

# CHISAGO CONNECT

Connecting Your Community, While Protecting Your Health

# NEWSLETTER

THE MONTHLY NEWSLETTER OF CHISAGO COUNTY PUBLIC HEALTH



May 2023 ISSUE 33

For current updates on Coronavirus (COVID-19) please visit:

[Chisago County COVID-19 Data Dashboard](#)  
[Chisago County Public Health Facebook](#)



## Public Health Happenings

- The Opioid Settlement Advisory Council Applications are now live on the Chisago County Public Health website. Click [here](#) to learn more and apply. Applications will close on May 12th, 2023.
- COVID VACCINES: Public Health Emergency ending 5/11/23. Commercialization of COVID-19 Vaccines will be coming, and at some point, in the future, vaccines will no longer be free to all. However, like many vaccines Public Health may offer vaccines to those that are underinsured, or uninsured.
- Baby Cafe every Wednesday from 10-11:30am at the North Branch Education Center.
  - Baby Cafe is hosted by a professional lactation consultant and Registered Nurse, Jenny Schmidt. In addition to Baby Cafe, she also manages the Child and Teen Check-up program.

## Child and Teen Checkup spotlight

Regular checkups are important to stay in good health and to identify problems early. In addition to having an opportunity to talk with a doctor and have questions answered, some components included in a Child & Teen Checkups exam are a head-to-toe physical exam, vital signs, height & weight measurements, growth & development screenings, social-emotional screenings, hearing & vision screenings, oral health exams, fluoride varnish application, lab tests, health education, and immunizations at certain ages. Early identification of health conditions leads to better outcomes overall. Chisago County Child & Teen Checkups program staff help decrease barriers related to access of healthcare. They assist families in finding a medical or dental clinic, scheduling appointments and help families secure transportation to appointments when needed. In addition, they can assist families with referrals made to specialists and connect families to various community resources as necessary. Child & Teen Checkups program staff also mail reminder letters and complete phone calls to remind families and young adults when a Child & Teen Checkups exam is due. To reach more individuals, Child & Teen Checkups staff also attend numerous community events and provide outreach to other community partners who also work with parents, children, adolescents or young adults. Currently there are over 600,000 children in Minnesota who are eligible for a Child & Teen Checkups exam.

## Global Health and Fitness Month

According to our most recent Community Health Assessment, 35 percent of residents do not moderately exercise at least 5 days a week. As a community we need to promote and encourage more active lifestyles and work environments. Having an active lifestyle is crucial to an individual's overall health and wellness.

This month take a moment to consider how you can be more active in your everyday life.

1. Walking lunches
2. Walking meetings
3. Seated Exercises

Click [here](#) to learn more.



# Mental Health Awareness Month

We continue to see a growing need for Mental Health support within our community. Based on the 2022 Chisago County Community Health Assessment, 31.9 percent of residents have at least one Mental Health Diagnosis. We know, however, the percent population with mental health concerns in general is much larger than that. Early intervention to support an individual's mental health is crucial in maintaining overall wellness. Mental Health America highlights "31 ways to boost your mental health." This month we encourage you to take some time to try some of these ideas below to increase your mental strength.

1. Start a gratitude journal.
2. Take time to laugh.
3. Practice forgiveness.
4. Go for a walk.
5. Spend some time with a furry friend.

Time To Talk: Tips For Talking About Your Mental Health | Mental Health America (mhanational.org)



If someone you love is going through a hard time, you don't need to have all the answers. Just being there is #MoreThanEnough. Learn more with @NAMICommunicate at [nami.org/mhm](https://nami.org/mhm)

If you or someone you know is in crisis reach out to some of the following resources:

1. 988
2. The warmline at 651-288-0400
3. NAMI helpline at 800-950-6264
4. NAMI Peer support warm line 844-739-6369

## PUBLIC HEALTH RECOGNITION

This month we would like to highlight Kathy Wills with Family Pathways Food Shelf in North Branch. Thanks to Kathy and the SHIP partnership, she has supported and planned the implementation of a SuperShelf transformation at the North Branch Food Shelf. This transformation gives those utilizing the food shelf an increased dignified shopping experience. Thank you Kathy for your dedication and support.





# MOTHERS & BABIES GROUP CLASS

**JOIN OTHER MOMS AND LEARN TOGETHER**

**STRESS-MANAGEMENT TOOLS FOR EVERYDAY MOM LIFE**

## **Mothers & Babies Course**

6 weeks to enjoy learning together

**FREE** to Chisago County Residents

Starting Monday May 8th, 9:30 am to 11:30 am

**MONDAYS, 9:30 AM – 11:30 AM - MAY 8, 15, 22 \* NO CLASS MEMORIAL DAY \* JUNE 5, 12, 19**

Hosted at Options for Women 6344 Elm St. North Branch MN 55056

Child Friendly Environment – Babies and young children welcome!

Coffee and snacks provided

Thanks to

Blue Cross Blue Shield \* Health Partners \* UCare

Questions? - Call or Text Joy Hannan, RN, PHN at 612-441-1022

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*Mothers and Babies is an evidence-based (tried and true 😊) course created by researchers at Northwestern University in Illinois. These group meetings will be facilitated by Chisago County Public Health Nurses and hosted at Options for Women which has graciously donated space to promote healthy parents and parenting to Chisago County residents.*