



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

**February 12, 2021 – Happy Valentine’s Day!**

February is American Heart Month which reminds us of the importance of the work we do to empower our community members to make healthy choices. We will continue to motivate our neighbors to adopt a healthy lifestyle to prevent heart disease. *(Pictured at right is my granddaughter, Karen, making valentines at Annie’s Day Care)*



## Changes Crow Wing Energized Team



We say farewell to Al Gawboy *(pictured at the far left)*, Community Health Specialist. Al was hired to oversee an Innovation Funding grant from Sourcewell we received to work on reducing the stigma of mental health in our youth. She worked with Forestview and Brainerd High School on socioemotional learning and worked with CLC to implement the Green Bandana Project. Al worked on securing a second Innovation Funding grant to work on building resilience in first responders. The work Al started will continue with the community health specialists from across Essentia: Kara Schaefer from our team, Leeann Felix from the West, and Jenna Ballinger from the East.

## Strategic Planning

Kalsey has been attending goal group meetings to work on our strategic plans utilizing results-based accountability. This work can be challenging at times; each team has had meaningful conversations. Thank you Kalsey for your expertise – it’s a great process to observe as members of each goal group is able to contribute and be part of our planning process.

## Team Profile – Kara Schaefer

Kara started working with CWE in September of 2018 as a Community Health Educator. She is a coach and is the manager for the National Diabetes Prevention Program. Kara coordinates the entire program which includes recruiting coaches, coordinating the referrals from providers, scheduling classes, and tracking and reporting the data to the CDC. She also coordinates the other programs we offer including Stay Active and Independent for Life and Matter of Balance.



Kara Schaefer  
Crow Wing Energized

In Kara’s words: “I feel that giving people the skills and tools that it takes to make lifestyle changes and improve their health and their family’s health is so important. The skills that I teach in the diabetes prevention program goes so much deeper than just changing the foods they eat. It is truly about changing behaviors and habits that they have had for many years. I love that the program is a full year; it takes time to make changes.”

In 2020, Kara shifted our programs to virtual. She shared that it has been a blessing for herself and participants; many have commented on how the classes have been their social outlet during this time as well as a learning tool. “I love being part of CWE because we are able to help many people in our community. With each person we help, they in turn help their loved ones and neighbors and it brings the community together. Slow and steady change!”

Kara is married to Henry; they own two other businesses. Kara has served on the Brainerd Parks Board for the past 2.5 years and served as the president in 2020. She enjoys running, lifting weights, working out, being with family and friends, and spending time on the lake in the summer.

**Upcoming Events:** Please join us and share these upcoming opportunities with your colleagues, family, and friends.

If you want to make the most of your lunchtime, join Holley Matheiu from Northern Pines as she discusses **Living in Uncertain Times** on Wednesday, February 17 from 12:00 to 12:30 pm. This training will focus on the stress that these times have created and will provide practical tips for not only surviving but thriving. Throughout her career, Holley’s clinical focus has been working with children and families – especially children who are victims of trauma.



Holley Matheiu  
Licensed Psychologist



We have invited Ted Bowman back to expand on his previous workshop entitled Loss of Dreams. Please join us on Monday, February 22 from 9:00 to 10:30 am for his new workshop **Shattered Dreams and Other Metaphors of Loss**. In this experiential workshop participants will discuss with one another and the speaker the use of shattered dreams and related metaphors in their work. Ted Bowman is a grief and family educator who specializes in change as a result of loss and grief.

*Ted Bowman*

**Crow Wing Energized 8<sup>th</sup> Annual Health and Wellness Summit: Watering the Seeds of Wellbeing** will be held on Friday, March 5<sup>th</sup>. It will be a virtual event. See separate attachment. You can register for all of our events at: <http://crowwingenergized.org/events/>

Remember, if you look closely, you’ll see that the ordinary almost always offers glimpses of the extraordinary.

Respectfully,

*Karen M Johnson*

Program Director  
Crow Wing Energized