

# MN Well-being

We are all part of a community, living in a shared environment. Well-being encompasses the physical, mental, and social dimensions of these interactions. To build and sustain optimal well-being for everyone, SHIP supports projects where people can feel that they belong, that they are safe, seen, and valued.

What does your community need?



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

## Social Connection

More opportunities to connect means resiliency throughout our lives

## Trauma Informed Practice

Understanding each other's background stories and community challenges leads to positive interactions



## 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

