

# MAY 2022 NEWSLETTER



healthy  
northland  
STATEWIDE HEALTH IMPROVEMENT PARTNERSHIP

## HAPPY SPRING FROM ANDREA OREST AT COOK COUNTY PUBLIC HEALTH

It has been a busy winter with COVID response, but I have been able to focus some time on other work this spring with case investigation and contact tracing as well as community vaccination events slowing down. Even so, responding to the COVID-19 pandemic continues to be a focus for our department.

Our most recent SHIP Coordinator has retired, so I'm back navigating SHIP during the interim! One big change is the SHIP Coordinator position in Cook County will move away from being a contracted position with Sawtooth Mountain Clinic and it will instead become a position within Cook County Public Health and Human Services. This move will allow the SHIP Coordinator to work more closely with Public Health as well as with the University of Minnesota Extension Educator, as both SHIP and UMN Extension will be co-located at the Cook County Community Center.

Under the SHIP umbrella, I am currently working on bike education and school zone safety initiatives within Safe Routes to School, as well as food security, community mental health support, and tobacco ordinance work with Cook County and the City of Grand Marais.

Outside of the SHIP umbrella, I am working on a grant-funded healthy homes initiative. This new project involves lots of learning about what it really means to have a healthy home, as well as building a local network of people to help us design this new program. Our goal is to provide community education, in-home health assessments, and evidence-based solutions to make the homes we assess places that better support health and well-being for the people who live there.

## STAFF SPOTLIGHT - MEET PAIGE



My name is Paige Melius, and I am the newest addition to the Arrowhead Regional Development Commission. I have a background in Emergency Response and Environmental Remediation and am currently pursuing my Master of Engineering from UW-Madison in Sustainable Systems. I currently work on long-range transportation planning efforts and am excited to bring my skillset and passion to our regional and statewide SHIP team. In my spare time, I seek adventure while backpacking or biking with my bull terrier Bernie.

# Health Equity and Well-Being VISTA Position with Health Northland

Healthy Northland is looking for a Health Equity and Well-Being VISTA! Sponsored by the [Ecolibrium3](#) AmeriCorps program, this VISTA member will support health equity and well-being efforts at all levels of public health (local, regional, and state) as well as to add capacity to locally driven efforts across the NE MN region. Applicants are encouraged to apply ASAP for a June 2022 start date.

[Click here for the AmeriCorps Position Description.](#)

Member Duties include:

- Build capacity, trust, and partnerships in a variety of ways towards establishing long-term relationships to address health inequities, promote well-being and reduce poverty.
- Conduct research into health equity and well-being data, interpret data and develop resources.
- Complete needs assessments and engage local communities in collaboration with public health and community partners to document barriers to health equity and well-being.
- Create region specific resources to assist local healthy equity and well-being efforts.
- Lead opportunities for individuals and communities to learn and collaborate to address needs.
- Add capacity in a variety of ways to locally driven efforts.

Please send questions to Patrick Weber ([patrick@ecolibrium3.org](mailto:patrick@ecolibrium3.org)) and Brian Bluhm ([brianb@communityhealthboard.org](mailto:brianb@communityhealthboard.org)).

## UPCOMING EVENTS

### MAY IS BUS BIKE WALK MONTH

Bus Bike Walk is a month-long series of community events that celebrate, educate, and empower accessible people-powered modes for getting around town, now and into the future.

Virtual Events – Register for these events at [www.busbikewalk.com](http://www.busbikewalk.com).

- Monday, May 9 at 11 AM: Accessible Transportation - A Lighthouse Center for Vital Living Virtual Presentation
- Thursday, May 12 at 1 PM: Reimagining Elder Community Accessibility
- Tuesday, May 17 at 9 AM: Transportation for All Ages – Taking Steps towards becoming an Age-Friendly Community
- Thursday, May 19 at 5:30 PM: Becoming a People Friendly Driver



The Statewide Health Improvement Partnership (SHIP) supports community-driven solutions to expand opportunities for active living, healthy eating, commercial tobacco-free living, and well-being.