



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

*July 20, 2021 – Today is my dad, Robert Bous, 91<sup>st</sup> birthday. He grew up on a farm in Long Prairie. On this day 71 years ago, he was in Seattle waiting to be deployed to Korea. (Great grandpa Bob is pictured at right with 4 of his 16 great grandchildren)*



**Millie Retirement:** Millie Engisch (pictured at left with grandchildren) plans to retire on August 26, 2021. Millie has worked with Essentia Health for 7 years. Crow Wing Energized has been blessed by Millie’s creativity and her talent in all things marketing. Millie has been present at our community events; she has volunteered for virtually every POP UP produce and she volunteers with the Meals on Wheels program. As Millie shared previously: “Above all, I cherish the highest honor of my personal life: being a grandmother to five amazing grandkids, enjoying their righteous laughter and humor, fascinating stories, clever shenanigans, and gifted creativity”. Thank **YOU**, Millie, for your dedication to our team and community; we will miss you! Millie will attend our August steering committee meeting.

**Volunteer Opportunities in Our Community: Please share!**

**POP UP Produce will be Wednesday, July 28 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. Contact Kalsey Stults if you want to volunteer @ [Kalsey.Stults@EssentiaHealth.org](mailto:Kalsey.Stults@EssentiaHealth.org)**

**Make It Ok will be a focus of the Mental Fitness Goal Group. To date, 24 community members have volunteered to get involved this year. If you are interested, or if you know someone who may be interested in getting involved, we have three opportunities: Contact: [Karen.johnson@EssentiaHealth.org](mailto:Karen.johnson@EssentiaHealth.org)**

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.



**ACE Presentations in Our Community:** The Adverse Childhood Experience and Resiliency Coalition is looking for opportunities to do workshops on ACEs and Resilience. If you know of any local business or group that would like to have a presentation, contact Lowell Johnson @ [johnsonlowells@gmail.com](mailto:johnsonlowells@gmail.com)

**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 – contact: [Karen.Johnson@EssentiaHealth.org](mailto:Karen.Johnson@EssentiaHealth.org)

**Fall Prevention Leaders:** Matter of Balance classes can resume now that we can meet in person. The Fall prevention task group has 11 people willing to teach these classes. If you know of someone that would like to become a leader, reach out to [Karen.Johnson@EssentiaHealth.org](mailto:Karen.Johnson@EssentiaHealth.org).



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.

**Aging Mastery** class launches September 7, 2021 – Linda Kiefner and Ann Ricketts are leading this 8 week class. It meets once a week virtually from 6:00 to 7:30 pm The Aging Mastery Program (AMP) informs, encourages, and supports participants in taking steps to improve their life and engage in their community. You need to be at least 50 years old to participate; classes are free. Register at: [Aging Mastery Program - Crow Wing Energized](#)



Did you know that the National Parks offer free access for 5<sup>th</sup> graders to National Parks? Check out their website if you want to learn more: <https://www.nps.gov/kids/fifthgrade.htm>

*(The picture at right is myself with my grand-girls – Mary is the 5<sup>th</sup> grader – our trip to Yosemite and Sequoia National Parks.)*

Respectfully,

*Karen M Johnson*

Program Director  
Crow Wing Energized

