

COMMUNITY PARTNER SUCCESS STORIES

Olmsted County SHIP

Fall 2023

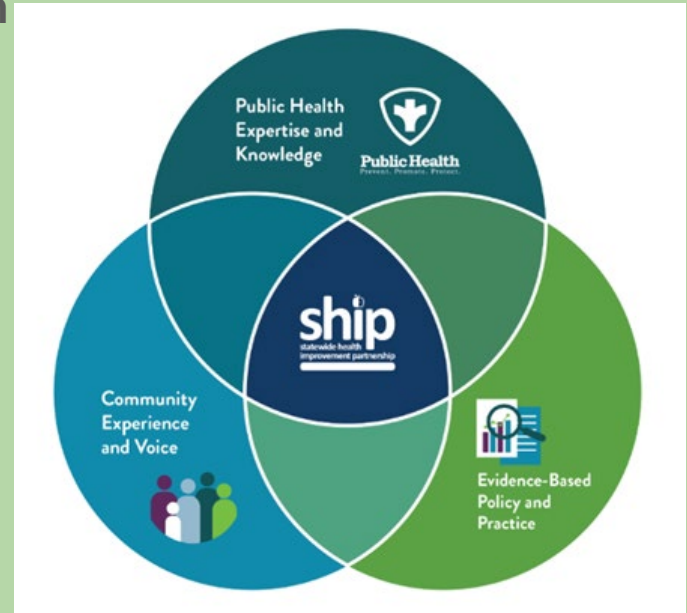
Statewide Health Improvement Partnership

SHIP works with partners to improve the health of our community.

Funding is provided by the state legislature.

Efforts are focused on

- increasing opportunities for movement, improving food access,
- reducing commercial tobacco and vaping
- improving wellbeing
- reducing health disparities and chronic disease.



MN Moves

Goals:

- Create opportunities for movement as a natural part of the day at work and school
- Support welcoming, inclusive walking and biking routes to everyday locations



City of Rochester - Mobile Bike Racks



Project Description

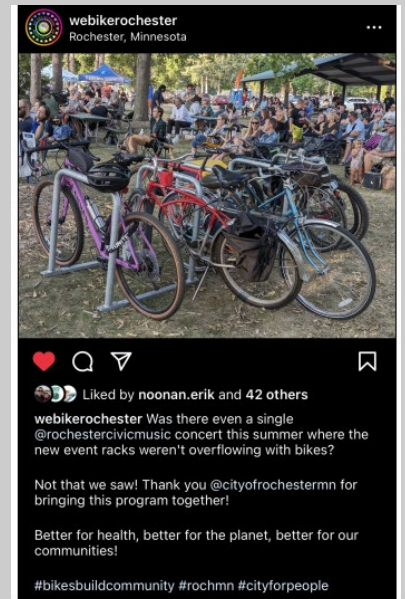
To encourage alternative transportation downtown, the City of Rochester used SHIP funds to purchase mobile bike racks to use at various locations and events such as Safe City Nights, Down by the Riverside concerts and neighborhood events.

Bike racks can be requested as a trial for local businesses to pilot bike parking at their establishments. The city worked with We Bike Rochester to select a style that is most secure and preferred by cyclists.

Project Photos and Social Media



Extra bike racks for our parties were provided through a FREE rental program from the @cityofrochestermn. Need bike racks for your event? Check out their program!



Pine Island Elementary Fitness Class

Project Description

Pine Island elementary offered a new curricular opportunity for a lifetime fitness course, learn how to use equipment safely and design a personal fitness plan.

The SHIP funding requested was to purchase equipment such as Plyoboxes, weights, med balls, bands, and agility mats.



Equipment in use



RPS Safe Routes to School Equipment

Project Description

Working to improve Safe Routes to School and encourage active transportation:

Equipment was purchased to improve safety for crossing guards and pedestrians walking and biking to school.

Driver instruction signs encourage safe and orderly pick up and drop off.

Equipment purchased



RPS Bike Fleet Support Equipment

Project Description

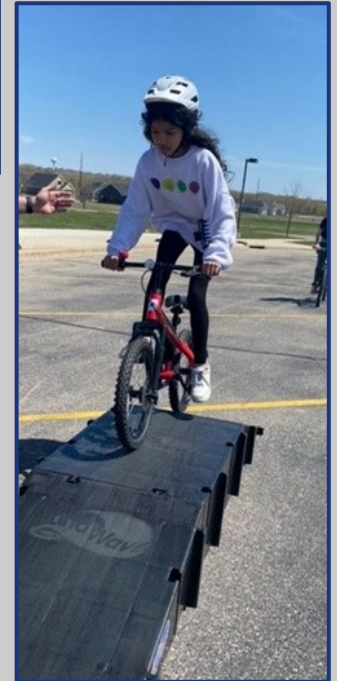
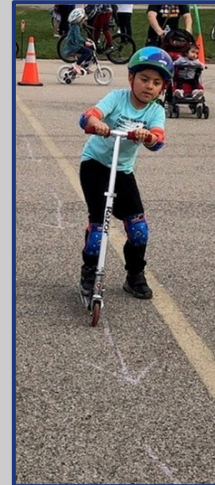
Equipment purchased to complete the bike fleet for

- Adaptive bikes
- Striders
- Scooters
- Ramp to advance skills

Quote from new biker: “Biking is actually really fun!”

5th grader: Biking is my favorite class!

Equipment purchased



RPS Mayo High School Disc Golf Course

Project Description

Mayo HS is hoping to install a Disc Golf course similar to the SHIP project done in Stewartville:

Stewartville PE staff helped inform the plans for Mayo HS, showing collaboration between SHIP grantees!



The project has been delayed due to site construction, so we will work with the next SHIP cycle to install a Disc Golf Course in the spring!



Riverside Elementary Active Hall & SMART room

Project Description

Riverside activated the kindergarten/1st grade hallway with floor decals that encourage movement between classes and created a dedicated SMART room for purposeful movement that aids cognitive development.

"In the past a lot of teachers have always made sure that their students are straight in line, single file -- but they need to move! They are so energetic and this gives them an excellent outlet where they can move and it helps get the wiggles out to and from class." - Katy Norris, Kindergarten Teacher

Project Photos



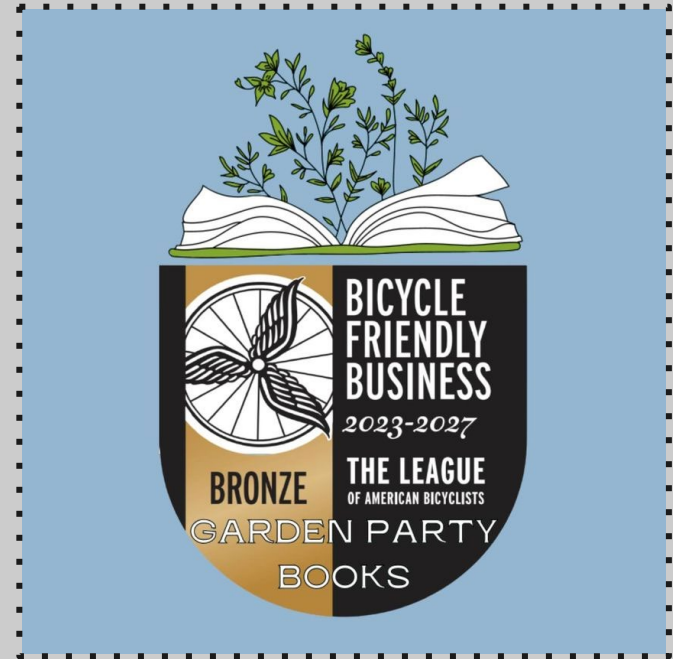
Garden Party Books - a Bicycle Friendly Business

A small request for SHIP funding was granted to cover the application fee for a bicycle friendly business designation from the League of American Bicyclists .

This designation recognizes businesses that offer a welcoming atmosphere for the biking community by incentivizing biking, supporting their employees and patrons with bike racks, locating their business near a bike trail, and/or supporting the local bike community.

Congratulations to Garden Party Books for this distinction!

Bronze Level Bicycle Friendly Business



YMCA Early Childhood Learning Center Bike Rack

Project Description

The YMCA Early Childhood Learning Center is working to install a bike rack and fix it station outside of their building for families and staff to use.



Project Plan Concept



United Way of Olmsted Shared Desk Treadmill

Project Description

Staff requested a walking treadmill and accompanying standing desk for the office. It is located in an open space for use by any staff members during business hours. The addition will provide opportunities for staff to be more physically active throughout the workday. The goals are to improve staff morale and physical health.

Project Photo



Lincoln Traffic Reduction Demonstration Project

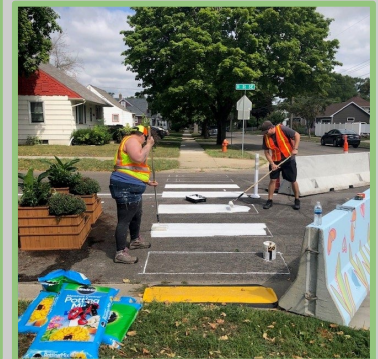
Project Description

SHIP was one of the community partners involved in installing a MNDOT Safe Routes to School project to reroute traffic at Lincoln elementary to create a safer environment for pedestrians.

It includes street painting, bump-outs, one-way street, a pedestrian zone and designated drop off zones assigned by grade level.

Partners: MNDOT, City of Rochester, Rochester Public Schools, RNeighbors

Project Photos



MN Breathes

- Preventing initiation and eliminating use of commercial tobacco and nicotine products among youth and young adults.
- Eliminating commercial tobacco and nicotine use and secondhand smoke disparities.



The Francis Building Smoke Free Housing Policy

Project Description

The Francis is an 18 unit, supportive housing building in downtown Rochester, supported by a partnership with Olmsted County's Housing and Stability Team.

Starting on May 1, 2023, The Francis went smoke-free to protect the health of their residents and staff.

Project Photos



Thank You
for respecting our
Smoke-Free Property



Tobacco use, including the use
of e-cigarettes, is not allowed
in this building.

EPIYAC

Project Description

The E-cigarette Prevention Initiative Youth Action Council (EPIYAC) is a group made up of high school youth across Olmsted County.

Their goal is to reduce youth vaping in Minnesota by 25% by 2026. To reach that goal, they provide community education, advocate for health, and provide quit resources for youth who want to stop vaping. They hosted a successful Youth Summit on September 16, 2023.

Project Photos



MNEats

- Work in partnership with community to assess and shape the food system, considering culturally-diverse assets and opportunities across multiple sectors.
- Strengthen connections to increase healthy and culturally-appropriate food access at every age and in every place.
- Work in partnership to build a resilient local food system that benefits the health of consumers and producers, while protecting natural resources.



Byron Intermediate School Hydroponics

Project Description

Byron 5th grade science class started an indoor hydroponics course to learn about healthy plant growth and development. Their hands-on experiences taught them how to grow (and eat!) their own salad greens.



Project Photos



Community Food Response Transit Coolers

Project Description

CFR added a chest freezer and coolers to transport donated and rescued food to the community to expand their reach.

“I so appreciate the food that I get at CFR as many times it meant the difference of giving my children a hot meal vs a bowl of cereal”

“I so appreciate the food that I get at CFR as many times it meant the difference of giving my children a hot meal vs a bowl of cereal”

Project Photos



Byron Community Education Food Pantry

Project Description

A food shelf was added to the Community Education/Early Childhood Center in Byron during the renovation of the building.



	FOOD PANTRY		COMMUNITY CLOSET	
DONATION DRIVE				
<p>Fall Donation Drive: Monday, September 18-Thursdays, October 12 Donation drop off times: 7:00 am-8:00 pm Donate food, money, and new household supplies to help our neighbors experiencing food insecurity or poverty.</p>				



Byron Primary School Staff Lactation Room

Project Description

Before space: Included an old padded chair and small table surrounded by filled shelves and four filing cabinets. This was the previous space used for expressing milk.

After space: Removed most office cabinets and supplies and brought in a comfortable chair, soft lighting, carpet, and a side table. The calm, clean atmosphere is important for nursing staff to express milk efficiently.

Project Photos



BEFORE
(pictured above)



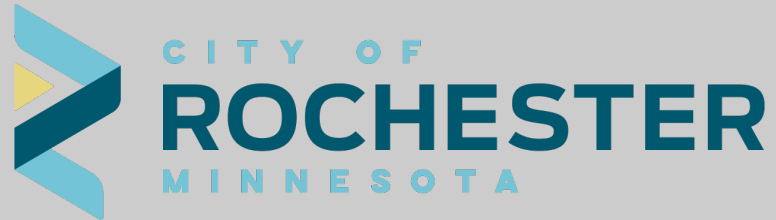
AFTER
(pictured right)

Rochester Public Library, City Hall, and Transit Station Lactation Rooms

Project Description

The City of Rochester is working on providing a clean, comfortable, and accessible environment for breastfeeding employees in three buildings:

- City Hall
- Public Works Transportation Operations Center
- Rochester Public Library.



Lotus Health Foundation Raised Bed Gardens

Project Description

Lotus Health Foundation installed raised garden beds to add an accessible option to their community garden. They host weekly volunteer gatherings to harvest produce and Mei puts on delicious cooking demonstrations! Currently, Lotus Health Foundation donates produce to:

1. 125 Live
2. Zumbro Ridge Estates
3. Ronald McDonald House
4. Dorothy Day Hospitality House
5. Cardinal MN Group homes

“the garden beds provide great access to senior, youth, and people with disabilities to enjoy the gardening”

Project Photos



Gage Elementary Hydroponic Tower

Project Description

A hydroponic tower was added to the Family Resource Room to provide fresh greens for families.

“We've had students checking in on our plants every day. They love to measure it, check the pH and EC levels, add water, and ‘sample’ leaves.”

It has drawn a lot of attention and enthusiasm from our students.”



Project Photos



John Adams Accessible Raised Bed Gardens

Project Description

John Adams students designed, built and installed 4 accessible raised bed gardens in their World Garden, a multi-generational, multi-cultural garden based learning space.

Project Photos



Samaritan Bethany Foundation Lactation Room

Project Description

Samaritan Bethany is working on providing a private space for nursing employees to assist in the transition back to work after giving birth. They envision a space that is welcoming, clean, and relaxing to reduce pump anxiety which can impact the flow of milk.



Stewartville Chamber Healthy Concessions



Project Description

Stewartville Chamber of Commerce is working with SHIP to install a refrigerator and freezer into their Bear Cave concession stand. Having this equipment will allow them to serve healthy items for sporting events, community activities, etc. Along with the purchase of the refrigeration/freezer unit, they will also develop a healthy foods policy to guide what will be served at the concession stand.



The Village Agricultural Cooperative EBT machine

Project Description

The Village received funding this year to enhance their hoop house to offer farmers a longer growing season from seed starting to protecting crops from the first frosts in the fall!

“The village gardens improve our community health in several ways: nutrition by provision of fresh food, physical fitness for those whose work in the garden, social interaction among individuals, participants’ vitamin D by staying in the sun, and generally feeling emotionally rejuvenated”

Project Photos



Zumbro Ridge Estates Refrigerator/Freezer

Project Description

Zumbro Ridge Estates purchased refrigerators and freezers for their community food pantry. They transformed their space which is now double the size! They are now able to provide fresh produce, dairy, meat and eggs to the residents in their community!

Quotes from community members:

“My kids will have food this weekend!”

“I can have food and my medications now!”

Project Photos



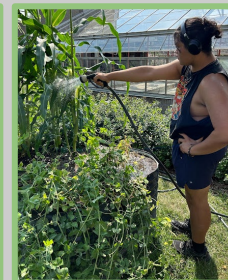
John Marshall Raised Bed Gardens

Project Description

Since the establishment of the JM Greenhouse Gardens and Grounds Club in the fall of 2022 (JM G³), over 70 students have participated in planting, watering, fertilizing, and maintenance of over 1800 flowers and vegetables, maintained 5 large raised garden beds in which we raised a variety of vegetables that were donated to Minnesota Adult and Teen Challenge, Next Chapter Ministries, and JM's FACS classes.

SHIP funds were used to purchase materials for the four raised beds.

Project Photos



Byron Middle School Food Preservation Class

Project Description

Byron Middle School added a life skills class that includes food preservation and food safety education.

SHIP funds were used to purchase start up supplies, utensils, cutting boards, canning equipment and aprons.

Project Photos

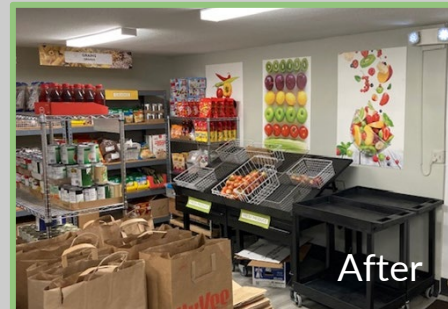


Oronoco Super Shelf Transformation

Project Description

Oronoco Food Shelf partnered with SHIP and the University of MN SNAP Extension to transform their food shelf into a Super Shelf. This model promotes a welcoming and inclusive experience for all shoppers and highlights nutritious items available in the food shelf.

Project Photos



Olmsted County Public Health - Breast Milk Bank

Project Description

The Healthy Children and Families and WIC units collaborated on a project to bring an on-site milk bank to OCPHS clients. The project will serve 50 families and distribute donated breast milk to families in need to continue on their breastfeeding journey.

“The Pasteurized Donor Human Milk (PDHM) bank aims to eliminate health disparities by providing families equal access to vital services at no cost.”

Project Photos



Hope Garden - People of Hope Church



Project Description

Hope Garden, part of People of Hope Church, partnered with SHIP to purchase hand washing and harvesting station supplies. This will allow produce grown at their community garden to be handled safely before donating it to various locations across our community. Hope Garden also partners with The Village to provide land for emerging farmers.

“We are very grateful for the support from SHIP, as well as the encouragement and networking from OCPH staff”

Project Photos



Pamoja Women add freezer and lactation space

Project Description

Pamoja Women installed a chest freezer to expand their current food donations to the community. This allows them to store Halal meat and frozen prepared meals. They also installed a nursing space for the mothers that attend programming at Pamoja to support a breastfeeding friendly environment.

“The woman have a room where they can freely nurse their children, while having their toddlers play next to them.”

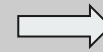
Project Photos



Before
and after



Before
and after



Olmsted County Food Security Coalition



Project Description

Founded in 2022, OCFSC is dedicated to creating a socially just food system in Olmsted County. Our mission is to build trusted relationships among communities and organizations to ensure all residents have access to food security. Through transparency, engagement, and data-driven decision making, we work to identify, prioritize, and address issues, fostering a resilient and equitable food environment.

Partners



Southeast Regional Sustainable
Development Partnerships

UNIVERSITY OF MINNESOTA
EXTENSION



UNIVERSITY OF MINNESOTA
EXTENSION



MNWellbeing

- To increase policy, systems, and environmental change (PSE) opportunities for healing, social connection and belonging within the community, worksites, and schools.
- To build mental well-being and resiliency within the community or specific age groups.



RPS Elton Hills Elementary Sensory Calm Room

Project Description

Elton Hills created a dedicated room for students who work on social emotional regulation. Students who need a calming space can enter the room with a staff member to have a quiet space, swing, bounce, balance, punch or meditate.



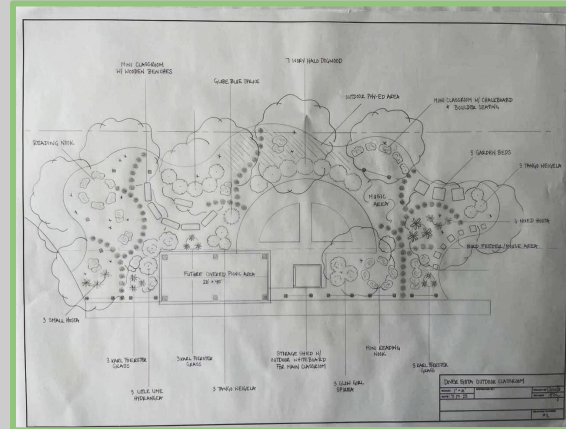
Equipment purchases for sensory room



Dover-Eyota Elementary Outdoor Classroom

Project Description

Dover Eyota Elementary school is building a large outdoor learning space. This will include a main classroom that can be utilized by larger classes such as band or art or more than one classroom at a time. The space will also include other breakout learning areas such as a reading nook with hammocks, benches, boulders or logs for smaller classroom sizes, a shaded picnic area for lunches and snacks, raised gardens, a space with birdhouses/bird feeders, weather and science space and an art area. SHIP funded a shed, seating and whiteboard for the first phase.



Plan Design for Outdoor Classroom

Future location of Outdoor Classroom



Boys 2 Men Camping Equipment

Project Description

SHIP funded a tent and roof rack for **Boys 2 Men**. They organized camping trips for teenagers with the aim of exposing them to a healthy environment, fostering a connection with nature, promoting healthy behaviors, and enhancing their physical, spiritual, and mental well-being.

"This is one thing [Boys 2 Men] that's really needed in our community... exceptional role models that teach kids important life skills. Especially with kids whose fathers are absent from their lives."

Equipment purchases



John Marshall Podcast for Student Connection

Project Description

John Marshall students developed a podcast to share student voice, encourage inclusion, and share messages about health and wellbeing. Past podcasts are posted on Google Podcasts.



Rocket Hour: John Marshall High School launches podcast to highlight student and staff voices

"It's just going to be a great opportunity to hear the cool things that are happening within the confines of John Marshall High School," said JM Principal Matt Ruzek.



Clockwise from left, Matt Ruzek, John Marshall High School principal; Chris Roberts, worship and arts director with Gloria Dei Lutheran Church; JM sophomore Amir Omrani, 16; Claire Sagstuen, the John Marshall speech and debate coach as well as an English language learner teacher; and Rebecca Senne, a chemical health specialist at JM, record an episode of the Rocket Hour Student Podcast on Thursday, March 30, 2023, at Gloria Dei Lutheran Church in Rochester. Joe Ahlquist / Post Bulletin

Community Council

Project Description

We are pleased to announce that we have established a partnership with the One Olmsted Project of Olmsted County to create the OC Community Council, also known as the SHIP Community Leadership Team.

We have assembled a diverse group of seven community members from underrepresented communities to serve as the design team to give input to the direction of SHIP work in the community.

Members



Thank you partners and congrats on great work!

Talk to us about funding awards for 2024!

Opportunity to apply will be open Nov to mid-Dec for new projects.



SHIP Staff:

Anna Oldenburg

Pa Houa (PH) Moua

Muse Abdi

Jo Anne Judge-Dietz

Shay Baumbach

For more information, contact OlmstedSHIP@olmstedcounty.gov