his local diabetes prevention class! Come and be inspired by his story.

Representatives from the Minnesota Department of Health will also be sharing current best practices for diabetes prevention. If you are involved with workplace wellness, a health care provider or professional, or someone who has been diagnosed with prediabetes or Type 2 diabetes - or want to know how to prevent both, you won't want to miss this important educational event!

Free lunch provided.

[Registration Required: Click here!](#)

1 OUT OF 3 U.S. ADULTS HAS PREDIABETES, ONLY 10% KNOW THEY HAVE IT.

Walkable Community Workshop
Tuesday, October 15 9 am - 2 pm
Otter Tail County Historical Museum, Fergus Falls

West Central Initiative and PartnerSHIP 4 Health invite you to participate in a Walkable Community Workshop on Tuesday, October 15 at the Otter Tail County History Museum. This workshop is part of a larger effort to improve walkability in the City of Fergus Falls. Your knowledge and perspective are valuable, and by attending this workshop, you will help our community develop realistic strategies to make Fergus Falls a safer and more enjoyable place to walk, thereby improving the health of our residents.



Walkable communities = healthy, thriving communities!

At the workshop, you will learn more about successful pedestrian design, safety, education, enforcement, and encouragement. We will relate these concepts specifically to the community by studying a walking area during the workshop. A walking audit of this area will help us understand and identify obstacles to walking and suggest potential short-term and long-term solutions. Please wear comfortable shoes and

weather-appropriate clothing.

Lunch and refreshments will be provided, compliments of West Central Initiative. Please RSVP by visiting <https://bit.ly/31LXWjq>. Feel free to contact Wayne Hurley at West Central Initiative at wayne@wcif.org with any questions or dietary preferences.

**CookWell with The Williams Company Store
Monday, November 11 5:30 - 7 pm
YMCA, Fergus Falls**

Save the date for the last CookWell class for 2019! The Williams Company Store & Deli of Ottertail, MN will be showcasing some of their breakfast and grab-and-go specialties including two fruit / veggie smoothies, overnight cold oatmeal, and yogurt parfaits.

CookWell is a healthy cooking class series hosted by the Fergus Falls YMCA in cooperation with EatWell restaurant partners, PartnerSHIP 4 Health, and Meadow Farm Foods. The classes are taught by the restaurant chefs / owners of the participating restaurant. Class participants gain practical kitchen skills, help prepare the meal, eat together, and take home recipes. Sign up today with a friend and join the fun!

Call the Fergus Falls YMCA at 218-739-4489 to register. \$10 for YMCA members, \$15 for potential members.



What: Tropical Green Smoothie, Otter-ly Berry-ful Smoothie, Cold Oats and Yogurt Parfaits
Who: The Williams Company Store & Deli
When: Monday, November 11th 5:30– 7:00PM
Where: Fergus Falls YMCA

Cost: \$10 Members \$15 Potential Members
Registration Required-call (218) 739-4489

Come whip up some yummy breakfast and snack ideas with Dan and Marnie Whitehead from The Williams Company Store & Deli in Ottertail. They make food healthy, fun and beautiful! You will get to help prepare ingredients, eat a meal together, and take home all the recipes. Invite a friend and sign up today.

*The Williams Company Store & Deli is part of the CookWell initiative.



**Fergus Falls Area
Family YMCA**

Success Story: Pelican Rapids Food Shelf



To expose clients to even more fresh produce, the food shelf hosts a weekly 'farmers market' in front of the store. Community members who participate with 'Growing Together' at the Pelican Rapids Community Garden share some of their garden produce with the food shelf to be given away at the market. Motivated to help, four local teenage girls secured a Minnesota Extension Agency grant to grow produce on one of the community garden plots for the food shelf and to teach kids about gardening and cooking. Early conversations about the Pelican Rapids Community Garden becoming a farm incubator site are also in process with community members, the city mayor, and city

What happens when community members take note of a community need and pull together passions, resources, and hard work? The Pelican Rapids Food Shelf Board, along with financial assistance and expertise from the Foundation for Essential Needs, MAHUBE, Human Services, and PartnerSHIP 4 Health, collaborated to give their food shelf a makeover. This first step has led to a domino effect of expansions and connections surrounding access to local healthy foods.



[Read Entire Success Story HERE](#)

International Walk to School Day

Thank you to those who participated with International Walk to School Day this week. Local school districts that participated were Perham, Detroit Lakes, Dilworth-Glyndon-Felton, Rothsay, Breckenridge, Battle Lake, Parkers Prairie, New York Mills, Barnesville, Hawley, Moorhead, Frazee, Lake Park Audubon, St. Mary's Breckenridge, Fergus Falls, and Henning.

A special thank you to Representative Bud Nornes who handed out apples donated by Perham Health to Perham Heart of the Lakes Elementary School.

Walk to School Day events raise awareness of the need to create safer routes for walking and bicycling and emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion and concern for the environment. The events build connections between families, schools and the broader community while improving wellness.



WELCOME to our new GreenCorps Member



Hi, my name is Katie Kitowski, and I will be serving as a Minnesota GreenCorps member with PartnerSHIP 4 Health in the 2019-2020 year. Before this position, I studied Environmental Policy Analysis and Planning at Univeristy of California - Davis. I'm excited to be in Minnesota to work on active transportation projects.

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The Minnesota GreenCorps program is a statewide initiative, coordinated by the Minnesota Pollution Control Agency, to preserve and protect Minnesota's environment while training a new generation of environmental professionals. PartnerSHIP 4 Health applies for an intern each year, and we are excited to have Katie on board!