

# Crow Wing energized

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

## The Pea was voted the 2024 Vegetable of the Year!

Watch for more about One Vegetable, One Community and the Pea in the spring!



one VEGETABLE ONE community

Vote for one vegetable for Crow Wing County's 2024 Vegetable of the Year!

- Kohlrabi
- Peas
- Radish
- Cabbage
- Zucchini

Crow Wing energized

Follow Crow Wing Energized on Facebook to see who the winner is!

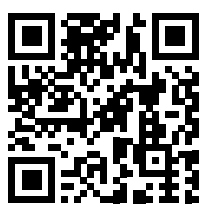


Crow Wing Energized is a grass roots community health and wellness movement led and funded by



Find us on Facebook  
<https://www.facebook.com/crowwingenergized>  
 Like or Follow for the latest information.

[www.CrowWingEnergized.org](http://www.CrowWingEnergized.org)



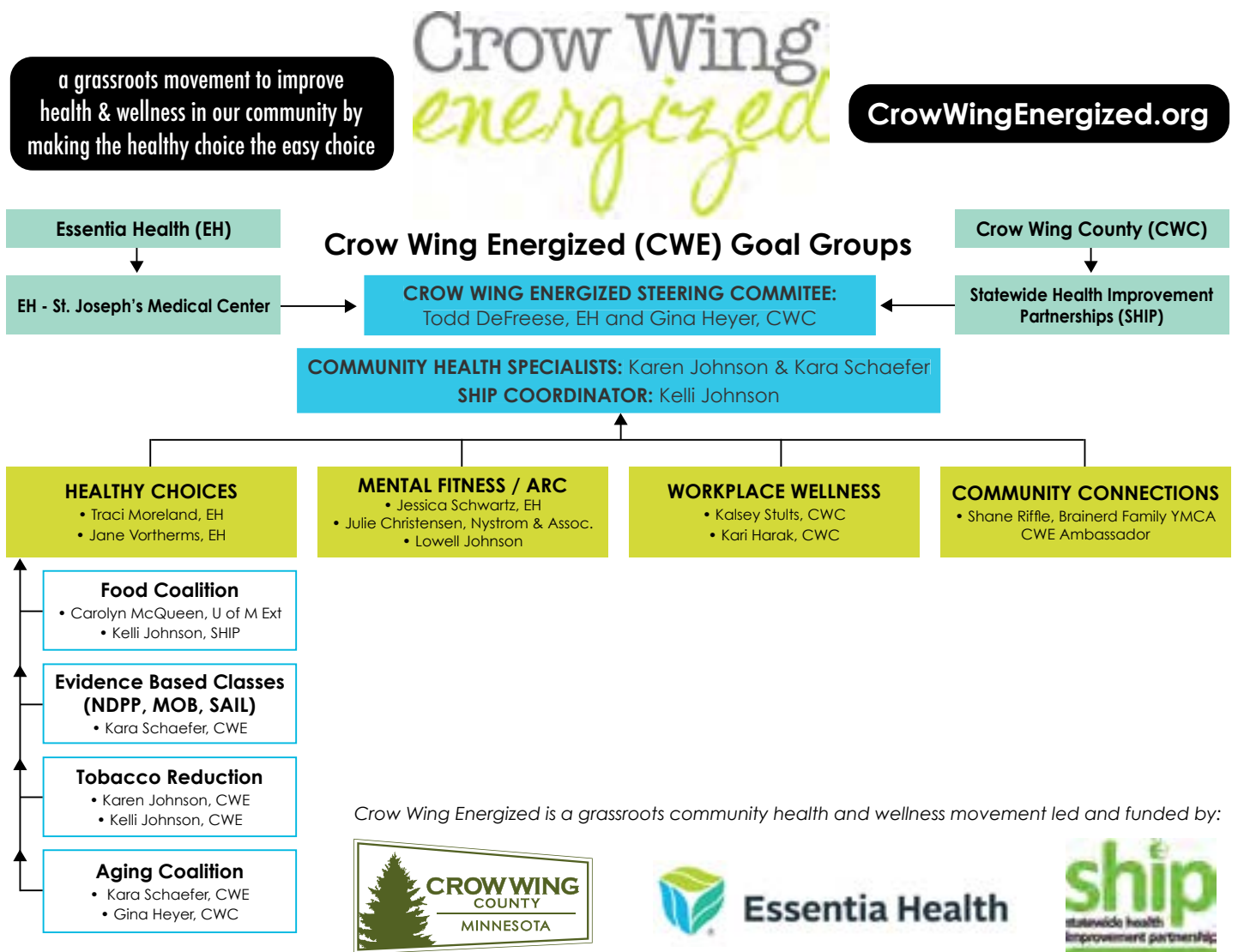
# Hagen completes term on Workplace Wellness

I am most proud of my time with Crow Wing Energized (CWE) not because I did anything great, rather everyone else that's part of the movement does great things. Alone we can do so little, together we can do so much. By lifting up others we ourselves are lifted up, the main reason I joined CWE and have joined other organizations is because the focus is on doing the right things. The work and mission of CWE aligns with my values making being a part of it for so long the easy choice - even for the second time! The strength and support of the people within the CWE movement make being on the steering committee a blessing, it doesn't take much when you have a team walking alongside you.

~ Heidi Hagen



## Read about our new Workplace Wellness Goal Group Leaders in our next newsletter: Welcome Kari Harak and Kalsey Stults!



# Healthy Choices Goal Group gets new leaders: Welcome Traci Moreland and Jane Vortherms!

## Traci Moreland

**About Traci:** I have been an RN for just over 30 years. I worked in a small, critical access hospital for nearly 19 years at the beginning of my career and have spent the last 11 years in clinical informatics, clinic nurse manager and education roles. I feel that nursing is a wonderful profession in which you can help patients in so many different ways and is so rewarding. The focus of my current work is supporting new nurses through their first year as a professional nurse.

My education background is a Bachelor of Arts degree in nursing from Concordia College in Moorhead, and I am currently working on my master's degree through Rasmussen University. I am also board certified in ambulatory nursing through ANCC.

My husband and I have twin teenage boys who keep us very busy! They are sophomores in high school, one is a goalie on the high school hockey team. We live on a small lake just outside of Aitkin and enjoy trips to see the U.S. as a family.

**Please share why you want to be part of our movement to make the healthy choice the easy choice:** I have been involved with CWE for over 5 years now. There are so many excellent programs available to the residents of the county! It is through these programs and awareness that we can keep healthy choices at the forefront of our mind and make the best choice!



## Jane Vortherms

**About Jane:** I have been a nurse for over 36 years – with much of my career working in cancer care. My passion as a leader was ensuring a healthy work environment which would naturally make a very positive patient experience. I left my career in oncology to move into a role as a Nurse Retentionist at Essentia Health – where I can use evidence to develop innovative solutions to retain nursing colleagues.

**Work history:** I started my career in the Minneapolis area and after I got married, I began my 30-year career at St. Cloud Hospital. I have been at Essentia Health for the past 4 years.

**Education history:** I received my bachelor's degree in nursing from the College of St. Catherine (aka St. Catherine University) and my master's degree from Cardinal Stritch University.

**Personal history:** I grew up on a farm and graduated from Waseca High School. I have been married for nearly 35 years (in April 2024) and have two wonderful children. My son is a mechanical engineer, a wonderful husband and doting father of my beautiful grandchildren. My daughter is a licensed social worker and engaged to be married in 2025.

**Please share why you want to be part of our movement to make the healthy choice the easy choice:** Throughout my life I have concentrated on having a healthy lifestyle to keep my energy up and mind sharp. As an oncology nurse for many years, I talked about healthy eating and movement to survivors as part of the healing process; and the general community as part of prevention discussions. Crow Wing Energized feels like a natural fit to determine what we can do on a broader scale to impact our community – approaching the conversations and activities from community vs. specialty perspective.





# Register your team for the reTHINK Your Drink Challenge!



*Register by Jan. 26th!*



We would love to have you follow us!

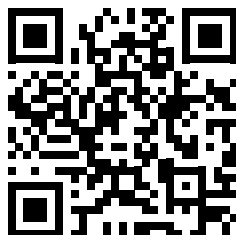
For the latest information about Crow Wing Energized follow us on Facebook and watch our website:



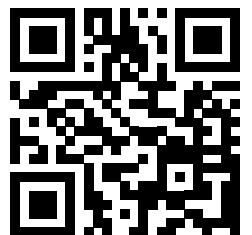
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<https://www.facebook.com/crowwingenergized>

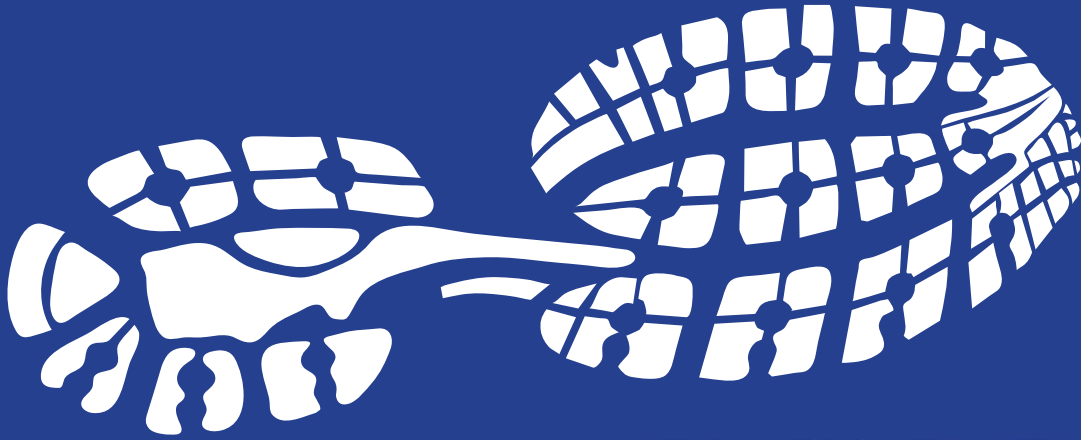
Like or Follow for the latest information!



[www.CrowWingEnergized.org](http://www.CrowWingEnergized.org)



# JOIN OUR COMMUNITY PLEDGE TO

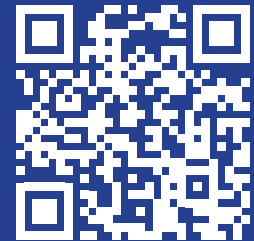


# STOMP OUT THE STIGMA

## Tuesday, Jan. 16

Speaker Destiny Tinnes, Minnesota Suicide Prevention  
Regional Coordinator - North Central Region will present  
**'Changing the Narrative'**

Gathering Room at Pequot Lakes High School from 6-8pm  
Free admission. Register using the QR Code by Jan. 9th.  
Must be 18+ to attend. Open to the community.

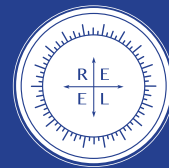


*A great way to learn how to talk about mental health with your teen!*

## Tuesday, Jan. 23

Take the pledge to  
**Stomp out the Stigma of Mental Health!**

Make your pledge during the girls and boys varsity  
Pequot Lakes vs. Crosby/Ironton Basketball Games  
Enter a drawing for a REEL North Alliance sweatshirt!



REEL NORTH ALLIANCE

with support from *Crow Wing energized*



VS



Boys Varsity Tip Off at 5:45pm • Girls Varsity Tip Off at 7:15pm  
Pequot Lakes High School



# STAY ACTIVE AND INDEPENDENT FOR LIFE

Stay Active and Independent for Life (SAIL) is a FREE strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance, if done regularly.

This is a virtual class that will use Zoom for each session. All participants must have audio and visual technology capabilities. This could be a laptop or tablet with a camera and microphone, or a smart phone. To support participants in using Zoom, we will offer a practice session. We will email registrants the practice session link.

If you have participated in a SAIL class in the past, please use the email and login that you created. If you need assistance logging in or remembering your password please call 1-855-215-2174 for assistance.

**Registration is required. Use the QR Code or visit  
<https://crowwingenergized.org/events-classes/>**

## SAIL

Class will meet  
3 times per week  
for 8 weeks on  
Mon., Wed. and Fri.  
9 - 10 a.m.

Practice Zoom Session:  
Wednesday, Dec. 28

First class: Jan. 3  
Last class: Feb. 23

Organizers:  
Deb Bergstrom and  
Valerie Jones



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:**

**TUESDAYS, STARTING JAN. 9 | 10-11 A.M.**

Coach: Carolyn McQueen

## **UPCOMING IN-PERSON CLASS:**

**FRIDAYS, STARTING JAN. 12 | 9:30-10:30 A.M.**

In-Person at The Center, 803 Kingwood St., Brainerd

Coach: Karen Grunewald

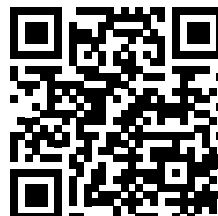
## **ADDITIONAL CLASSES:**

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](mailto:Kara.Schaefer@EssentiaHealth.org)

**Register online or scan the QR Code:**

[CrowWingEnergized.org/Events](http://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

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**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



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

Class meets weekly on  
Tuesdays from  
Jan. 16 to March 5  
12:30 - 2:30 p.m.  
at the YMCA  
602 Oak St., Brainerd  
Class Leaders:  
Kara Schaefer and  
Amanda Wonders

Class Size is Limited!  
Registration is  
required, but class is  
**FREE TO ATTEND!**

Register online at  
[crowwingenergized.org/event](http://crowwingenergized.org/event)  
or scan the QR Code:



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CROW WING  
COUNTY  
MINNESOTA





# Aging Mastery Program®

National Council on Aging



national council on aging,

[www.ncoa.org/AMP](http://www.ncoa.org/AMP)



This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Meet new friends and provide encouragement to one another as you take the Aging Mastery journey together!

## *What is Aging Mastery?*

Aging Mastery is a comprehensive and fun approach to living that celebrates the gift of longevity. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity.

- Class meets weekly on Zoom for 90 minutes over a 10 week period
- Classes are offered in the fall and winter
- Each class includes an expert speaker
- Participants track their healthy habits and share successes weekly

## *Join the Aging Mastery Adventure!*

**Tuesday Evenings, Jan. 23 thru March 26, 6-7:30pm**

Online Class - A Secure Zoom Link Will be Sent After you Register

**Limited Number of Spots Available!**

**Sign up Now by scanning the QR code or online at [CrowWingEnergized.org/events](http://CrowWingEnergized.org/events)**



## **You Will Learn About:**

- Navigating Longer Lives
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement



In cooperation with the National Council on Aging, the Aging Mastery Program is brought to you locally by Crow Wing Energized.

To learn more about Crow Wing Energized

visit [CrowWingEnergized.org](http://CrowWingEnergized.org) or  
Crow Wing Energized on Facebook