



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

**January 8, 2021**

*As we move into a new year, I hope that this year will bring warmth of love and positivity in your life. We will all remember how we celebrated holidays in 2020.*



## **Impact of Our Work in 2020**

Considering that the work we do was impacted drastically by a pandemic, here are some of our accomplishments from 2020:



***Change Begins With You:*** 2-21-2020 – Annual Summit – 150 people participated in person.

- Statewide Health Improvement grant awarded to CWE for \$205,000
- CWE distributed \$8,000 in grants to 9 community and workplace wellness partners
- *National Diabetes Prevention Program* transitioned to virtual classes
- *Rethink Your Drink* workplace challenge engaged 8 businesses impacting 528 employees
- *Move It For Mental Health* – 140 people participated virtually, raised awareness about mental health and donated \$500 to The Lighthouse Project and Smiles for Jake
- Food Insecurity: Produce POP Ups distributed over 250,000 pounds of food impacting over 4,000 families
- Food Self Coalition secured Cares Act funding for communal storage
- Sleep pamphlets and gratitude toolkits were distributed to 1,644 in the community members
- Mental Fitness and ARC teams hosted 11 community events – transitioned to virtual events in March
- Sourcewell grant for \$100,000 awarded to work on developing a resiliency program for first responders
- *Sources of Strength* - AI became the first regional trainer in Minnesota
- *Green Bandana* project was implemented at Central Lakes College in Brainerd and Staples

- *One Vegetable, One Community* partnered with Adult and Teen Challenge and Pinehaven Youth to assemble seed packets
- Central Minnesota Council on Aging awarded \$10,000 grant to address social isolation in aging population
- *Stay Healthy and Independent for Life* classes launched virtually
- *Aging Mastery* classes launched virtually
- Facebook followers increased by 475; CWE currently has 1,165 followers
- Tobacco ordinance was updated in Pequot Lakes to include Tobacco 21 language

Thank you to Kalsey, Kara, and AI for all the work you did to impact Crow Wing county in 2020; lastly, thank you to Millie who created all of the materials we used to inform our community about CWE!

## 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 and learn from an expert, join Monica Anderson as she discusses **Self-Care: Healthy Practice vs Indulgence** on Wednesday, January 20 from 12:00 to 12:30 pm.

Monica is certified as an Integral Coach through New Ventures West accredited through the International Coach Federation. She completed an apprentice program for equine guided practitioners with Spirit Dance, LLC in New Mexico this past summer. There is no charge for this event.



We are launching Aging Mastery classes and Lifestyle Change Classes. Register online for all events at: <http://crowwingenergized.org/events/>

## Cabin Fever Bingo



The Aging Coalition continues to work on ways to address social isolation and loneliness in our seniors; this is our next campaign.

Remember, one kind word can change someone's entire day.

Respectfully,

*Karen M Johnson*

Program Director  
Crow Wing Energized

*Cabin Fever*

B	I	N	G	O
Support a local business through outside pickup or delivery <input type="checkbox"/> B2	Schedule your 2021 annual wellness visit <input type="checkbox"/> I17	Learn ways to improve mindfulness and reduce stress <input type="checkbox"/> N33	Provide a meal for a neighbor, friend or family member <input type="checkbox"/> G47	Note 3 Good Things <input type="checkbox"/> O61
Share your favorite music or sing with a family member or friend <input type="checkbox"/> B7	Send a Thank You to an essential worker <input type="checkbox"/> I20	Join a Well Connected Session <input type="checkbox"/> N36	Reconnect with a family member or friend <input type="checkbox"/> G49	Complete or update your health care directive <input type="checkbox"/> O64
One Vegetable One Community: CARROTS <input type="checkbox"/> B10	Do a random act of kindness <input type="checkbox"/> I22	Attend the (BY 2021 Virtual) Seminar <input type="checkbox"/> Free Bonus	Visit the caregiver website to participate in a wellness session <input type="checkbox"/> G51	Be kind to your mind <input type="checkbox"/> O67
Learn more about caregiving or participate in a caregiver education session <input type="checkbox"/> B12	Try a new movement activity <input type="checkbox"/> I26	Be prepared: Make an Emergency Plan <input type="checkbox"/> N42	Participate in a wellness virtual event sponsored by CWE or Cuyuna Area Connections <input type="checkbox"/> G54	Improve healthy eating and drinking habits <input type="checkbox"/> O71
Participate in a Peer Support Network Session <input type="checkbox"/> B15	Be safe in your home <input type="checkbox"/> I29	Try something new <input type="checkbox"/> N45	Practice good sleeping habits <input type="checkbox"/> G59	Send a family member or friend an old photo <input type="checkbox"/> O75