

Crow Wing *energized*

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

And the winner is....

The Cucumber

The cucumber
has been voted the
Crow Wing County
2025 Vegetable
of the Year!



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



Essentia Health

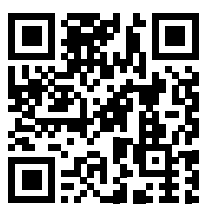


Find us on Facebook

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

Like or Follow for the latest information.

www.CrowWingEnergized.org





Veggies and farmer Kelli Johnson, left, Carolyn McQueen, Kara Schaefer, Kalsey Courneya, Tracy Wallin, Gina Heyer and Rena Bolt on Wednesday, Oct. 30, 2024, at StoneHouse Coffee and Roastery in Baxter. Photo by Tim Speier / Brainerd Dispatch

Our team recently surprised the Cucumber (aka Kalsey Stults Courneya) with the honor of being voted as the 2025 Vegetable of the Year!



The crowning of the Vegetable of the Year is part of our One Vegetable One Community initiative. This initiative was started in response to the 2018 Community Health Needs Assessment (CHNA) which showed 65 percent of adults were not eating the recommended five or more servings of fruits and vegetables a day.

Each summer a selection of vegetables is picked as candidates and then the public gets to cast their vote for vegetable of the year. This year, all the previous winners were selected as the candidates: carrot, cucumber, green bean, pea, and salad greens.

The One Vegetable One Community initiative includes visits to elementary schools within the county each spring. The vegetable of the year, along with some friends, visits first grade classrooms with a vegetable-themed lesson encouraging healthy eating. To promote the consumption of the vegetable of the year, free seed packets are distributed in the spring at various locations throughout the county encouraging people to grow their own vegetables.

Watch for fun facts, recipes, seeds and more as we celebrate the cucumber in 2025! Information can be found on our Facebook page or on our website, CrowWingEnergized.org.

Scan the QR code to read the Brainerd Dispatch article about crowning the cucumber as the 2025 Vegetable of the Year!



Remember to eat your peas – the 2024 Vegetable of the Year!



Meet the Crow Wing Energized Team!



Meet the team who passionately works to
“Make the Healthy Choice the Easy Choice!”

Kelli Johnson – SHIP coordinator for Crow Wing County, Crow Wing Energized, and BLADE

What are you most looking forward to doing when you retire? Golf and travel

What are your favorite hobbies? Golf, lake, gym, lawn care, bingo, flowers, birds, hanging with friends & family, fishing, curling

What's your favorite quote? “Everyday above ground is a great day-remember that.” Pit Bull

Gina Heyer – Crow Wing County Community Health Manager

What's one piece of advice you wish you'd gotten sooner? Take the trip.

What's your favorite quote? Nothing is worth more than this day.

Tracy Wallin – Marketing Coordinator

Tell us a little bit about your family? My husband, Rick, and I have two boys: Logan (21) and Braden (16)

What's your favorite quote? As a former Boy Scout den leader, it's “Leave the world a little better than you found it.”

Rena Bolt – Community Health Specialist

Tell us a little bit about your family? My husband, Eric, and I have been married for over 18 years. We have 4 kids: Evan (16), Clara (14), Whitney (12), and Vivian (10) and a cute mini poodle named Eddie.

What's one piece of advice you wish you'd gotten sooner? Focus on what you can control and let go of what you can't.

What are you most looking forward to doing when you retire? Traveling more, working on house projects, spending more time with friends and family, reading and relaxing!

Kara Schaefer – Community Health Specialist

Tell us a little bit about your family? I am the oldest of 6 children, all of our first names start with the letter K. I have four sisters and a brother.

What's your favorite quote? “Everyone you meet is fighting a battle you know nothing about, be kind always.” Robin Williams

gratitude

Noting 3 Good Things

Because it will change your life for the better!

Scientific research done over many years, by many respected researchers and institutions, proves that without a doubt, focusing on what is good in your life will help you become a happier, healthier, and more sociable person.

Simply spend 5 to 10 minutes at the end of the day to write your 3 Good Things. Do it for 30 days and see what a difference it can make in your life!

All of us at Crow Wing Energized wish you a Happy Thanksgiving!

We hope you are able to take time during this holiday season to reflect on what you are grateful for. Expressing gratitude helps us reflect on our blessings, foster a sense of connection with others, and cultivate a spirit of appreciation for all the good in our lives. Gratitude is contagious; when we express appreciation, it inspires others to do the same, creating a positive ripple effect that strengthens relationships and uplifts the entire community.

If you would like to get some “Gratitude - Noting 3 Good Things” notepads to record what you are grateful for reach out to rena.bolt@essentiahealth.org.

reTHINK YOUR DRINK

The annual
reThink Your
Drink Challenge
starts Feb. 3rd!

Watch for more
info and registration
details in early January!



Crow Wing *energized* STEPS



Challenge



When it starts:

Monday, Dec. 2nd

When it ends:

Monday, Dec. 30th

People Per Team:

Up to 4

Holiday Movement Challenge!

With the hustle and bustle of the holiday season we want to help you stay on track meeting your movement goals by participating in our community steps challenge! In addition to tracking your team's progress, there will be other fun challenges offered too! Take the first step and get your team registered today!

GET REGISTERED:

Join the Challenge! Scan the QR code or visit crowwingenergized.bigteamchallenge.com

Download the Big Team Challenge app, enter 'crowwingenergized' as the challenge website address.

Then follow the prompts to get registered.



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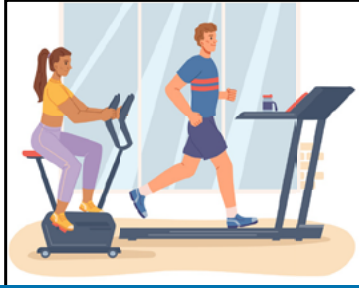
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★ Holiday Fitness Streak ★



Run, Walk, or Move at least ONE MILE Every Day!

Do you love the holidays, but struggle with keeping on track with your physical activity? Or, maybe you just want to start your New Year resolutions early by being more active. Commit to run, walk, or move one mile every day, get active and enjoy a personal reward. Your Holiday Fitness Streak begins on Thanksgiving, Nov. 28, and continues until New Years Day, January 1. Use this chart to help you mark off each day you complete.

Once you complete the Holiday Fitness Streak reward yourself with something non-food related.

My Reward for completing this Holiday Fitness Streak is: _____

Move a Mile and Give Yourself a Star!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				28	29	30
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1			

May your holidays be filled with Health & Happiness!



Crow Wing *energized*

We Invite You to Join the Crow Wing Energized Movement and Create Healthy Menu Options

Dear Restaurant Owners and Chefs,

We are Crow Wing Energized, a grassroots community movement that aims to improve the health and wellness of the residents of Crow Wing County. We believe that everyone deserves to live a healthy and happy life, and that the food we eat plays a vital role in achieving that goal.

That's why we are inviting you to join our movement and create a healthy dish that would be Crow Wing Energized "approved"! We know that you are passionate about serving delicious and satisfying food to your customers, and we want to help you showcase your culinary skills and creativity while promoting a healthy lifestyle.

What are the criteria for a Crow Wing Energized approved dish?

- Include as many vegetables as possible. Vegetables are rich in vitamins, minerals, antioxidants, and fiber, and can help lower the risk of chronic diseases, such as heart disease, diabetes, and some cancers.
- Under 600 calories. Calories are a measure of energy, and consuming more calories than we burn can lead to weight gain and obesity, which are associated with many health problems. By keeping your dish under 600 calories, you can help your customers maintain a healthy weight and energy balance.
- Most importantly, be delicious! We know that you are experts in making mouthwatering dishes that appeal to a variety of tastes and preferences. We want you to use your imagination and flair to create a dish that is not only healthy, but also tasty and satisfying.



**Stop at
Mickey's and
Iron Range
Eatery and
try their
approved
dishes!**

What are the benefits of joining the Crow Wing Energized movement?

By joining the Crow Wing Energized movement and creating a healthy dish, you will receive the following benefits from us:

- Marketing on our social media channels and website. We will feature your restaurant and your dish on our Facebook, Instagram, and website, and encourage our followers and visitors to try it out. We will also provide you with a Crow Wing Energized logo that you can display on your menu, website, and signage.

- Customers will be challenged and receive prizes for trying out the Crow Wing Energized approved dishes throughout the county. We will launch a campaign that challenges our community members to visit the participating restaurants and order the healthy dishes. We will also offer prizes, such as gift cards, coupons, and merchandise, to the customers who complete the challenge.

- Accolades for doing what you can to make residents of our county healthier. By joining the Crow Wing Energized movement and creating a healthy dish, you will demonstrate your commitment and leadership in improving the health and wellness of our county. You will also receive recognition and appreciation from your customers, peers, and the Crow Wing Energized team.



How do you join the Crow Wing Energized movement and create a healthy dish?

If you are interested in joining the Crow Wing Energized movement and creating a healthy dish, please contact our team at crowwingenergized@essentiahealth.org. We will provide you with more details and guidance on how to create and submit your dish. We will also answer any questions you may have about the movement and the criteria.

We appreciate your consideration on this fun and meaningful project. We hope that you will join us in making “the healthy choice the easy choice” for the residents of Crow Wing County.

Crow Wing Energized is a grassroots movement to improve health & wellness in our community by making the healthy choice the easy choice!

To learn more about us visit CrowWingEnergized.org or find us on Facebook or Instagram!

Email: CrowWingEnergized@EssentiaHealth.org

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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

Monday, Dec. 2 • 6 pm

Hosted by Heather Stanley

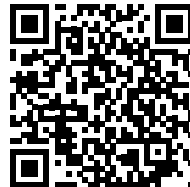
Crisis Line & Referral Service

Registration Required - Scan QR Code

CTC Business Building

14391 Edgewood Drive, Baxter

Please use the East Side Entrance



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

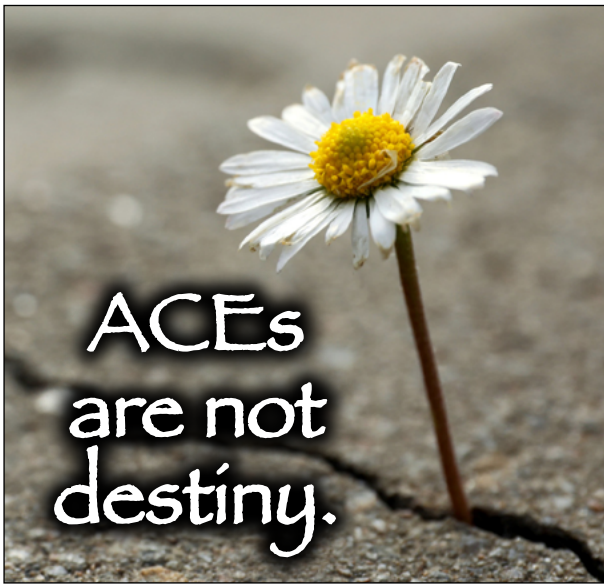


ACEs

Adverse Childhood Experiences



Adverse Childhood Experiences (ACEs) are potentially traumatic events that can occur in a child's life, and can have long-lasting impacts on their physical, mental, and emotional health.



ACEs significantly affect health, leading to long-term issues like mental health disorders and chronic diseases. The discussion includes insights into how childhood trauma can alter brain development, resulting in emotional and cognitive challenges. Preventing ACEs requires understanding and addressing the factors that put people at risk. Creating safe, stable, nurturing relationships and environments for all children prevent ACEs and help all children reach their full potential. These relationships and environments are essential to creating positive childhood experiences. Join us to learn more.

ACEs Presentation

Monday, Jan. 13 • 5-6:30 pm

Presenters: Wendy Gammello & Pat Scott

Registration Required - Scan QR Code

Pequot Lakes Community Library

31117 Rasmussen Rd, Pequot Lakes

