

Catching up with the SHIP program in *Faribault, Martin & Watonwan Counties!*

Highlights

Making Tracks P.1

Healthier Watonwan County P.2

Chronic Disease Training P.3

Recap: Legislative Summit P.4

Voices of Wellness P.5



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Making Tracks

Here in cold country, we tend to hibernate (alongside the bears) during the winter months. I've often been heard telling my son when he asks to play outside "It's too cold out today, how about we stay inside and read, or color, or play with toys?" I remember very well playing outside in the cold and snow as much as I could when I was little. A time when the sounds of kids sledding down the snow piles, making snow forts



or snowmen were normal any day of the winter. I'm sure I am not alone - and that many parents can be heard telling their children the same thing these days. What changed? Is it colder outside now than 20 years ago (doubtful!) or, are we just more lazy? Maybe we are just so attached to our TVs and computers or fear our iPods would be ruined if dropped in the frozen tundra? I am sure there are many factors that have led us to become more sedentary during the winter months - but our SHIP staff made it a goal to show the community (and myself) that there are fun things to do outside in the winter!

We set out on our mission to provide opportunities for our communities to become more aware of winter-time activities and ways to utilize our parks and trails during the winter months. We worked with our friends at Community Education to plan events which will promote our parks, while letting people try out new winter activities. We called to the folks at the Prairie Ecology Center in Lakefield and had them come over to do some snowshoeing in Fairmont and Blue Earth. Not



only did the staff from the prairie ecology bus provide snowshoes for people to try, they also provided a Naturalist to answer questions about animals, plants and Minnesota Winters.



Statewide Health Improvement Program
Faribault, Martin & Watonwan Counties

FMW SHIP

FMW SHIP: Encouraging Healthy Lifestyles in Diverse, Rural Communities!

MINNESOTA'S
VISION
A Better State of Health

Statewide Health Improvement Program | SHIP



Working together to create a healthier Watonwan County!

Attention Watonwan County Residents!

Your input is needed to create new and fun opportunities for recreation and physical activity!

Do you have a great idea or ways to enhance recreational opportunities available in your community? Do you want to connect with other community members who have similar recreational interests? If so, plan to join us to brainstorm and begin the process of creating an active living plan for our community!

Attendees should include: local policy makers, school, worksites and health care representatives and anyone interested in physical activity and active living from our communities!!

Butterfield Meeting

Tuesday April 12, 2011

5:30 p.m.—7:30 p.m.

Butterfield School Cafeteria

RSVP is required by calling:

Butterfield-Odin Schools 956-2771

Madelia Meeting

Monday April 11, 2011

5:30 p.m.—7:30 p.m.

St. Mary's School

RSVP is required by calling:

Madelia Chamber 642-8822

St. James Meeting

Tuesday March 29, 2011

5:30 p.m.—7:30 p.m.

First Presbyterian Church

RSVP is required by calling:

Community Education 375-4517

FREE MEAL PROVIDED AT EACH MEETING!

RSVP IS REQUIRED!





Chronic Disease Self-Management (Living Well with Chronic Diseases)

Are you living with a chronic disease or a caregiver for someone who is? Do you want to help similar people in our community 'put life back in their life?' Consider becoming trained as a facilitator of the Living Well with Chronic Disease (Chronic Disease Self-Management) Program. Once trained, you will be able to provide your community with a 6-week program to help others better manage their own chronic illness, and feel better about life!

Developed at Stanford University, the workshop has been offered at hundreds of locations throughout the United States. It helps participants with ongoing health conditions such as arthritis, diabetes, high blood pressure, heart disease, anxiety and others to:

- Find better ways of dealing with pain and fatigue
- Discover easy exercises to help improve or maintain strength and energy
- Learn the appropriate use of medications
- Improve nutrition
- Talk effectively with family, friends and health professionals
- Understand new treatment choices
- Feel better about life!

FMW SHIP has worked with Minnesota Department of Health to provide a facilitator training in our area to train more people to provide this wonderful, evidence-based program in our rural communities. **The training will take place on April 6, 7, 13, 14 in Blue Earth at the offices of Interfaith Caregivers.** You must be available to attend all four training dates to be certified as a trainer. This training opportunity is free for residents in Faribault, Martin & Watonwan Counties and \$50.00 for anyone outside the three counties (to help cover the cost of lunch each day and the materials). If you have questions, want more information, or want to register, please contact Sandy Lorenz at slorenz@mscplus.com or by phone at 507-383-5163.



Breakfast Boosts Brain Power!

Are you always in such a hurry in the mornings that you forget to eat breakfast? If you're lacking concentration and feeling sluggish, your mother was right: breakfast is the most important meal of the day. Breakfast gives you energy to start the day and is linked to many health benefits including weight control and improved performance. Studies show that eating a healthy breakfast can give you:

- A more nutritionally complete diet, higher in nutrients, vitamins and minerals
- Improved concentration and performance in the classroom or the boardroom
- More strength and endurance to engage in physical activity; and
- Lower cholesterol levels

(Cont'd on next page)



Eating breakfast is a must for school aged children and adolescents. According to the American Dietetic Association, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem solving skills, and eye-hand coordination.

Not only is it important to take time to eat breakfast, but also ensure the food you eat is healthy. Here are some healthy breakfast options:

- Whole wheat English muffin with low-fat cheese, a scrambled egg, and a slice of tomato or lean ham
- Smoothie made with fruit and low-fat yogurt
- Salmon on ½ whole-grain bagel with light cream cheese
- Whole-grain cereal with fresh fruit and low-fat milk
- Oatmeal made with skim milk, raisins and nuts, with 4 ounces of orange juice
- Veggie omelet and a piece of whole-wheat toast
- Low-fat yogurt and a piece of fresh fruit
- Yogurt smoothie and a breakfast bar
- Hard-boiled egg and a banana

Serving a healthy breakfast to children is important to providing good nutrition, supporting lifelong healthy eating habits, and helping to prevent costly and potentially disabling diseases such as heart disease, cancer, diabetes, high blood pressure, and obesity. Make time to eat breakfast as a family and role model healthy eating habits with your children.



Healthy Solutions: Planning for a Healthier Minnesota Summit

On January 29, 2011, community members from Brown, Nicollet, Le-Sueur, Waseca, Blue Earth, Faribault, Martin & Watonwan Counties attended a Town Hall Forum at South Central College in North Mankato, MN. Three Minnesota Legislators: Representative Kathy Brynaert, Representative Paul Torkelson and Senator Kathy Sheran, attended the event and were able to hear the ways SHIP is working to create healthier communities in our region.

Area legislators heard ways SHIP funding is being used in Faribault, Martin and Watonwan Counties. School representatives shared how SHIP funds have allowed their school districts to focus on nutrition policies and practices to ensure students are getting more fresh fruits and vegetables and have access to healthy foods during the school day. Other schools discussed how funds are being used to incorporate Safe Routes to School Programs encourages students to walk or bike to school. Area legislators also heard from our city and county officials working to promote and incorporate active living and complete streets initiatives. Our work with Latinos and Seniors was also discussed as ways we are targeting vulnerable, at-risk populations.

Healthy Solutions

Planning for a Healthier Minnesota



Heart Disease—The Silent Killer

Cardiovascular disease is responsible for one-third of all deaths in the United States, more than 800,000 a year. Although this news seems grim, the great thing is that many forms of cardiovascular disease can be prevented by maintaining a healthy lifestyle that includes a balanced diet and regular exercise. By eating more fiber, maintaining a healthy weight, getting plenty of rest, stopping smoking, and relieving stress you are already on your way to a healthier heart.

- More women die of heart disease than the next four causes of death combined, including all forms of cancer.
- 90 % of women have one or more risk factors for developing heart disease.
- On average 2,200 Americans die of cardiovascular disease each day, an average of 1 death every 39 seconds.
- More than 82 million American adults are estimated to have one or more types of cardiovascular disease. That's one in three people.
- Heart disease is the #1 cause of death among women 20 and older killing about one woman every minute.

Resources for Heart Health

<http://www.goredforwomen.org/>

<http://www.everydayhealth.com/heart-disease/index.aspx>

<http://www.everydayhealth.com/publicsite/recipes/viewall.aspx?ShowValueDatas=Heart>

<http://women.webmd.com/news/20110214/new-guidelines-on-womens-heart-risk>

http://www.heart.org/HEARTORG/GettingHealthy/GettingHealthy_UCM_001078_SubHomePage.jsp

<http://www.myjournalcourier.com/news/health-31733-pumpers-hearts.html>

<http://www.everydayhealth.com/heart-health/american-heart-health-month.aspx>



Voices of Wellness Committee—A Vision for a Healthier Wells, MN

Wells is an active community. Our sidewalks carry pedestrians, bicyclists, wheelchairs and motorized scooters to many places. And sometimes these travelers must spill into the streets and highways, competing for the same space as cars and trucks.

Many of us have experienced a close call while behind the wheel of our vehicle, as a pedestrian, biker or wheelchair appeared suddenly in front of us. It seems that getting from one place to another – even in our small town - can be dangerous!

Is there a better way? A group of Wells citizens are stepping forward to say yes! The city of Wells is part of a mini-grant from the State Health Improvement Program (SHIP) to improve the health of Wells residents by helping them to become more active. The first Walkability Community Workshop was held last fall. Residents gathered to examine potential hazards for pedestrians and bicyclists, and find ways to make Wells a safer and more attractive city for residents and visitors.

A second meeting was held last week. Those attending divided into three groups. The first taskforce is called Safe Routes to Schools. According to Andrea Neubauer, grant manager for the Voices of Wellness Grant, it is recommended children get 60 minutes of physical activity each day. Walking to school would help each child reach that goal.

“Research has shown that Safe Routes to School helps kids arrive at school focused and ready to learn,” Neubauer said. “Getting activity through walking (Cont’d on next page)



and biking helps reduce behavior problems and helps kids settle in for learning during the school day.”

In Wells, the biggest concern for children walking to school is crossing State Highway 22. The task force will be looking at ways to make crossing both major highways safer, and also working to develop other safety components for children on the way to school. These might include designated routes or a walking school bus, a concept that has had success in other area communities.

The second taskforce concentrated on Trails. Wells has many assets like parks, swimming pool, golf course, train depot museum, skate park, tennis courts, schools, churches and business areas. “Wouldn’t it be wonderful if these assets were connected with safe passages for all ages?” said Sandy Lorenz, Faribault County SHIP Contractor. “And looking beyond the city limits, what if we could connect to Pihl’s Park and all the towns throughout Faribault County?”

The Trails taskforce is eager to work with community development, Region 9 and Faribault County to create a plan for the future that links local and regional sites and encourages physical activity. Research shows an economic benefit to communities that invest in a trails system, said Lorenz.



The third taskforce is called General Walkability. Its focus is on the ease and safety of getting around our community for everyone in the community. For instance, Wells has many parking spots designated for the handicapped. But many of these spots are not accessible for a person with a van ramp that loads from the passenger side. The taskforce will be working with city officials to better designate handicapped spots and better enforce usage of those spots.

Persons in wheelchairs or motorized chairs have a very difficult time maneuvering around our community. Because sidewalks have cracks, dips and broken pieces, or because there are no sidewalks in some places, these citizens must often take to the streets. And there is no sidewalk extending as far as Marketplace Foods and the Dollar Store.

The Walkability taskforce will be studying ways to make all of our businesses and amenities available to all people.

These groups have much in common and thus will continue to work closely together as well as with local and regional city officials. Wells Community Development Director Chris Elvebak said Monday that he will be working closely with the groups to “see where they sensibly fit together, so that each group can mesh with the others.”

In addition, Elvebak said, the combined group needs to work together with the city on these issues of safety, accessibility, sidewalks and trails. “We can locate pedestrian activity centers and start dedicating paths to improve conductivity as time and resources are available.”

If you are interested in working on any of these three projects, contact Andrea Neubauer at voicesofwellness@gmail.com or call her at the Wells Area Chamber of Commerce Office, 507-553-6450.



Search Statewide Health Improvement Program of Faribault, Martin & Watonwan Counties

For updates on FMW SHIP—Visit our Blog—shipfmw.blogspot.com



Recipe to try! - Black Bean Brownies

Ingredients

- 1 (15.5 ounce) can black beans, rinsed and drained
- 3 eggs
- 3 tablespoons vegetable oil
- 1/4 cup cocoa powder
- 1 pinch salt
- 1 teaspoon vanilla extract
- 3/4 cup white sugar
- 1 teaspoon instant coffee (optional)
- 1/2 cup milk chocolate chips (optional)

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 square baking dish.
2. Combine the black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar, and instant coffee in a blender; blend until smooth; pour the mixture into the prepared baking dish. Sprinkle the chocolate chips over the top of the mixture.
3. Bake in the preheated oven until the top is dry and the edges start to pull away from the sides of the pan, about 30 minutes.

Nutritional Information

Amount Per Serving Calories: 126 | Total Fat: 5.3g | Cholesterol: 40mg

Powered by ESHA Nutrient Database



Events & Trainings to CHECK OUT!

March 17-18, 2011: I CAN Prevent Diabetes Facilitator Training in Arden Hills, MN. The I CAN Prevent Diabetes Lifestyle Coach Training Workshop helps to develop and sustain I CAN Prevent Diabetes sponsoring organizations by training lifestyle coaches on the background, materials and skills needed to deliver the Minnesota I CAN Prevent Diabetes program. This program is based on the Diabetes Prevention Program (DPP) and materials from the Center for Disease Control and Prevention. Currently, every 1 in 3 adults in the U.S. is at high-risk of developing type 2 diabetes and over 25.8 million Americans are currently suffering from the disease. This training is co-sponsored by the Minnesota Department of Health Diabetes Program and St. Paul-Ramsey County Public Health. Cost of the training is \$100.00. For more information, or to register, contact Rita Mays by phone: 651-201-5433 or by email: Rita.Mays@state.mn.us

April 2, 2011: 7th Annual Community Garden Spring Resource Fair in Minneapolis - This annual "hoe-down" provides a wide range of workshops and exhibitors to help gardeners be successful in their community garden, highlighting common issues and opportunities in community gardens. Details are available on their website as the event develops, and sponsorships are still available. Typically 20% of attendees come from Greater Minnesota. New this year, they are collaborating with other organizations to provide two additional daylong workshops the day before the Resource Fair (April 1, 2011). For more information visit www.gardeningsmatters.org or contact kirsten.gardeningsmatters@gmail.com.

INTERESTED IN A COMMUNITY GARDEN PLOT? INFORMATION WILL BE INCLUDED IN THE APRIL/MAY NEWSLETTER. WE WILL ALSO POST INFORMATION ON OUR BLOG AND FACEBOOK SITES! THINK SPRING!!



Looking Ahead! Mark your Calendar

- ⇒ **March 17 & 18—I CAN Prevent Diabetes Training—8:30-4:30 each day in Arden Hills, MN. For more information or to register contact Rita Mays at rita.mays@state.mn.us or by phone 651-201-5433**
- ⇒ **March 17—Walkable Community Meeting in Fairmont. For more information contract Roni Dauer at 507-235-3141**
- ⇒ **March 29—St. James Active Living Meeting—5:30-730p.m.—First Presbyterian Church—St. James. To RSVP Contact Community Education at 507-375-4517**
- ⇒ **March 29— Wells Area Farmers Market Information Meeting—5:30p.m.—For more information contact Sandy Lorenz at slorenz@mscplus.com by phone at 507-383-5163**
- ⇒ **April 1,2, 3 - Ultimate Community Gardening Weekend (April 2 Community Garden Resource Fair - Sabathani Community Center Minneapolis) For more information go to: www.gardeningmatters.org**
- ⇒ **April 2— 4-7 pm Wells Chamber of Commerce Business Bazaar "Paint the Town Red" Wells Community Center. For more information go to: www.wells.govoffice.com/index.asp?Type=B_BASIC&SEC={D05E0941-6446-4A52-B846-A90F3BDEB9D2}**
- ⇒ **April 4—10:30a.m.—Martin County Senior Voices Council Meeting—For more information contact Roni Dauer at 507-235-3141**
- ⇒ **April 6,7,13,14 - Living Well With Chronic Diseases Training Blue Earth, MN. For more information or to register, contact Dan Woodring at Interfaith Caregivers 507-526-4684 or Sandy Lorenz at slorenz@mscplus.com or by phone at 507-383-5163**
- ⇒ **April 13—Senior Expo in Fairmont, MN. For more info contact Roni Dauer at 507-235-3141**
- ⇒ **April 13—5pm—Voices of Wellness Grant - Walkability Presentation to Wells City Council. For more information contact Sandy Lorenz at slorenz@mscplus.com or by phone at 507-383-5163.**

DO YOU HAVE AN MEETING OR EVENT YOU WOULD LIKE POSTED? CONTACT CHERA SEVCIK

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Research & Evaluation Director
The Improve Group
Assessment & Evaluation
lizf@theimprovegroup.com

Mini-Grantees

Blue Earth Area Active Living Project
Blue Earth Area Schools Community Ed
Contact: Dar Holmseth
dholmseth@blueearth.k12.mn.us

Wells Area Community Garden

City of Wells
Contact: Sandy Lorenz
slorenz@mscplus.com

Voices of Wellness Project

City of Wells
Contact: Andrea Neubauer
Andrea.neubauer@yahoo.com

Worksite Health F& M Counties

Human Services of Faribault & Martin Cos
Contact: Nancy Salic/Chera Sevcik
chera.sevcik@fmchs.com

School Nutrition Project

Martin County West/Blue Earth Area/United South Central Schools
Contact: Sharon Hoyt, Laura Kramer, Suzanne Martin
shoyt@blueearth.k12.mn.us

Community Education & Rec Project

Granada/Huntley/East Chain, Truman & Martin County West
Contact: Dianne Armbrust

Safe Routes to School—Fairmont

Fairmont Area Schools/SRTS Committee
Contact: Joe Burns / Roni Dauer
rdauer@fairmont.k12.mn.us

Senior Vitality Council

Fairmont Area Community Education & Recreation
Contact: Roni Dauer
rdauer@fairmont.k12.mn.us

Latino Wellness Council

Madelia Community Hospital
Contact: Ellen De la torre
EllenDel@mchospital.org

Breakfast Promotion Program

Northside Elementary School
Contact: Jane Wolle
jwolle@stjames.k12.mn.us

Watonwan Worksite Health Project

Watonwan County
Contact: Rich Collins
Rich.collins@co.watonwan.mn.us

Health Care Referral Project

St. James Medical Center
Contact: Chera Sevcik
chera.sevcik@fmchs.com

Watonwan County Community Gardens

University of Minnesota: Extension
Contact: Kathy Lillevold
lillevold015@umn.edu

Watonwan County Active Living

Watonwan County Community Education & Recreation
Contact: Sue Harris
sharris@stjames.k12.mn.us

Watonwan County Summer Food Program

Watonwan County Schools
Contact: Sue Harris
sharris@stjames.k12.mn.us