

# Crow Wing *energized*

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



As part of our One Vegetable, One Community initiative, Crow Wing Energized staff and volunteers visit all Crow Wing County first-grade classrooms dressed as gardeners and a variety of vegetables, including the celebrated cucumber, the 2025 Vegetable of the Year.

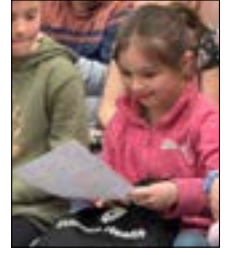
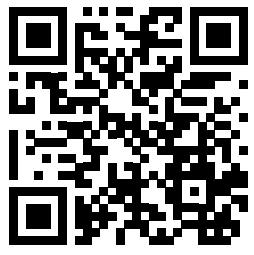
Our presentation focuses on teaching students the importance of eating their daily servings of vegetables, exploring different ways to incorporate vegetables into their diet, and encouraging healthy food choices and physical activity. We also teach the children how vegetables grow and what is needed for them to thrive.

In addition, we read a vegetable-themed book to the class. Before our visit, teachers work with our staff to have students participate in a coloring contest, with two winners selected from each school. Winners are presented with a small gift during our visit.

The students' faces light up when we enter the room, and their enthusiasm is contagious! We love spreading the message to our young learners, encouraging them to continue "Making the Healthy Choice the Easy Choice."

We also want to express our heartfelt gratitude to the dedicated group of volunteers who help make these visits possible. Thank you to each and every one of them for their invaluable assistance!

**Scan the QR code to view a reel highlighting all of our school visits!**



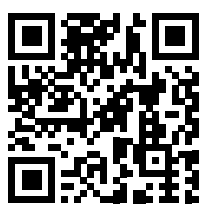
Crow Wing Energized is a grass roots community health and wellness movement led and funded by



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

Like or Follow for the latest information.

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





**The Crow Wing Energized team surprised the winners of the reThink Your Drink challenge:**  
 Home Instead • Small Business Winner  
 Bremer Bank • Medium Business Winner  
 Essentia Health • Large Business Winner

Thank you to everyone who participated!  
 There were 29 teams and 617 participants:

- Achieving Independence, Inc.
- American National Bank of MN
  - BLADE Coalition
  - Brainerd BN Credit Union
  - Brainerd HRA
- Brainerd Lakes Chamber of Commerce
- Bremer Bank • City of Brainerd
  - Cragun's Legacy Courses
  - Crosslake Community School
  - Crow Wing County
- Essentia Health Brainerd Lakes
  - Frandsen Bank
- Graphic Packaging International
  - Home Instead
  - Lakeland Veterinary Hospital
  - Lord of Life Lutheran Church
  - Lutheran Social Service of MN
- Mid-Minnesota Federal Credit Union
  - Northern Pines Mental Health
  - Nystrom and Associates
  - RE/MAX Advantage Plus
- South Central Service Cooperative
  - Sourcewell • The Shed
  - Trinity Business Partners
  - Vivie • YMCA

# reTHINK YOUR DRINK

The Workplace Wellness Challenge that encourages your staff to make water the healthy choice!



Home Instead • Small Business Winner



Bremer Bank • Medium Business Winner



Essentia Health • Large Business Winner



# Workplace wellness

Creating a Healthier & More Productive Workforce

**Tuesday, May 6**  
**9-9:45 a.m. via Teams**

Workplace Wellness meets every month using Teams.

Each session covers a different topic, but all focus on promoting wellness in the workplace.

Want to learn more or receive a Teams invite?

Email [Kelli.Johnson@CrowWing.gov](mailto:Kelli.Johnson@CrowWing.gov)

**Upcoming Workplace Wellness Dates: Sept. 9 • Nov. 4**

Employee well-being is essential to a thriving, productive workplace. When organizations prioritize the physical, mental, and emotional health of their team members, it leads to increased job satisfaction, better morale, and higher levels of engagement. Supporting well-being—through initiatives like flexible work schedules, access to wellness programs, and a positive work environment—not only helps reduce burnout and absenteeism, but also boosts retention and performance. Investing in employee well-being isn't just the right thing to do — it cultivates a happier, healthier, and more resilient workforce.

*Looking for some ideas to improve the wellness culture of your organization that require little effort or money?*

*Here are some suggestions:*

- Create a wellness bulletin board – post helpful wellness tips and community health events
- Promote community events such as 5K races and benefit walks via email, posters, etc
- Identify employee skills and tap into their expertise. e.g. someone might be a yoga instructor – offer a class at work
- Add fresh fruit vending for a nominal fee (use staff lounge or per department)
- Healthy potluck, e.g. soups or salad where staff bring different toppings
- Complete an ergonomic assessment of workstations and make reasonable accommodations such as Sit to Stand Desks
- Create and post walking maps inside (if you have enough hallways) and outside in the neighborhood where you work
- Encourage walking meetings/start a walking club
- Include a healthy recipe in your newsletter
- Promote flu shots, winter survival kits, summer sunscreen use and hydration
- Wall of Gratitude – post its notes with thankful messaging
- Promote your Employee Assistance Program (EAP)
- Fun Bingo challenge, could provide small prizes or perks

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## Come learn more about Crow Wing Energized at these upcoming events:



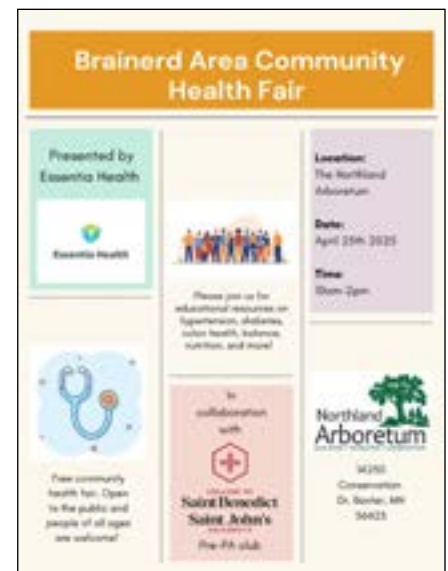
resources for a healthier goal!

**HealthFair**  
WEDNESDAY,  
APRIL 23, 2025  
11AM-1PM

**CENTRAL LAKES COLLEGE**  
BRAINERD CAMPUS

**Free Food**  
**Games & Prizes**  
**Vendors**  
**Giveaways**  
**Free STI Testing**

**we are**  
Advocates for Reproductive Education  
**CLC CENTRAL LAKES COLLEGE**



**Brainerd Area Community Health Fair**

**Presented by**  
Essentia Health

**Location:**  
The Northland Arboretum

**Date:**  
April 23rd, 2025

**Time:**  
10am-2pm

Free community health fairs. Open to the public and people of all ages are welcome!

Free community health fairs. Open to the public and people of all ages are welcome!

in collaboration with  
**Saint Benedict Saint John's**  
The FA club

**Northland Arboretum**  
3425  
Cassadaga Dr. Brainerd, MN  
56421

We are proud to work alongside many other volunteers to support the Lakes Area United Way, Second Harvest Northland and The Outreach Program of Brainerd Lakes at the monthly Mobile Food Pantry Program.


**Distributions are the first Thursday of each month from 10-11 a.m. in the CLC West Parking Lot**

To learn more visit [unitedwaynow.org](http://unitedwaynow.org) or [secondharvestnorthland.org/find-food/mobile-food-pantry-program/](http://secondharvestnorthland.org/find-food/mobile-food-pantry-program/)



PAMELA MCNEILL

**JANIS  
STEVIE  
DOLLY  
AND  
ME**



**Concert for a Cause**  
**Thurs., May 8**  
**Gichi-ziibi Center**  
Social Hour 5:30pm • Concert 7pm



Pamela McNeill and her high energy 7-piece band will perform songs from three of her most beloved musical influences; Janis Joplin, Stevie Nicks and Dolly Parton weaved in with her own original songs!



Lakes Area United Way

**Tickets \$30-\$40 • Purchase at [unitedwaynow.org](http://unitedwaynow.org)**

**Get your tickets today! Early Bird Discount Ends April 14th!**



# Asian Cucumber Salad

This salad is cool and refreshing and pairs well with many things.

Source: <https://www.feastingathome.com>

- 1-1/2 pounds Turkish, Persian or English cucumbers (about 5 cups sliced)
- 1/2 teaspoon salt
- 4-5 scallions, finely sliced
- 1 teaspoon ginger, grated
- 1 clove garlic, finely minced
- 1/4 cup rice vinegar
- 1 Tablespoon soy sauce
- 1 Tablespoon toasted sesame oil
- 1 Tablespoon maple syrup (or honey, or sugar), more to taste
- 1 teaspoon chili garlic sauce (sambal olek) or sriracha, more to taste
- 1-2 Tablespoons toasted sesame seeds



## Instructions:

1. Using the tines of a fork, score the cucumbers lengthwise- this will help the dressing cling to the cucumber. (Feel free to skip if in a hurry.)
2. Slice the cucumbers thinly. Place in a mixing bowl and toss with the salt to help them release water. Let this stand while you gather the remaining ingredients.
3. Strain the cucumbers using a fine mesh strainer (do not rinse) and place them in a large mixing bowl. add the scallions, ginger, garlic, rice vinegar, soy sauce, sesame oil, maple syrup, optional red chili paste and toasted sesame seeds. Mix to combine.
4. Taste and adjust salt and sweetness to your liking. Add more chili paste if you like.
5. Refrigerate until ready to serve. Cucumber salad is best served on the same day but will keep for up to 3 days in an airtight container in the refrigerator.



## Turn in unused and expired medications for safe disposal, no questions asked.

Includes: Blister packs, capsules, pills, creams, inhalers, syringes, IV bags, liquids, needles, patches, powders, sprays, and vials.

### Cub Foods - 417 8th Ave NE Brainerd Saturday, April 26th 2025 10:00 am - 2:00 pm

#### FREE GIFT

The first 50 to visit will receive resource material and a bottle of RxDestroyer. Learn more at [rxdestroyer.com](http://rxdestroyer.com)



#### WHY CLEAN OUT YOUR MEDICINE CABINET?

- Prevent drug misuse, substance use disorder, crime, and accidental poisoning.
- Protect our environment by keeping medicine out of landfills and wastewater.
- It's free and convenient!

#### DEAL WITH IT SO THEY DONT

# 75%

of people who misuse perscription pills reported getting them from friends and family.

Find permanent drop sites in Crow Wing County at [www.bladeinitiative.org](http://www.bladeinitiative.org)



**BLADE**  
BRAINERD LOCAL AREA DRUG EDUCATION



# 5K<sup>for</sup> MENTAL HEALTH AWARENESS

AND 1 MILE WALK

# STOP

APRIL 26  
2025

the  
STIGMA



Register here:  
[5kformentalhealthawareness.itsyourrace.com](https://5kformentalhealthawareness.itsyourrace.com)

**CLC**  
CENTRAL LAKES  
COLLEGE

Crow Wing  
*energized*

Event  
Proceeds  
to benefit:



SHARING  
BREAD  
SOUP KITCHEN

**CLC FOOD**  
  
**PANTRY**

# YOU MATTER!

A COMMUNITY CONVERSATION ON HOPE & RESILIENCE

Presented by



## WEDNESDAY APRIL 30TH, 2025

### TWO OPPORTUNITIES TO JOIN US:

MEALS PROVIDED FREE!

- **Lunch & Learn:** 12pm – 2pm
  - *Catered by Mickey's Subs & PepsiCo*
- **Evening Session:** 5pm – 7pm
  - *Catered by Mickey's Subs & PepsiCo*

Habitat For Humanity ReStore • 415 8th Ave NE, Brainerd

### WHO SHOULD ATTEND?

- Parents
- Caregivers
- Grandparents
- Educators
- Young Adults
- Teenagers

## WHAT TO EXPECT?

### INFORMATIONAL SESSION

- Learn how to be a [Smiles for Jake](#) Advocate

### KEYNOTE SPEAKERS

- Randy & Heather Bacchus:
  - [Be Extraordinary / Be You](#)

## SPACE IS LIMITED!

Scan for more info & to reserve your spot!



Let's break the silence together!





# Crow Wing *energized* **STEPS** Challenge



When it starts:  
**Monday, May 5th**

When it ends:  
**Monday, June 2nd**

People Per Team:  
**Up to 4**

## **Move it for Mental Health!**

"Looking to boost your mood? Get moving!  
Exercise releases endorphins that naturally improve  
your mood, which helps your overall mental health!"

*-Julie Christensen, Mental Health Professional Nystrom and Associates and Essentia Health*

In addition to tracking your distance,  
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](http://crowwingenergized.bigteamchallenge.com)

Download the Big Team Challenge app,  
enter 'crowwingenergized'  
as the challenge website address.  
Then follow the prompts to get registered.



*Mental Health*  
AWARENESS MONTH

**Crow Wing**  
*energized*

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



**Essentia Health**





CROW WING COUNTY

# Movement Challenge

## PRIZE DONATION REQUEST



Crow Wing Energized is hosting 4-week movement challenges for residents of Crow Wing County—and the response has been amazing! Every single participant has reported increased physical activity and said they would recommend the challenge to a friend.

It's been incredibly rewarding to witness the positive impact on our community's health and well-being.

One popular piece of feedback we've received? Participants are asking for prizes for the winning teams! To bring this idea to life, we're reaching out to local businesses for support.

### Would you consider donating a prize?

Ideas Include: Gift Certificates, Memberships or Anything That Inspires Continued Physical Activity!

Together, we can keep the momentum going and empower our community to live healthier, more active lives.

To learn more about the Movement Challenges scan the QR code or visit [CrowWingEnergized.org](http://CrowWingEnergized.org)

For more information or to make a donation contact us at [CrowWingEnergized@essentiahealth.org](mailto:CrowWingEnergized@essentiahealth.org)



*"Making the Healthy Choice the Easy Choice!"*

# Crow Wing energized



# 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

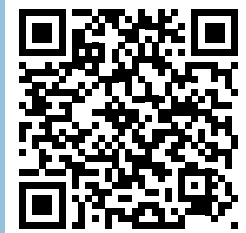


**Class meets weekly on  
Tuesdays from  
May 6th to June 24th  
12:30 p.m. -2:30 p.m.  
at Woodland Good  
Samaritan Society  
100 Buffalo Hills Ln W  
Brainerd, MN 56401**

**Leaders:  
Becky Bohenstingl &  
Laura Dille**

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

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



Crow Wing  
energized

ship  
statewide health  
improvement partnership

Essentia Health

CROW WING  
COUNTY  
MINNESOTA



# Aging Reimagined: Creating Communities for All Generations

May 13, 2025  
9:00 am - 2:00 pm

Gull Lake Sailing School  
19696 Love Lake Road  
Brainerd, MN 56401



As we age, we are reshaping what it means to live fully in our communities. However, outdated ageist narratives persist, maintaining outdated policies and practices. Research from the National Center to Reframe Aging shows that expanding public understanding of aging can improve societal attitudes, value people at all ages, and support systems change.

**Facilitator: Rajean Moone, PhD**



## Training Objectives:

- Understand the impact of ageism on individuals and communities.
- Learn about age-friendly initiatives that promote inclusivity.
- Explore strategies for reframing aging and eliminating ageism.

**All are Welcome.**

This free event includes lunch with registration by May 4.

<https://tinyurl.com/Aging-May13>



**CEUs approved (4 hours) - Social Work & BELTSS**

For information contact:  
[melissa.lyon@cmcoa.org](mailto:melissa.lyon@cmcoa.org)



Brainerd for All Ages

Age-Friendly Communities  
Are Livable for  
People of All Ages  
[www.org/health](http://www.org/health)



Funded by ElderCare Development Partnership grant.

# Crow Wing *energized*

**We Invite You to Join  
the Crow Wing Energized  
Movement and Enjoy  
Healthy Menu Options!**

**What are the criteria?**

- **Include as many vegetables as possible** -  
Rich in vitamins, minerals, fiber, and antioxidants,  
vegetables help reduce the risk of chronic diseases.

- **Be 600 calories or less** -  
Avoid excess calories to prevent weight gain  
and associated health risks.

- **Most importantly, be delicious** -



**Look for the Crow Wing Energized  
'Approved' sticker on items at these locations:**



**Would your restaurant or business like to  
offer a Crow Wing Energized 'Approved' item?  
Scan the QR code to learn more!**

