



Aitkin County Public Health

# PartnerSHIP News!

*August 2024*

[Aitkin County SHIP Website](#)

[Resources](#)

[Northeast SHIP Website](#)

[View as a web page!](#)



**“I found that with depression, one of the most important things you could realize is that you’re not alone. You’re not the first to go through it; you’re not going to be the last to go through it.”**

**THE ROCK**

DIVETHRU

## **Aitkin, Itasca, Koochiching, Carlton, Cook, Lake, and St. Louis counties make up Northeast SHIP**

Stay updated with the latest news and events from Healthy Northland, the Northeast Minnesota Statewide Health Improvement Partnership (SHIP). Read about our health initiatives, community success stories, and upcoming events promoting healthy living in the region.

Read the Northeast SHIP Community News!

# FIND FOOD Aitkin County

About Resources FAQ




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Statewide Health Improvement Partnership  
AITKIN

**Public Health**  
Aitkin County

**FIND FOOD  
Aitkin County**

**Need Help Finding Food Resources?**

**LOOK NO FURTHER!**  
[www.findfoodaitkincounty.org](http://www.findfoodaitkincounty.org)

FindFoodAitkinCounty.org is a guide to help find groceries, serving all who need food. Serves as a one stop shop for people to learn about food access in Aitkin County and neighboring areas.

**FIND FOOD  
Aitkin County**

Maps



**Emergency Food Resources Map**

**All Food Resources Map**

**Resources**

- Local Food
- Just for Seniors
- Ask a Dietitian
- Videos
- Community Resources
- Facts, Answers & Questions

**Find a Recipe**



**RECIPE CARD** Strawberry - Basil Popsicles

**FIND FOOD  
Aitkin County**

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

## Dietitian Market Pick Recipe of the Month!

The Broccoli Pesto Recipe was a crowd favorite at the Cooking Demonstration that was held at the Aitkin Farmers Market on August 10, 2024. Thanks to Riverwood Healthcare Center for sponsoring this event!



Broccoli Pesto

*Broccoli is an excellent source of vitamin C, and important nutrient for immunity. It also helps with the absorption of plant - based iron. Also provides both calcium for bone health.*

**Ingredients**

- 1 cup raw **broccoli** (1 large floret)
- 1 cup fresh **basil**
- 4 cloves **garlic**
- 1/2 cup **walnuts**
- 1/2 cup **olive oil**
- 1/2 **lemon** squeezed (or about 1 Tablespoon
- Salt and pepper** to taste
- 1 - 2 Tablespoons **water** for desired consistency.

**Directions**

1. Chop 1 floret of broccoli into small pieces to be blended. Approximately 1 heaping cup. Use the tops first, saving the hearty bottom - portion to chop for another recipe (works well in stir fry, salads or soup).
2. Add broccoli, along with the rest of the ingredients to a food processor. Blend until the chunks of broccoli are fully blended and the pesto is of desired consistency. Add a few tablespoons of water to reach a more fluid consistency.
3. Remove blade from processor and scrape the sides well into a serving bowl. Serve immediately or chilled.



*Recipe adapted by Mill City Farmers Market*

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



## SUCCESS STORY

### STAY Walk, Run Rally - Raising Awareness and Connecting People! What a Success!

By: Kat Robb Editor with the Aitkin Independent Age Newspaper

The Aitkin County Committee for the Awareness and Prevention of Suicide (CAPS) held an event July 20 to promote awareness, connect people with local resources and provide education on risk factors and signs of suicide. The STAY: Walk, Run & Rally began at 8:30 a.m. with a 5K Color Run for Life, from Paulbeck’s County Market, through the Aitkin Walking Trail, through the Aitkin City Park and finally to the Aitkin County Fairgrounds. Volunteers threw color at the runners at surprise points along the way. People could also find sponsors and walk around the fairgrounds. There were

bounce houses, games, vendors, food and mental health resources. Live music was performed by Mike and Jan Cherry and Christian McShane.

Bill Dehrkes from Face It Foundation, Shoreview, spoke about depression, facing depression, reaching out and getting support. According to the Face It Foundation, “Millions of men experience depression, but far fewer seek help. The Face It Foundation gives men the support they need to face depression, take control of their recovery and get their lives back.” Face It Foundation is in the process of establishing a retreat center in northern Minnesota.

A group from Grand Rapids presented “If We Can Save Just One.” Many members of this group have lost someone to suicide. They want to encourage people to STAY and to help them recognize that their loss would bring pain to their family, their friends and their communities.

Members of the Purdy family were at the event in honor of Clayton Purdy, an Aitkin area 19-year-old who recently died by suicide. Clayton’s brother Dylan spoke during the event. Funding for the event was provided by a grant from the UCare Foundation and a mini-grant from the Region V+ Mental Health Initiative.

CAPS partnered with the Aitkin County Fairgrounds, Aitkin County Economic Development, the Aitkin Area Chamber of Commerce, the McGregor Chamber of Commerce, Hill City Community Education, the Aitkin and Hill City Lions, the Aitkin Police Department, Paulbeck’s County Market, Aitkin County Fire Department, Aitkin County Community Corrections, Aitkin Women of Today and Aitkin County Friends of the Arts. City of Aitkin police officers and members of the Aitkin County Sheriff’s Department were also at the event.



*Photos were taken by Kat Robb with the Aitkin Independent Age Newspaper*

# YOU MATTER.

TALK TO US.

**No concern is too small.**

People call to talk about: substance use, economic worries, relationships, mental and physical illness, and more.

Call or text for free and confidential help if you or someone you know is struggling.

Call or text 988

Chat [988lifeline.org/chat](https://988lifeline.org/chat)



# 988

## SUICIDE & CRISIS LIFELINE

## This is your SHIP

The Statewide Health Improvement Partnership (SHIP) helps local communities build capacity to ensure healthier lives for all by increasing access to healthy foods, regular physical activity, and reducing commercial tobacco use. Every community is unique, and SHIP depends upon local-level leadership, evidence-based knowledge, and community engagement. SHIP creates policies, systems, and environmental change (PSE) that will outlive and go beyond our funding.

**Food Rx**  
Helping patients gain access to better food for better health

**Park Planning**  
So everyone can access and utilize our parks and recreational areas

**Social Connection**  
Promoting mental wellbeing and connectedness for all communities

**SuperShelf™**  
Transforming food shelves into welcoming spaces for better access to appealing, healthful food

**Improving Safety and Access for Active Transportation and Mobility**  
Providing safe and convenient opportunities for physical activity

**Trauma Informed Principles**  
Providing care givers, educators, and citizens with knowledge and skill to process trauma

**Commercial Tobacco Point of Sale**  
Reducing the appeal and access of commercial tobacco at local retailers

**Safe Routes to School**  
Making it safe, convenient and fun for our kids to bike and walk to school

**Commercial Tobacco Free Youth**  
Making tobacco-free behaviors an expectation in school activities participation

**Quit Partner™ Referral**  
Focusing on communities targeted by the tobacco industry

**Breastfeeding in the Workplace**  
Supporting breastfeeding women in the workplace results in bottom line benefits for employers

**MN Moves** **MN Eats** **MN Breathes** **MN Well-being**

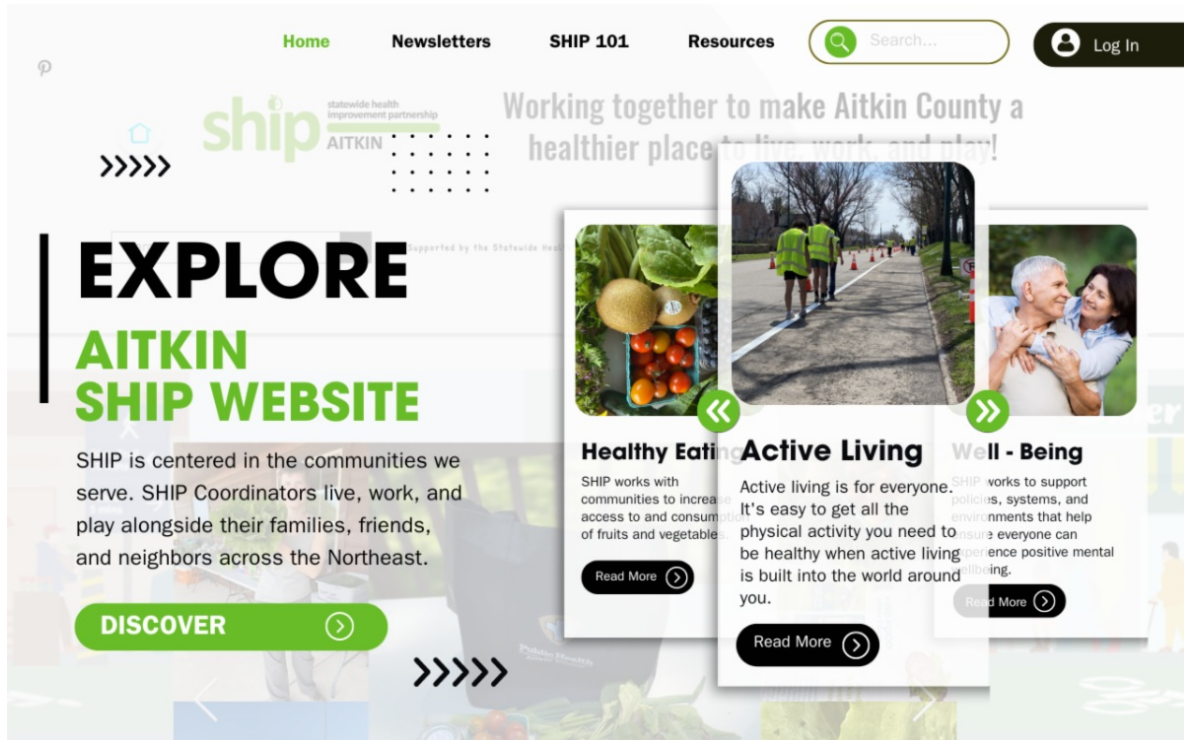
**Creating a Healthier State of Minnesota.**  
Local leadership. Local partners. Local expertise.  
[www.health.mn.gov/ship](http://www.health.mn.gov/ship)

## 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.

The image above and the link below will take you to the storymap to explore work across Minnesota.

[We are SHIP](#)



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

## Have a community event coming up?

Don't forget Aitkin County Public Health has a Mother and Infant Rest Area Canopy community members can use to provide a space for nursing mothers. You can check out the canopy and supplies via the [Aitkin County SHIP website](#).



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First Name \_\_\_\_\_ Last Name \_\_\_\_\_

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Message \_\_\_\_\_

Statewide Health Improvement Partnership

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**Public Health**  
Prevent. Promote. Protect.  
Aitkin County

MONDAY THROUGH FRIDAY  
from 8:00 am to 4:30 pm

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

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