

Crow Wing *energized*

A grass roots movement to improve health & wellness in our community by making the healthy choice the easy choice



The reThink Your Drink challenge started on Feb. 5. It's a 4-week workplace wellness challenge that encourages teams to make water the healthy choice! We are excited to have 32 teams join the challenge! Winners will be announced in early March.

2024 reThink Your Drink teams:

Baxter Elementary School
 Big Stone Therapies
 Burlington Northern Santa-Fe
 Brainerd High School
 Brainerd BN Credit Union
 Brainerd Lake's Chamber of Commerce
 Bremer Bank
 City of Brainerd-Brainerd Public Utilities
 Clow Stamping Company
 Cragun's Legacy Courses
 Crosslake Community School
 Crow Wing County
 Consolidated Telephone Company
 Essentia Health Brainerd Lake's
 Good Samaritan Society-Woodland
 Graphic Packaging International

Home Instead
 Hubbard Radio Brainerd
 Knute Nelson
 Lake's Area Restorative Justice Project
 Lord of Life Lutheran Church
 Mickey's Pizzeria
 Mid-Minnesota Federal Credit Union
 Neighborhood National Bank
 Northern Pines Mental Health Center
 Nystrom and Associates
 Pequot Lake's School Staff
 Trinity Business Partners
 Sourcewell
 Widseth
 Weisegger-Engel Insurance
 YMCA



Crow Wing Energized is a grass roots community health and wellness movement led and funded by



Essentia Health



Find us on Facebook

<https://www.facebook.com/crowwingenergized>

Like or Follow for the latest information.



www.CrowWingEnergized.org



Workplace Wellness Goal Group gets new leaders: Welcome Kalsey Stults and Kari Horak!

Kalsey Stults

About Kalsey: I'm excited to be returning to Crow Wing Energized as the workplace wellness co-chair. I was the SHIP Coordinator for CWE from 2018-2021. After that I was the Opioid Program Specialist at Essentia. Just this past December I joined Crow Wing County as a Public Health Educator.

Even though my southern accent has weakened some over the years, it's true that I'm from Tennessee. I graduated from the University of Tennessee at Martin with a Communications Degree and an English minor. Even though I can't say I follow sports all that much, I will still sing along to Rocky Top following any VOLS win!

I have three dogs that I'm obsessed with: Ollie, Scout and Shiloh. I have four sweet nieces back home in Tennessee (Brooklyn, 4, Evelyn, 2, Dorothy, 1 and Daisy, 1). I've been lucky to be able to visit them at least a couple of times a year. I'm slowly in the process of planning my fall Vegas wedding. Trevor and I have been together for nine years and we're excited to tie the knot with Elvis!

I was so proud to be a part of CWE as a staff member and even more proud to now be a CWE cheerleader and advocate. The work happening in Crow Wing County is unique, because of the collaboration that exists between organizations and stakeholders. That collaboration has always been so inspiring to me. When you bring good people together, good things happen.



Kari Horak

About Kari: I am very excited to be joining Crow Wing Energized as a workplace wellness co-chair. I have been the lead for workplace wellness here at Crow Wing County since September 2019. I have been blessed to work with partners from Crow Wing Energized, Crow Wing County Public Health, and Essentia Health.

I'm a graduate of Brainerd High School, Go Warriors! From there I attended Central Lakes College with a focus on Child Development and Medical Transcription.

Personally, I have been married to my very patient and wonderful spouse for almost 19 years. We have 3 beautiful children aging from 25 – 16 (2 daughters and a son). We also have 2 dogs (black and chocolate labs) and a cat. We absolutely enjoy the outdoors from camping to fishing and so much more with family and friends.

I am proud and excited to be on this journey with you and look forward to the collaboration between us!



At the heart of education:
our dedicated public school teachers and staff!



Thank you for educating, inspiring and enriching
our community.

Happy Valentine's Day!



Nurturing a just and inclusive community where all can thrive.



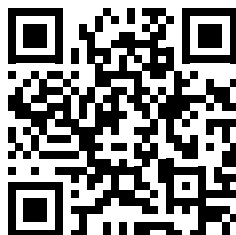
We would love to have you follow us!

For the latest information about Crow Wing Energized
follow us on Facebook and watch our website:

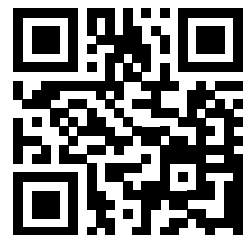


<https://www.facebook.com/crowwingenergized>

Like or Follow for the latest information!



www.CrowWingEnergized.org





WonderTrek
CHILDREN'S MUSEUM



Essentia Health



KNUTE NELSON



PRESENT:

Let's Play!

Bridging Generations, Building Connections

Explore, laugh, and make memories with a variety of activities, all designed for grandparents and grandkids to enjoy together!

Saturday, March 9th

9:00am-11:00am

The Center

**803 Kingwood St
Brainerd, MN 56401**

Space is limited, reserve your spot today!

For more information or to sign up,
call The Center at 218-829-9345 or
Wondertrek Children's Museum at 218-454-8990

Scan the QR code to sign up online



MENTAL HEALTH

LE(N)T'S TALK ABOUT MENTAL HEALTH

5-PART SERIES DURING LENT

FEB. 18, 25, MAR. 3, 10, 17

1:00 PM AT FRANCISCAN SISTERS CAMPUS
116 8TH AVE. SE (DOOR E) ~ LITTLE FALLS



WEEK 1: WHAT IS MENTAL HEALTH?

**WEEK 2: SUPPORTING OUR CHILDREN'S
MENTAL HEALTH**

WEEK 3: COPING - WITH COMPASSION

**WEEK 4: SPOTTING THE SIGNS OF
SUICIDE**

**WEEK 5: THE CONNECTION BETWEEN
MENTAL HEALTH AND SUBSTANCE USE**

THIS MENTAL HEALTH SERIES IS **FREE** AND
OPEN TO ADULTS & HIGH SCHOOL STUDENTS.

TO HELP US PLAN FOR SEATING, PLEASE
REGISTER AT:



CONTACT [JDEERING@FSLF.ORG](mailto:jdeering@fslf.org)
WITH ANY QUESTIONS.

****REFRESHMENTS PROVIDED****



PARTNERS:

FIRST LUTHERAN CHURCH OF LITTLE FALLS
THE COMPASSIONATE WAY
RANDALL PRESBYTERIAN CHURCH
FIRST UNITED CHURCH
NORTHERN PINES MENTAL HEALTH
SUICIDE PREVENTION REGIONAL COORDINATOR

WORKING TOGETHER TO GROW COMMUNITY CONNECTIONS FOR MENTAL HEALTH

Make It OK

The most recent Crow Wing County Community Health Survey found that more than 1 in 4 adults in Crow Wing County experience mental illness. Most will wait an average of ten years before seeking treatment, largely due to the stigma.

By talking about mental illnesses and what we can do to Make It OK we change hearts and minds about the misconceptions about mental illnesses. The Make It OK campaign is designed to encourage people to talk more openly about mental illnesses and ask for help.

Learn more about reducing stigma at the Make It OK presentation. When we start talking, we realize that mental illnesses are more common and relatable than we think. And more importantly, people experiencing mental illnesses will be treated with respect, acceptance and be more apt to get the care they need.

WHAT IS MAKE IT OK?

Make It OK is a community campaign to reduce stigma by increasing understanding and creating caring conversations about mental illnesses.

Make It OK Presentation

Tuesday, March 19 • 5:30-6:30 pm
Brainerd Public Library

Presentation is free but pre-registration is required.



Use the QR Code to Register or
visit CrowWingEnergized.org
Events and Classes page

The Make It OK campaign is made possible by HealthPartners, Inc



Presenter Kathy Cottew, Essentia Health



Essentia Health



Lifestyle CHANGE Class Offerings

Learn how to create a healthier lifestyle and prevent diabetes in a 22-session diabetes prevention program. Groups meet with a trained instructor to help participants lose weight, eat healthier and increase physical activity. There are 16 sessions offered over 6 months, and 6 monthly follow-up sessions for the remainder of the year. Each session is one-hour long. The National Diabetes Prevention Program is a community-based, lifestyle change program that offers diabetes prevention education and support for people with pre-diabetes. Pre-diabetes involves blood sugar levels that are higher than normal, but not yet high enough to be diabetes. An individual with pre-diabetes can delay or prevent type 2 diabetes by making simple lifestyle changes. Diet and moderate exercise resulting in a 5-7% weight loss (usually 10-15 pounds) often work to bring blood sugar levels back down to a healthy range. There is no fee for this class (\$429 value).

UPCOMING VIRTUAL CLASS:

MONDAYS | 9-10 A.M.

First class is Monday, March 4, 2024

Coach: Becky Kalton

ADDITIONAL CLASSES:

New classes starting throughout the year and available at varying times throughout the day.

Questions contact Kara Schaefer
218-454-5901 | Kara.Schaefer@EssentiaHealth.org

Register online or scan the QR Code:

CrowWingEnergized.org/Events



Topics for the First 16 Sessions:

- 1 Welcome and Getting Started
- 2 Be a Fat and Calorie Detective
- 3 Ways to Eat Less Fat and Fewer Calories
- 4 Healthy Eating
- 5 Move Those Muscles
- 6 Being Active: A Way of Life
- 7 Tip the Calorie Balance
- 8 Take Charge of What's Around You
- 9 Problem Solving
- 10 Four Keys to Healthy Eating Out
- 11 Talk Back to Negative thoughts
- 12 The Slippery Slope of Lifestyle Change
- 13 Jump Start Your Activity Plan
- 14 Make Social Cues Work for You
- 15 You Can Manage Stress
- 16 Ways to Stay Motivated

Crow Wing
energized

ship
statewide health
improvement partnership



Essentia Health

do you have concerns about falling?

A Matter of Balance: Reducing your Risk of Falls

Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.



You will learn to:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

Who Should Attend?

- Anyone concerned about falls
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling

CLASS DETAILS

Classes are FREE and held once a week for eight weeks for two hours each.

- Session 1** Course description and fall concerns
- Session 2** Ways to think about falls and importance of recognizing concerns
- Session 3** Effects of physical activity and balance exercises
- Session 4** Physical risk factors and asking for what you need
- Session 5** Action plan for exercise and how to change unhelpful thoughts
- Session 6** Exercises and recognizing and changing Fall-ty habits
- Session 7** Exercises, common home hazards and creating an action plan
- Session 8** Exercises and create an action plan for a fall-ty habit

For more information please contact Kara Schaefer
Kara.Schaefer@EssentiaHealth.org • 218-454-5901



**There are two classes
starting in April!**

Class meets weekly on

Thursdays from
April 4 to May 23

1 - 3 p.m. at
Woodland

Good Samaritan

100 Buffalo Hills Ln W
Brainerd

Class Leaders:

Laura Dilley and
Becky Bohnenstingl

Class meets weekly on

Thursdays from
April 9 to May 28

10am - Noon
at Crosslake

Lutheran Church
35960 CR 66 Crosslake

Class Leaders:

Norma Hudgson
and Gail Smith

Class Size is Limited!

Registration is
required, but class is
FREE TO ATTEND!

Register online at
crowwingenergized.org/event

Crow Wing
energized



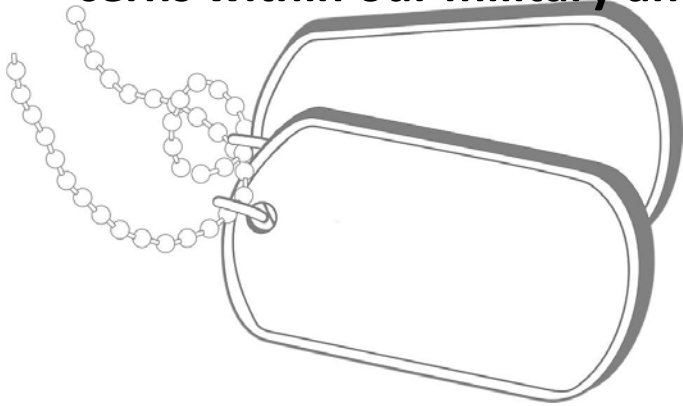
Essentia Health





Support, Connect, and Thrive

Two days filled with understanding mental health, stigma, and concerns within our military and their families, and networking.



Presentations include:

Lethal means safety, fostering connections, mental wellbeing, self-care, QPR, story circles, equine assisted therapy, CVSO roundtable discussions, Hero-Care, problem gambling, and many more

2024 Conference

April 25 & 26 at Camp Ripley

To register please visit [https://
www.militarymentalhealthcoalition.com/annual-conference](https://www.militarymentalhealthcoalition.com/annual-conference)

Single day general admission \$80 or 2 day general admission \$150

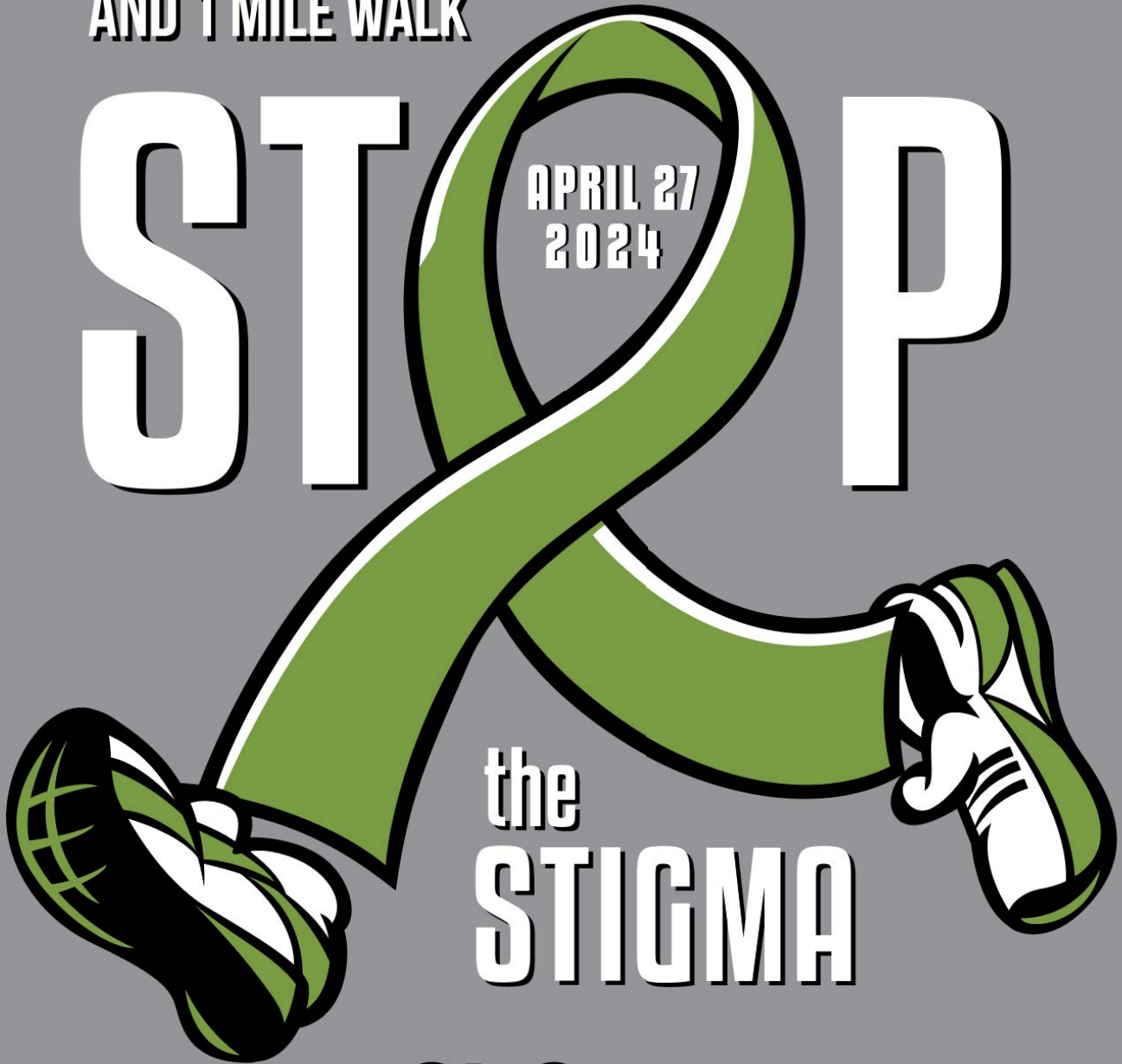
Continental breakfast and lunch are included



5K^{for} MENTAL HEALTH AWARENESS AND 1 MILE WALK

STOP

APRIL 27
2024



the STIGMA



CLC
CENTRAL LAKES
COLLEGE

Crow Wing
energized

Register Here:
<https://5kformentalhealthawareness.itsyourrace.com>

CLC is committed to legal affirmative action, equal opportunity, and access and diversity of its campus community. This document is available in alternative formats. Consumers may also contact us via their preferred Telecommunication Relay Service.

Event proceeds
to benefit:



CLC CENTRAL LAKES COLLEGE
Random Acts of Kindness Program