



Public Health
Prevent. Promote. Protect.
Cass County Public Health

MINNESOTA'S
VISION
A Better State of Health

Statewide Health Improvement Program | SHIP

**Cass County's
Healthcare Resource
Referral**
***Nutrition, Physical Activity
and Tobacco Cessation***



Introduction

The Statewide Health Improvement Program (SHIP), an integral part of Minnesota's nation-leading 2008 health reform law, strives to help Minnesotans lead longer, healthier lives by preventing the chronic disease risk factors of tobacco use and exposure, poor nutrition and physical inactivity. SHIP seeks to create sustainable, systemic changes in schools, worksites, communities and health care organizations that make it easier for Minnesotans to incorporate healthy behaviors into their daily lives.

This Healthcare Resource Booklet is a tool for physicians, nurses and other healthcare professionals to use with their patients and clients to provide local resources to decrease tobacco use and exposure and obesity.

As part of the Health Care Sector, Cass County SHIP is working towards building partnerships to facilitate active referral of patients to local resources that increase access to high-quality nutritious foods, opportunities for physical activity and cessation of tobacco use.

Beyond their traditional role of informing patients of their health status and giving general directives to improve that status, health care providers can be aware of and recommend programs and resources in the community that can help patients work to achieve those directives. This type of plan would be providing a path, not just a destination to achieve healthier lifestyles.

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Physical Activity



Bone Builders	Date/Time/Location	Leader
<p><u>Backus</u> Backus Church of the Nazarene</p>	<p>Tuesdays & Thursdays at 4pm 618 State 371 NW Backus, MN 56432</p>	<p>Carol Haley 218-947-4147</p>
<p><u>Hackensack</u> Woodrow Town Hall</p>	<p>Tuesdays & Fridays at 10am 3811 23rd Ave NW Hackensack, MN 56452</p>	<p>Tessa Giru 218-682-3432</p> <p>Laura Hanson 218-682-2045</p>
<p><u>Hackensack</u> United Church of Christ</p>	<p>Mondays & Wednesdays at 1:30pm 401 Lake Ave Hackensack, MN 56452</p>	<p><i>Arlene Dahlquist</i> 218-547-4089</p> <p><i>Sonja Huber</i> 218-547-1759</p> <p><i>Kathy Turgeo</i> 218-675-5306</p> <p><i>Jean Weber</i> 218-675-6551</p> <p><i>Gloria Butzlaf</i> 218-547-3596</p>
<p><u>Longville</u> Salem Lutheran Church</p>	<p>Tuesdays & Fridays at 9am 1340 Cty. Rd 5 Longville, MN 56655</p>	<p>Sue Meyer 218-363-3659</p> <p>Jackie Lorensen 218-363-2281</p> <p>Barb Shonka 218-566-2509</p>

Physical Activity



Bone Builders	Date/Time/Location	Leader
<p><u>Outing</u> Outing Senior Group</p>	<p>Tuesdays & Thursdays at 9am Crooked Lake Town Hall 509 State Hwy 6 NE Outing, MN 56662</p>	<p>Jack Schuller 218-792-5256</p> <p>Judy DeZurik 216-763-4030</p>
<p><u>Pine River</u> Our Lady of Lourdes</p>	<p>Tuesdays, Thursdays & Saturdays, 8-9am 203 2nd St Pine River, MN 56474</p>	<p>Doris Knott 218-587-3641</p> <p>Carol Schmidtbauer 218-587-4454</p>
<p><u>Remer</u> Bethany Lutheran Church</p>	<p>Mondays & Thursdays 9:00 – 10:00am or Tuesday & Thursdays 4:00 – 5:00pm 18 Cedar St. NW Remer, MN 56672</p>	<p>Sally Pierce 218-566-2282</p> <p>Darlene (Pete) Ewald 218-360-1136</p> <p>Nancy Green 218-566-1529</p>
<p><u>Walker</u> Walker Hope Lutheran Church</p>	<p>Mon., Wed., and Fri. At 1pm Tuesdays & Thursdays at 9:30am 305 10th Ave S Walker, MN 56484</p>	<p>218-547-1850</p>

Physical Activity



Community Education	Contact
<u>Cass Lake</u>	<u>Leech Lake Tribal College</u> <u>Community Education</u> Contact: Amy Erickson Email: amy.erickson@lltc.edu http://www.lltc.edu/academics/occe/communityeducation.htm 218-335-4244
<u>Northland Remer</u>	Contact: Kathleen Wright Email: comed@isd118.k12.mn.us http://www.isd118.k12.mn.us/ 218-566-2351 ext 2020
<u>Pillager</u>	Contact: Sue Van Hall Email: svanhal@pillager.k12.mn.us http://www.pillager.k12.mn.us/Community_Ed.html 218-746-2105
<u>Pine River</u>	Contact: Renata Remington Email: rremington@prbschools.org https://sites.google.com/a/prbschools.org/prb/community-educ 218-587-2080
<u>Staples/Motley</u>	Contact: Julie Polak Email: jpolak@isd2170.k12.mn.us http://www.isd2170.k12.mn.us/HighSchool.cfm 218-894-2497
<u>Walker</u>	Contact: Linda Arts Email: Larts@wha.k12.mn.us http://www.wha.k12.mn.us/page.php?pid=9 218-547-4216

Physical Activity



Gyms/Workout Facilities	Contact
<u>Cass Lake</u>	<u>Leech Lake Diabetes Fitness Center</u> 218-335-2081
<u>Hackensack</u>	<u>Body Rhythms</u> 218-675-5108
<u>Pillager</u>	<u>Custom Fitness</u> 218-746-3034
<u>Pine River</u>	<u>Eagle Fitness</u> Contact: Evyn Thompson 218-838-1985 <u>Heart and Hara Studio</u> Contact: Amber Hunt 218-587-9642 www.heartandharastudio.com <u>The Warehouse</u> (after school physical activities for youth) Contact: Trevor 218-587-2021
<u>Staples</u>	<u>Staples Community Center</u> www.staples.govoffice.com 218-894-2553
<u>Walker</u>	<u>Walker Area Community Center</u> Contact: Gretchen Gribben wacc@arvig.net www.walkerareacommunitycenter.com 218-547-1853

Physical Activity



Outdoor Recreation	Contact
<u>Canoeing</u>	Heartland Canoe Club Contact: Anthony McKeown 218-732-3198
<u>City Parks</u>	<p><u>Hackensack:</u> Located on the shores of Birch Lake in downtown Hackensack near the statue of Lucette Diana Kensack. Enjoy playground, horseshoe pits, tennis courts, beach and fishing.</p> <p><u>Longville:</u> Enjoy playground, basketball court and tennis courts located adjacent to the elementary school and are open to the public.</p> <p><u>Staples:</u> At Pine Grove Forest and Dower Lake Recreation Area in Staples, you can enjoy 40 acres of pine forest, picnic shelters, camping, nature areas, baseball field, playground, swimming and fishing access, basketball court and nature trails.</p> <p><u>Walker:</u> Located on the shores of Leech Lake in downtown Walker, enjoy playground, tennis, basketball and volleyball courts as well as a swimming beach.</p>
<u>Cross Country Ski Trails</u>	<p>www.co.cass.mn.us/maps/map_trails.html www.deep-portage.org/ www.mntrails.com</p>

Physical Activity



Outdoor Recreation	Contact
<u>Public Swimming</u>	<p><i>Contact your local Chamber of Commerce for public swimming information.</i></p> <p><u>Brainerd</u>: 218-829-2838</p> <p><u>Cass Lake</u>: (218) 335-2250</p> <p><u>Hackensack</u>: (218) 675-6135</p> <p><u>Longville</u>: (218) 363-2630</p> <p><u>Pine River</u>: (218) 587-4000</p> <p><u>Remer</u>: (218) 566-1680</p> <p><u>Staples/Motley</u>: (218) 894-3974</p> <p><u>Walker</u>: (218) 547-1313</p>
<u>Recreational Clubs</u>	<p><u>Heartland Soccer Club</u> Contact: Lindsey Surber (218) 547-2497 Dave Munson: (218) 547-2497 Bernard Weidenborner: (218) 836-2625</p> <p><u>Northland Community Soccer Club</u> Contact: (218) 566-4445</p> <p><u>Youth Hockey</u> Contact: Mitch Loomis (218) 547-1819</p>
<u>Rentals</u>	<p><u>Walker Rent All</u> (218) 547-3656</p>

Physical Activity



Outdoor Recreation	Contact
<u>Trails</u>	<p><u>Maps</u> www.mntrails.com www.co.cass.mn.us/maps/map_trails.html www.northcountrytrail.org www.staples.govoffice.com</p> <p><u>Contact</u> Forestry Service Mary Nordeen mnordeen@fs.fed.us www.fs.usda.gov (218)-335-8658</p>



Food Resource	Contact
<u>Farmers Markets/ Local Foods Information</u>	<p><u>Headwaters Food Sovereignty Council</u> www.localfood.umn.edu/hfsc</p> <p><u>Maddens Farmers Market/ Staples Farmers Market</u> <i>Mel Wiens and Chuck Tengen</i> (218) 397-2446 cltc@brainerd.net lmwiens@cchoice.net</p> <p><u>Minnesota Grown</u> www.minnesotagrown.com</p> <p><u>Pine River Market Square</u> Barb Mann (218) 838-6058 prmarketsquare@gmail.com mannpond@uslink.net www.prmarketsquare.wordpress.com</p> <p><u>Walker Farmers Market</u> Erin Andrus (612) 963-9318 erin@walkergreenscene.com www.walkergreenscene.com</p>

Nutrition



Food Resource	Contact
<u>Food Shelves</u>	<p><u>Cass Lake Family Center</u>: 218-335-7837</p> <p><u>Hackensack</u>: 218-675-6101</p> <p><u>Longville Family Center</u>: 218-363-3949</p> <p><u>Pillager Family Center</u>: 218-746-4009/218-746-4069</p> <p><u>Pine River Family Center</u>: 218-587-4292</p> <p><u>Pine River First Lutheran Church</u>: 218-587-4587/218-587-4500</p> <p><u>Remer Harvest Church of God</u>: 218-566-3683</p> <p><u>Staples Area Food Shelf</u>: 218-894 – 2427</p> <p><u>Walker Food Shelf</u>: 218-547-1713</p>

Nutrition



Food Resource	Contact
<u>Food Assistance</u>	<p><u>Meals On Wheels</u> Cass Lake: 218-335-8314/218-335-8316 Pine River: 218-587-2921 Remer: The Woodsman 218-566-2080 Walker: 218-547-4181</p> <p><u>Pine River/Backus Family Center</u> 218-587-4292</p> <p><u>Walker Bi County CAP</u> 218-547-3438</p> <p><u>WIC (Women, Infants and Children)</u> 218-547-1340 Ext. 310</p>
<u>Lutheran Social Services Senior Dining</u>	<p><u>Staples Community Center</u> Monday-Friday Call Diane Anderson 218-894-2556 to make reservation. Home Delivered Meals available, call for information.</p> <p><u>Cass County Senior Nutrition Coordinator</u> Eva Oppegaard 218-210-4718</p>



Food Resource	Contact
<u>Additional Food Assistance Programs</u>	<ul style="list-style-type: none">• www.angelfoodministries.com• Fare for All - www.fareforall.org or (metro) 763-450-3880 or (greater MN) 800-582-4291• Food Support and Food Assistance Programs - www.dhs.state.mn.us or call Cass County Health, Human and Veterans Services at 218-547-1340.• Free or Reduced School Breakfast and Lunches – apply anytime with local school district• Hunger Solutions - helps locate food assistance programs www.hungersolutions.org/find• Minnesota Food Help Line –assists in applying for food support or finding local food assistance- 888-711-1151• MyPyramid: http://www.mypyramid.gov/

Nutrition



Food Resource	Contact
<u>Additional Food Assistance Programs</u>	<ul style="list-style-type: none">• University of MN Extension Nutrition Education Program- discover how to make healthy food choices while stretching food dollars; www.extension.umn.edu/Nutrition/ or 612-625-8260• USDA Center for Nutrition Policy and Promotion (CNPP) - develops and promotes dietary guidance that links scientific research to nutrition needs of consumers. http://www.cnpp.usda.gov/
Mothers and Children (MAC)/Nutrition Assistance Program for Seniors (NAP)	<p>Cass County Nutrition Education Program (218) 547-1340</p> <p>Leech Lake Reservation Food Distribution Program (218) 335-2676</p> <p>Longville Family Center (218) 363-3348</p> <p>Pillager Family Center (218) 746-4009</p> <p>Pine River/Backus Family Center (218) 587-4292</p> <p>Walker Bi-Cap (218) 547-3438</p>

Nutrition



Weight Management/ Nutritional Education	Contact
<u>Nutritional Education</u>	<u>Cass County Nutrition Education</u> 218-587-8287
<u>Overeaters Anonymous</u>	<u>Brainerd</u> First Congregational Church Tuesdays at 5:30pm <u>Cass Lake</u> Cass Lake Indian Health Service Fridays at 7:00pm
<u>TOPS</u>	<u>TOPS = Take Off Pounds Sensibly</u> Coordinator: Gwenn M Smith Find a Meeting Near You: www.tops.org/FindAMeeting.aspx <u>Deer River, MN</u> 218-246-2180 <u>Pine River</u> First Lutheran Church (TOPS MN 1551) 309 2nd St N Lower Level Pine River, MN 56474 Tues: 8:00/9:00 AM (<i>weigh in time/meeting time</i>) <u>Walker</u> St. Agnes Church (TOPS MN 1797) 201 Division St S Lower Level Walker, MN 56484 Tues: 5:30/6:00 PM (<i>weigh in time/meeting time</i>)

Nutrition



Resource	Contact
<u>Weight Watchers</u>	<p><u>Weight Watchers</u> : 800-651-6000 Support for losing and maintaining weight through tools for healthy food choices Fees for program enrollment apply. Register at: www.weightwatchers.com</p> <p><u>Bemidji</u> Bethel Lutheran Church 5176 Irvine Ave. NW Bemidji, MN 56601 <i>Meetings every Monday and Thursday at 5:00pm</i></p> <p><u>Park Rapids</u> St. Josephs Area Healthcare 600 Pleasant Ave. Park Rapids, MN 56470 <i>Meetings every Saturday at 9:00am</i></p> <p><u>Pequot Lakes</u> Pequot Lakes Baptist Church 30028 County Rd. 112 Pequot Lakes, MN 56472 <i>Meetings every Monday at 6:30pm</i></p> <p><u>Walker</u> Community Church of Walker 1100 Minnesota Ave. W Walker, MN 56484 <i>Meetings every Tuesday evening at 5:30pm</i></p>

Nutrition



Resource	Contact
<u>Weight Management</u>	<p><u>Brainerd Medical Center-Brainerd</u> Registered Dietician 218-828-2880</p> <p><u>Center for Weight Management- Park Rapids</u> Program Director: 218-732-3311 Ext. 757 Dietician: 218-732-3311 Ext. 757</p> <p><u>Diabetes Resource Program</u> 218-828-7412</p> <p><u>Lakewood Health System (Pillager)</u> Diabetes Resource Center : 218-894-1515 or 1-800-525-8344 Dietician: 218-894-1515 or 1-800- 525-8344</p> <p><u>North Country Regional Hospital- Bemidji</u> Registered Dietician, Diabetes Educator 218-333-5847</p>

Tobacco Cessation



Resource	Contact
<u>American Lung Association</u>	www.smokefree.gov www.lungusa.org (800) LUNG USA
<u>Hypnosis</u>	<u>Pine River/Backus Community Education</u> Contact: Renata Remington Email: rremington@prbschools.org https://sites.google.com/a/prbschools.org/prb/community-educ (218) 587-2080 <u>Bodyworks- Walker, MN</u> Contact: Vickie Daniels (218) 547-3133
<u>Additional Online Resources</u>	www.lungusa.org www.smokefree.gov www.quitnet.com www.way2quit.com www.quitplan.com
<u>QUITPLAN HELPLINE</u>	1-888-354-PLAN
<u>*Medications</u>	*Please contact your local pharmacy to learn about medications for tobacco cessation.

Additional Resources



Resource	Contact
<u>Cass County Resource Guide</u>	www.co.cass.mn.us/pdfs/resource_directory.pdf (218) 547-1340
<u>United Way 2-1-1</u>	Call 2-1-1 for community resources 24/7 (Multilingual lines available)
<u>www.MinnesotaHelp.info</u>	Can be accessed online at http://minnesotahelp.info or by phone 1-800-333-2433 Save searches and create individualized directories to be exported to excel.



Resource	Information
<u>American Lung Association</u>	The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through Education, Advocacy and Research. With the generous support of the public, we are " <i>Fighting for Air.</i> " When you join the American Lung Association in the fight for healthy lungs and healthy air, you help save lives today and keep America healthy tomorrow.
<u>Angel Food Ministries</u>	Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing food relief and financial support to communities throughout the United States.
<u>BI-County Community Action Programs, Inc. (Bi-CAP)</u>	Mission: To help low income people obtain self-sufficiency. Our Vision: To eliminate poverty in Beltrami and Cass Counties.
<u>Bone Builders</u>	Osteoporosis exercise program that Prevents / Reverses Osteoporosis, Improves Balance, Enhances Energy and Well-being, Increases Socialization and Provides Information
<u>Cass County Nutrition Education</u>	Classes are offered in many community settings, including food shelves, WIC clinics, senior citizen centers, day-care centers, shelters, migrant centers, summer camps, low-income housing, grocery stores and even in homes.



Resource	Information
<u>Center for Weight Management</u>	<p><i>A service of St. Joseph's Area Health Services and Essentia Health</i></p> <p>Obesity can lead to extremely serious health problems, yet many people cannot achieve significant weight loss through diet and exercise alone. However, through weight-loss surgery, combined with a change in dietary habits, most people can improve their health dramatically. The Center for Weight Management at St. Joseph's Area Health Services offers these options to help you reach your goal.</p> <ul style="list-style-type: none">•Gastric Bypass Surgery•Adjustable Banding•Sleeve Gastrectomy•Non-Surgical Program
<u>Community Education</u>	<p>Community education facilitates the learning and participation of adults and children so they can improve their lives and their community .</p> <p>Community Education brings community members together to identify and link community needs and resources in a manner that helps people to help themselves and to raise the quality of life in their communities.</p>



Resource	Information
<u>Fare for All</u>	Fare For All is a program of the Emergency Foodshelf Network, a non-profit organization.
<u>Farmers Market</u>	Farmers' markets are markets, usually held out-of-doors, in public spaces, where farmers can sell local produce and goods to the public.
<u>Food Shelves</u>	A Food Shelf is a nonprofit food bank that collects, warehouses and distributes quality food and essential support services to its community members in need.
<u>Gyms/Workout Facilities</u>	A health club (also known as a fitness club, fitness center, and commonly referred to as a gym) is a place which houses exercise equipment for the purpose of physical exercise. Most gyms require a membership fee.
<u>Headwaters Food Sovereignty Council</u>	The Headwaters Food Sovereignty Council will provide a foundation for food sovereignty and security by developing leadership in the 10 county/three Reservation food shed, to build partnerships and connections between local growers, businesses, and consumers with an emphasis on sustainable food production, improving local economies, increasing access to underserved and at-risk communities, and creating a healthy and just food system for everyone within the Headwaters Food Shed Region.
<u>Hunger Solutions</u>	Hunger Solutions Minnesota is a comprehensive hunger relief organization that works to end hunger in Minnesota. We take action to assure food security for all Minnesotans by supporting agencies that provide food to those in need, advancing sound public policy, and guiding grassroots advocacy.



Resource	Information
<u>MAC/NAPS</u>	<u>Mothers and Children (MAC)/Nutrition Assistance Program for Seniors (NAP)</u> <ul style="list-style-type: none">•Children ages 5 to 6 years old•Postpartum mothers not served by WIC whose baby is 6 to 12 months old.•Men and women over age 60
<u>Meals on Wheels</u>	Provides home-delivered <i>meals</i> services to people in need.
<u>Minnesota Grown</u>	The Minnesota Grown Program is a statewide partnership between the Minnesota Department of Agriculture and Minnesota producers of specialty crops and livestock. It was created over 20 years ago by specialty crop growers to differentiate their produce from competitors produce from thousands of miles away.
<u>Minnesota Help</u>	<ul style="list-style-type: none">- Directory of services especially rich in resources for seniors, people with disabilities, Veterans, parents and families, and low income people- Includes information on programs for food assistance and meals, alcohol dependency, tobacco cessation, physical activity and weight related support groups.
<u>My Pyramid</u>	Offers personalized eating plans and interactive tools to help plan/assess food choices based on the Dietary Guidelines for Americans.



Resource	Information
<u>Outdoor Recreation</u>	Outdoor recreation refers to recreational activities, or the act of engaging in recreational activities, that are typically associated with outdoor, natural or semi-natural settings or that depend specifically on outdoor, natural or semi-natural settings
<u>Overeaters Anonymous (OA)</u>	Overeaters Anonymous (OA) offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self-supporting through member contributions.
<u>Quitplan Helpline</u>	Professional phone counseling for all Minnesotans (may include Nicotine Replacement Therapy). Callers are transferred to counseling service covered by their health plan, or to Clearway vendor if uninsured. The helpline is available to Spanish speakers and the hearing-impaired. Interpreter services are available for other languages.
<u>TOPS</u>	TOPS Club, Inc. (Take Off Pounds Sensibly) is the original, nonprofit, weight-loss support and wellness education organization. We were established in 1948 to champion weight-loss support and success. TOPS promotes successful, affordable weight management with a philosophy that combines: <ul style="list-style-type: none">•healthy eating•regular exercise•wellness information•awards and recognition•support from others at weekly chapter meetings



Resource	Information
<u>USDA Center for Nutrition Policy and Promotion (CNPP)</u>	The USDA Center for Nutrition Policy and Promotion (CNPP) works to improve the health and well-being of Americans by developing and promoting dietary guidance that links scientific research to the nutrition needs of consumers.
<u>United Way 2-1-1</u>	Includes information on food shelves, food service, food distribution programs, inpatient and outpatient services for tobacco and alcohol cessation, fitness and community centers.
<u>Weight Watchers</u>	Weight Watchers is an international company that offers various dieting products and services to assist weight loss and maintenance. Members pay monthly or weekly fees to attend meetings and/or have online access to www.weightwatchers.com
<u>WIC</u>	The Special Supplemental Nutrition Program for Women, Infants and Children (known as WIC) is a Federal assistance program of the Food and Nutrition Service (FNS) of the United States Department of Agriculture (USDA) for healthcare and nutrition of low-income pregnant women, breastfeeding women, and infants and children under the age of five.

For More Information

For more information regarding Cass County SHIP or to receive more booklets please contact:

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Cass County Health, Human and Veterans Services
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www.co.cass.mn.us/SHIP

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