



**Mission: A grassroots movement to improve health and wellness in our community making the healthy choice the easy choice.**

**September 11, 2020 –**

Today is a date that we can all recall where we were and what we were doing 19 years ago when we first planes crashed into the World Trade Center in New York. September 11<sup>th</sup> is Patriot Day and a National Day of Service and Remembrance. On this day, Americans across the country are called to volunteer in their local communities in tribute to the individuals lost and injured in the attacks, first responders, and many who have risen in service to defend freedom. Thank you for volunteering your time and talents to our movement.



**September is Suicide Prevention Month.**

The message is clear: We can all help prevent suicide. CWE has shared stories in the Monday Motivator published in the Brainerd Dispatch highlighting: *Make it Ok*, Safe Messaging, how we can support our Veterans (PREVENTS), and the importance of early childhood connections and building meaningful relationships.

**Safe Messaging**

At our Aces Resiliency Goal Group meeting, Stephanie Downey, Youth Suicide Prevention Coordinator with Minnesota Department of Health, shared information about safe messaging. Words and images matter. If you want to learn more about safe messaging, here is the website to register:

~Safety concerns do not mean we should avoid messaging. Communicating to the public about suicide is critical; what's important is how we message about it~

<https://www.health.state.mn.us/communities/suicide/communities/communityconv.html>

**Join Us!**

You still have time to sign up for our virtual race – there are many options to participate. You can run, kayak, swim, skip or hop 1 mile, 5 K, or 10K during this time frame: September 19 to 26<sup>th</sup>. The cost is \$30. We appreciate your support! Here's the link to register:



<http://crowwingenergized.org/event/move-it-for-mental-health-1-mile-5k-10k-virtual/>

A portion of the proceeds will go to one of the five non-profits mental health organizations:

- The Lighthouse Project
- Smiles for Jake
- Wellness in the Woods
- Bridges of Hope
- Crisis Line

We will be hosting a virtual Make It Ok presentation on Friday, September 25 from 12:00 to 1:00 pm. You can follow this link to register; feel free to share this opportunity to learn more about reducing the stigma of mental illness.

<http://crowwingenergized.org/event/make-it-ok-presentation-5/>



Our next POP up produce will be held Monday, September 28 from 2:30 – 4:00 pm at Central Lakes College. To date, we have hosted 14 events impacting 3,785 children, 5,492 adults, 1,887 seniors, and distributing 213,479 pounds of food.



At Essentia Health, our mission states: We are called to make a healthy difference in people's lives. Carve out some time for yourself and your loved ones. Make time to get outside and enjoy the Northwoods.

Respectfully,

*Karen M Johnson*

Program Director  
Crow Wing Energized