



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

*June 11, 2021 – Live in the sunshine. Swim in the sea. Drink in the wild air. - Ralph Waldo Emerson*

**One Vegetable, One Community:** The veggies (*pictured at left:* Karen (carrot), Kim (salad greens), and Millie (pepper) ventured to Pequot Lakes with their caretaker farmer *Kalsey* to teach the students about the importance of taking care of their bodies by eating healthy food like vegetables and drinking beverages like water. We sang songs, played games, and watched them grow before our eyes. Our message was shared with 400 children ranging from kindergarten to 4<sup>th</sup> grade. Thank you to Heidi Hagen for coordinating this event; the children’s enthusiasm was contagious.



**Volunteer Opportunities: Please share!**



**Crow Wing County Fair:** We team up with Crow Wing County at the great Crow Wing County Fair.

**Theme: Overall Well-Being**

- Tuesday, August 3: Military Day – Focus on Resiliency
- Wednesday, August 4: Senior Day – Focus on Sleep
- Thursday, August 5: Agricultural Day – Focus on OVOC
- Friday, August 6: Teen Day - Focus on ReThink Your Drink & Physical Activity
- Saturday, August 7: Kids Day – Focus on Physical Activity & Decreasing Screen Time

As a member of the steering committee, you will receive an email with a link to sign up to volunteer at our booth Our fair is among the five largest fairs in Minnesota, with annual exhibits numbering over 6,000 and annual attendance estimated at 100,000.

**POP UP Produce will be Wednesday, June 23 from 10:00 am until the food is gone (please note new time). This event will be at Central Lakes College; 501 West College Drive, Brainerd, MN 56401**

**Make It Ok will be a focus of the Mental Fitness Goal Group. We have three opportunities:**

1. **Serve on the subgroup planning committee.**
2. **Become an ambassador OR, if you already trained, volunteer to lead a presentation.**
3. **If you know of an organization or place of business that would benefit from a presentation.**

Make It 

**ACE Presentations in Our Community:** The Adverse Childhood Experience and Resiliency Coalition has done several presentations on ACES in our community – one for parents and staff at Early Childhood Family Education; second one for students enrolled in the social work program at the College of St. Scholastica. Their instructor shared: *“The students have been deeply impacted and inspired! It was really neat to hear their learning experience, insights they gained, and next steps they want to do to further the work to create change in their communities!”* If you know of an organization or a place of employment that would like to host an ACE presentation, let me know.

**Monday Motivator** articles are managed by the community connections goal group. The Brainerd Dispatch publishes a weekly article every Monday that focuses on health and well-being. We welcome contributions by our partners. Thank you to Shane Riffle who created a google document to make sign up easy; watch for a link to this document soon.

**Fall Prevention Leaders:** Matter of Balance classes can resume now that we can meet in person. The Fall prevention task group met recently to plan for classes in our community this fall. We will be reaching out to previous leaders and will be looking for new people to become leaders.



Feel free to email me or call me @ 218-330-4107 if you want to learn more about any of these opportunities. Thank you for being part of our movement.



**Our National Diabetes Prevention Program** was featured in Juniper. Kara Schaefer shared that DPP meets people where they are and helps them create a realistic plan. People continue to eat the foods they love but in moderation. *“The group aspect is what makes this program. People come together, share challenges and hold each other accountable. Old habits take time to change, but it’s easier with support.”* If you want to read the entire article, here’s the link: [Diabetes Prevention Program helps prevent diabetes | Juniper Resources \(yourjuniper.org\)](https://yourjuniper.org/diabetes-prevention-program-helps-prevent-diabetes)



**Vol-un-ter:** *A person who freely offers to take part in an enterprise or undertake a task.*

Respectfully,

*Karen M Johnson*

Program Director  
Crow Wing Energized

*My youngest grand-daughter, Edith, is pictured at right. This picture was taken at my parents' cabin on Marion Lake near Perham, MN. After emptying out the bucket of water, she climbed in to the bucket.*

