



Aitkin County SHIP Program PartnerSHIP News!



SEPTEMBER 2023

[Aitkin County SHIP Website](#)

[Resources](#)

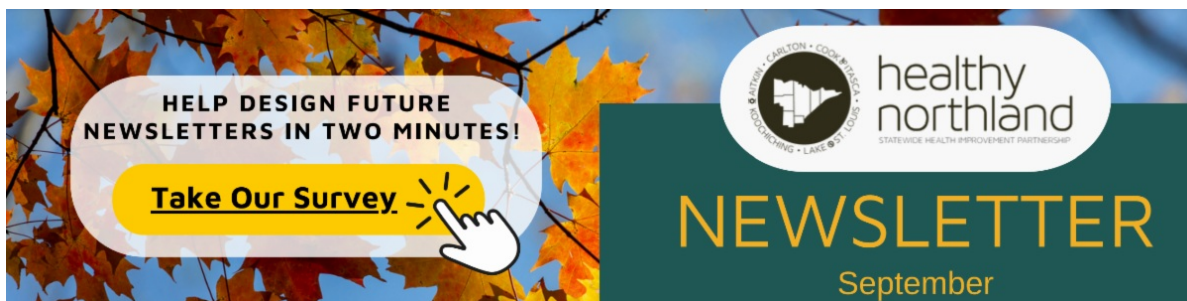
[Healthy Northland Website](#)



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 September's newsletter read about: American Lung Association Vaping Toolkit; Safe Routes to School Updates and the Health Equity Minutes.

[Read the September Newsletter!](#)

Featured Success Story



“ —
| Planning our neighborhood
| park to be inclusive for all
— | ”



Aitkin City Council Adopts City Park Master Plan & Concept Map

For over a year, the Aitkin City Park Committee has been collaborating with Confluence to help create a master plan and concept map of the Aitkin City Park.

What is a master plan? A master plan is a conceptual layout for a site that considers placement and relationships of facilities, plans for implementation, and acknowledges future growth.

The Aitkin City Park Master Plan will help establish a 20–year vision for the City Park to ensure that it is prioritizing the needs, desires and interests of the community today and the next 20 years based on anticipated demographic, economic, and social changes that could affect recreation trends and preferences. The plan balances the park system needs, desires and interests of the community today, while also ensuring the park system is managed, maintained, and developed with a sustainable and season-focused approach.

The City of Aitkin is hoping to create an equity-based master plan that seeks balance in the park system to:

- Meet the needs of all Aitkin residents, businesses, park user groups and stakeholders .
- Considering usability, access and differences in physical ability and age.
- Maintain the amenities the park currently has while adding on new amenities for all ages.
- The goals of the park committee is to focus on the top 5 – 10 amenities that Aitkin will become to be known for while focusing on sustainability in the park.

The vision for the Aitkin City Park outlined in the plan is the result of an open and transparent planning process. Key stakeholders and community members were directly involved at key steps of the planning process to learn about project goals, assist in crafting and evaluating alternatives, and provide input on future recommendations.

Thank you to the following individuals for their hard work and dedication with the planning of the Aitkin City Park Master Plan & Concept Map: Jason Henke (Aitkin City Council); Julie Miller (Aitkin City Council); Lon Nicko (City of Aitkin Public Works Department); Amanda Lowe (Aitkin City Park Committee & Community Member).



View the Aitkin City Park Master Plan & Concept Map (click on the PDF document on the Aitkin County SHIP website)

MN Moves

"SHIP supports the health of the City of Aitkin residents, bringing in resources and tools that greatly expand our capacity to create better conditions for walking in the community."

—Maria Wardoku, Alta Planning and Design

Working together to make Minnesota a healthier place to live, work, and play.

What does your community need?

✉ Connect with your local SHIP coordinator,
Health.OSHI1@state.mn.us



SHIP builds stronger communities

“ SHIP has been an invaluable asset to our community since I came here. They have helped us with Park Planning, Walking Trails, and Safe Pedestrian Route Upgrades. We are working on trail projects that will be ADA accessible and improving access to an upgraded community building that will also welcome people who cannot utilize our currently limited access. Our coordinator does a wonderful job bridging the interagency stakeholders that are working together to improve health and wellness in our region. She even comes to our park meetings and truly an interagency asset.”

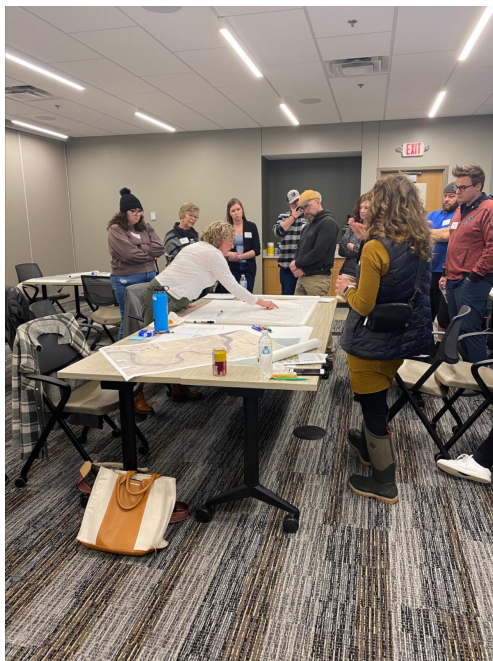
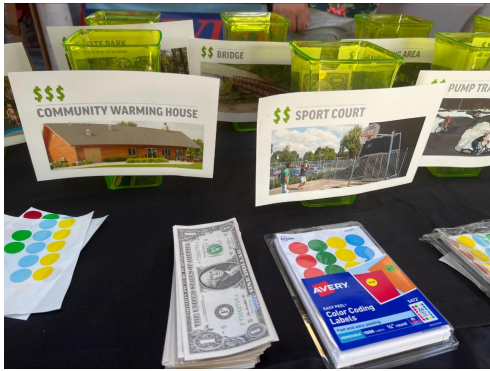
—Michael Skrbich, City of Aitkin

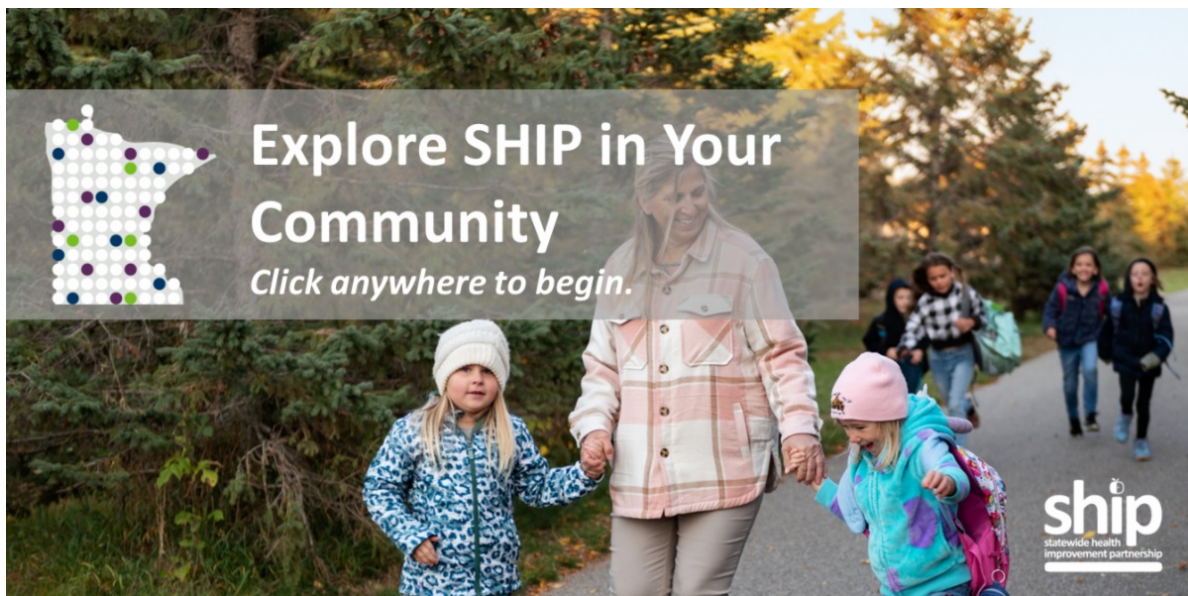


SHIP is working at the community level to make it easier for Minnesotans of all ages to improve their health and well-being by making routine physical activity more accessible and convenient. The objective of the MN MOVES strategy is to increase physical activity – primarily walking and bicycling – throughout the state of Minnesota.

Read more on MN MOVES strategies

Interested in a MN MOVES strategy? Contact your local [SHIP Coordinator Hannah Colby](#) to learn more on how to get started!





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](#)

Upcoming Events

Dave Baker Community Presentations

THE OPIOID EPIDEMIC A COMMUNITY PRESENTATION



Representative
Dave Baker

Please join us for a community presentation and discussion with State Representative Dave Baker. Dave and his wife Mary lost their 25 year-old son Dan to an opioid overdose in 2011. Hear his story and how you can support ongoing efforts to combat the opioid crisis.

TUESDAY, OCT. 3
6:30PM - 8:00PM

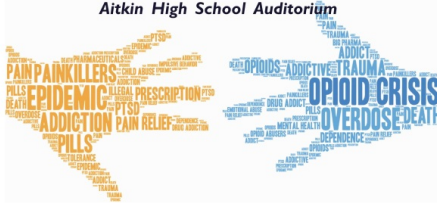
McGregor High School Auditorium

FREE
Open to the
Public

COME EARLY
FOR A FREE
COMMUNITY
MEAL AT
6:30PM!

WEDNESDAY, OCT. 4
6:30PM - 8:00PM

Aitkin High School Auditorium



For more information contact Liz Short, PHN at Aitkin County Public Health:

218.927.7267



Aitkin High School Auditorium

Tuesday

October 3, 2023

6:30 PM - 8:00 PM

**McGregor High School
Auditorium**

Wednesday

October 4, 2023

6:30 - 8:00 PM

THE OPIOID EPIDEMIC A COMMUNITY PRESENTATION



Representative
Dave Baker

Please join us for a community presentation and discussion with State Representative Dave Baker. Dave and his wife Mary lost their 25 year-old son Dan to an opioid overdose in 2011. Hear his story and how you can support ongoing efforts to combat the opioid crisis.

THURSDAY
October 5TH
9:00AM-10:00AM

Hill City School Gymnasium

FREE
Open to
the Public



For more information contact Superintendent Adam Johnson:

218.697.2394

Hill City School Gymnasium

Thursday,

October 5, 2023

9:00 - 10:00 AM

**Back by Popular
Demand!**

You asked and we listened!

Join us at the Aitkin
Farmers Market on
Saturday, **October 7th** for a
cooking demonstration on
Nutrition to Boost Immune
Health. The first 50
participants will go home

NUTRITION TO BOOST IMMUNE HEALTH

Saturday **OCTOBER 7, 2023**
11:00 AM - 1:00 PM

with some local product to make the recipe at home.

11:00 AM - Cooking Demo 1
Noon - Cooking Demo 2

Thank you to the sponsors of this event: Riverwood Healthcare Center and Aitkin County Public Health.

COOKING
Demonstration

aitkin farmers market TRY A SAMPLE!

Cooking Demonstration 1 starts at 11:00 AM
Cooking Demonstration 2 starts at 12:00 PM (Noon)

Join us **October 7th 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 immune health with nutrition. You will have an opportunity to enjoy some fall flavors and go home with local produce to make the recipe.

EVENT SPONSORS

Riverwood HEALTHCARE CENTER
Together we will.

Public Health Aitkin County

TANK TRAIL GRAND OPENING

CELEBRATE THE NEW TRAIL EXTENSION
4:30 TO 6 PM
TRAILHEAD OFF OF RED OAK DRIVE
LOOK FOR THE SIGNS!

AITKIN MINNESOTA

TUESDAY OCT. 3RD

SNACKS + PRIZES + FRESH AIR

Tank Trail Grand Opening

On **Tuesday, October 3rd**, come and experience the new trail extension! The event will be from 4:30 - 6:00 PM.

The trailhead starts off of Red Oak Drive by St. James Catholic Church. Look for the signs to help guide your way to the grand opening event.



Public Health
Prevent. Promote. Protect.
Aitkin County

Aitkin County Public Health | 204 1st Street NW, Aitkin, MN 56431

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