



Aitkin County SHIP Program

PartnerSHIP News!

JUNE 2023

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Aitkin, Itasca, Koochiching, Carlton, Cook, Lake, and St. Louis counties
make up Healthy Northland.

Supported by the Minnesota Department of Health's Statewide Health Improvement Partnership (SHIP), Healthy Northland strives to make the healthy choice the easy choice for everyone in Northeastern Minnesota through collaborative and community-based policy, systems, and environmental (PSE) change efforts.

Visit Healthy Northlands' Webpage!



In May's newsletter read about: The Food System Network in Cook County and Mental Health in Schools with Itasca Count. Some upcoming events and resources include: [An Evidence Based Design Approach to Creating a Healthy Work Environment](#); [SafeSide Framework for Suicide Prevention in Rural Communities](#); and [Saturdays at the Eco3 Urban Farm](#)

Read June Newsletter!

Featured Success Stories

Aitkin County CARE is creating brain waves by building a dementia friendly environment in Aitkin County.

Lynne and her staff at Aitkin County CARE have been doing a fantastic job promoting brain health and increasing awareness about Alzheimer's disease and related dementias. Aitkin County CARE started the conversation with

healthcare institutions and partners. Additionally, offering services for caregivers of their loved ones whom might have Alzheimer's and related dementias.

In order to build a dementia friendly environment, Aitkin County CARE brought **The Remember Project** to the communities in Aitkin County. The Remember Project uses the arts to end the stigma of dementia. The goal is to build awareness as a bridge to understanding and action. The impact of short plays and facilitated conversations is one of normalizing a difficult conversation. The Remember Project delivers two-hour events (live and virtual) that include a short play performed by professional actors who bring life real issues connected to the care, diagnosis, and experience of dementia and how relationships can be tested in unexpected ways. Following the performance, audience members take part in a facilitated conversation about the themes, metaphors, and impact of memory loss depicted in the plays. Aitkin County CARE brought the following One- Act Plays to our communities: Fortune Cookies, Steering into the Skid and most recent **In the Garden**.

To support a dementia friendly environment, Aitkin County CARE started a Memory Lane Cafe which transformed into "Donuts with Dawn" which is a "Pop-Up" Senior Center (see below). Lynne states "social isolation combined with loneliness is detrimental to our health. Donuts with Dawn is an opportunity to improve socialization. Join us for fun, conversation and much more!"

Going beyond the environment, CARE is also focusing on promoting nutrition to boost brain health by hosting a **cooking demonstration** (in collaboration with University of Minnesota Extension and the Aitkin Farmers Market Hub) at the Aitkin Farmers Market on Saturday, July 15th from 11 AM to 1:00 PM.

With each brain wave being created by Aitkin County CARE, they are doing their part to promote brain health in the communities of Aitkin County!



Partner Spotlight!

Lynne Jacobs

Lynne has been an active SHIP partner by receiving both Building Resilient Inclusive Communities (BRIC) and Building Our Largest Dementia (BOLD) Infrastructure grants from the Statewide Health Improvement Partnership (SHIP) program with the Minnesota Department of Health (MDH).


Through the BRIC grant, Lynne helped address access to food and nutrition security, safe physical activity and social connectedness with the following projects in our communities:

A portrait of a woman with short, blonde hair, smiling at the camera. She is wearing dark-rimmed glasses and a light-colored jacket over a dark top. The background is a plain, light-colored wall.

BOLD work with Aitkin County CARE aligns with the SHIP activity of the Healthy Brain Initiative. The Building Our Largest Dementia Infrastructure for Alzheimer's Act supports public health agencies to develop a uniform dementia infrastructure. When public health asked Lynne if she had any interest in being a partner to receive the BOLD grant, she knew how important this was to our community and didn't want to turn funding away that can benefit residents of Aitkin County and the clients she serves.

BRIC Success Story

As part of the Aitkin County CARE team, Dawn Harrison will be setting up pop-up senior centers in McGregor, Hill City and Jacobson, McGrath, Aitkin, Palisade to chat with people about the programs available through CARE and connect with other resources that may be needed. She will have games, speakers, and activities. Each week is a new adventure. Look at our Facebook page daily to see what's coming.



CARE

COORDINATING AREA RESOURCES EFFECTIVELY

FEATURES

DONUTS WITH DAWN

HELPING SENIORS AND DISABLED ADULTS IN AITKEN COUNTY TO LIVE INDEPENDENTLY AND TO PROVIDE SUPPORT TO THOSE WHO CARE FOR THEM

MANAGE SERVICES FOR THE CARETAKER
 CONSUMER EDUCATION
 INFORMATIONAL MATERIALS
 SERVICES & REFERRAL AGREEMENTS
 SELF-CARE TOOLS

A MATTER OF BEARING, SAIL & TAIL J. CLAY WOODWARD
 PARABOLIC BEAMS: A TALK BY FRANK P. PARABOLIC BEAMS
 MARY VERNON: HOLERS, SELF-ADVOCATE SERVICES, TECHNOLOGY, ETC.
 ROSE COMPTON: TECHNOLOGICAL SERVICES
 BEVERLY GORDON: PERSONALITY, FAITH AND AMBIGUITY
 NORTON: AMERICAN PEOPLE AND THE WORLD TODAY
 MURRAY LANE: LIVES

UNPUBLISHED BUT IMPORTANT OR UNRECORDED

WHAT IS MN WELLBEING?



Addressing Social Connection in Aitkin County

“Aitkin County in its entirety is considered rural, with fewer services available; collaborative efforts are crucial to improve the health and well-being of our older adults. Examples of such collaboration include: Bringing dementia awareness and education where discussion are minimal. Demonstrating healthy eating habits for healthy brains. Strategies have been put into place to increase socialization through a community garden, while also encouraging healthy eating. Partnering with the local schools builds intergenerational connections in the garden. SHIP collaborations are strong in Aitkin County with partnerships continually growing to include tough subjects like suicide prevention, working with the hospital on Food Rx and more.”

—Lynne Jacobs, Director of Aitkin County CARE



SHIP intentionally invests in creating opportunities in partnership with communities to create equitable, healthy, and positive conditions that promote well-being and resiliency for all Minnesotans.

Individual well-being includes a person's physical, mental, and social health, and the opportunities to create meaningful futures. It considers basic needs like food, housing, education, employment, and income. It includes social and emotional needs like sense of purpose, safety, belonging and social connection and life satisfaction. And it is tightly linked with the well-being of our communities, our

environment and our planet ([RWJF](#)).

Community well-being is the combination of social, economic, environmental, cultural, and political conditions identified by individuals and their communities as essential for them to flourish and fulfil their potential ([Wiseman and Brasher, 2008: 358](#)). The components of community well-being are best determined in relation to local circumstances and challenges but typically cover a range of domains usually characterized as social, political, economic and cultural ([whatworkswellbeing.org](#)).

Statewide Health Improvement Partnership Well-being Activities

Social Connection SHIP Activity

This activity aims to incorporate social connection within SHIP activities by reframing policies and systems to ensure belonging. This will be done by adding social connection elements to existing activities within MN EATS, MN MOVES and MN Commercial Tobacco-Free. For example, in MN EATS Farmers Markets, social connection can be increased by adding a food ambassador, providing recipes in different languages, and/or adding community spaces for people to gather.

RESOURCES

- [Social Connection and the Link to Well-being](#)
- [Change to Chill](#)
- [Health Powered Kids](#)
- [Healthy Set Go](#)
- [VolunteerMatch](#)
- [Building Social Support and Connections](#)

Trauma-informed Principles SHIP Activity

Public health, workplaces, schools, and health care and other organizations or institutions become trauma-informed systems (TIS) by:

- addressing system-level trauma within the organizational culture
- embracing a “trauma-informed approach” by integrating trauma-informed values into policies, procedures, and practices to promote safety and avoid retraumatization.
- creating an organizational culture which improves public health, school, health care and other organizations or institutional services for individuals affected by trauma while addressing the impact of trauma on the workforce.

RESOURCES

- [Minnesota Trauma-Informed Trainer List](#)
- [Trauma Informed Principles in Schools](#)
- [Trauma Informed Workplaces](#)
- [Change to Chill](#)
- [Make It Okay](#)

Healthy Brain Initiative SHIP Activity

MN Healthy Brain Initiative is an agency effort with the goal of working with organizations across the state who are supporting healthy aging and dementia care

Innovative Wellbeing Activities developed through the 6 Step Process SHIP Strategy

(Committee for the Awareness & Prevention of Suicide "CAPS" Committee)

to build robust infrastructure and support brain health for all Minnesotans.

RESOURCES

- [The Remember Project](#)
- [Alzheimer's Association](#)
- [Memory Keepers Medical Discovery Team \(University of Minnesota Duluth\)](#)
- [Arrowhead Area Agency on Aging](#)
- [Respite Care \(Aitkin County CARE\)](#)
- [Caregiver Consultant \(Aitkin County CARE\)](#)
- [Powerful Tools for Caregivers \(Aitkin County CARE\)](#)
- [Senior Companion Services](#)

The goal of the Community Well-being Flexible Activity: 6 Step Process is for local public health to meet a deep well-being community need not represented in current SHIP statewide and flexible activities.

Interested in joining the CAPS committee? Email [Stacey Durgin Smith](#) to inquire how you can get involved!

RESOURCES

- [QPR Gatekeeper Training](#)
- [ASIST Program Overview](#)
- [safeTALK Program Overview](#)
- [988 Suicide and Crisis Lifeline](#)
- [988 Posters & Other Market Materials](#)
- [National Alliance on Mental Illness Minnesota](#)



SHIP STORY MAP

The Statewide Health Improvement Partnership (SHIP) creates wellness across Minnesota's communities through community-driven, evidence-based, and equity-focused programs that tackle the root causes of chronic diseases.

To see SHIP work across the state of Minnesota, click on the image above or the link below. From the We Are SHIP page, scroll down to the map. At the far right, you will see a box that includes the state total (2,172 in dark blue print), and below that the Search the Map selection tool. You can now choose Topic Areas, Settings, or County.

[We are SHIP](#)

FUNDING STILL AVAILABLE!



2023 Community Partner Awards Now Available!

Aitkin County Public Health's Statewide Health Improvement Partnership (SHIP) Program is pleased to announce a **Community Partner Award opportunity in 2023**. Funding is intended to support the implementation of action plans that create sustainable policy, system and/or environment (PSE) changes that expand opportunities for healthy eating, breastfeeding, physical activity, tobacco-free living and well-being. To be eligible, your organization must serve Aitkin County.

PREVIOUS PROJECTS FUNDED

- AITKIN CITY PARK PLANNING PROJECT
- MATERIALS PURCHASED FOR A DEMONSTRATION PROJECT IN 2023 (AITKIN)
- SUPERSHELF TRANSFORMATION AT AITKIN FIRST LUTHERAN CHURCH FOOD SHELF
- COMMUNITY GARDEN IN HILL CITY

To learn more about SHIP and the Community Partner Award opportunity visit www.aitkincountyship.org or scan the QR Code or call Hannah Colby, RD at 218-927-7271



The Statewide Health Improvement Partnership, often called SHIP, supports community-driven solutions to expand opportunities for active living, healthy eating, and tobacco prevention. A primary goal of this collaboration is to prevent chronic diseases before they start. A few things have changed this year — we no longer call them grants and instead call them partner awards.

Funding is intended to support the implementation of action plans that create sustainable policy, system and/or environment (PSE) changes that expand opportunities for healthy eating, breastfeeding, physical activity, tobacco-free living and well-being. To be eligible, your organization must serve Aitkin County.

[Community Partner Award Instructions](#)

[Community Partner Award Application \(word\)](#)

[Community Partner Award \(PDF\)](#)

[Community Partner](#)

[SHIP PSE MDH Document](#)

Contact:

Please direct all correspondence to the contact information provided below.

Hannah Colby, RD, LD, CLS
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*Supported by the Statewide Health Improvement Partnership, Minnesota Department of Health

2023
Community Partner Funding Application

Section 1: Applicant Information

Date	
Organization Name	
Street Address	
Mailing Address if different	
City, State, Zip Code	
County	

Primary Contact	
Phone	
Email	

Financial Contact	
Phone	
Email	

Information provided in this application may be used for promotional materials. This includes, but is not limited to: fact sheets, Minnesota Department of Health reports, newsletters, social media posts, and media releases. Additional information may be requested by Sherburne County staff; e.g., a release might be requested for individuals in photographs.

☐ By checking this box, you acknowledge and accept the statement above.

Which project area are you applying under? Select only one.
(Your organization may apply for both a MN Well-being grant and one of the following: MN Eats, MN Moves or MN Commercial Tobacco Free grant. If choosing to do so, you must submit a separate application for each project.)

- ☐ MN Eats
- ☐ MN Moves
- ☐ MN Commercial Tobacco Free (CTF)
- ☐ MN Well-Being

Upcoming Events



NUTRITION TO BOOST BRAIN HEALTH

Saturday **JULY 15TH**
11:00 AM - 1:00 PM

COOKING *Demonstration*



Cooking Demonstration 1 starting at 11:00 AM
Cooking Demonstration 2 starting at Noon

Join us **July 15th** at the **Aitkin Farmers Market** located **in the parking lot of Tractor Supply**. From 11 AM to 1 PM you can watch a demonstration led by Jodi Nordlund from the University of Minnesota Extension. Learn how to boost your brain health with nutrition. You will have an opportunity to enjoy some freshness and go home with local produce to make the recipe.



EVENT SPONSOR





Aitkin County SHIP Program | 204 1st Street NW, Aitkin, MN 56431

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