



“Stand Up” - 2009 Theme for Healthy Connections

Todd-Wadena Healthy Connections will focus on physical activity and prevention of obesity in 2009. Each age group will have its own “Stand Up” theme:

- **Elementary: Stand Up and Be Active (Physical Activity)**
- **Teens: Stand Up and Know the Facts (About Pop and Energy Drinks)**
- **Adults: Stand Up and Be Informed (Eating Right and Preventing Diabetes)**
- **Seniors: Stand Up and Be Strong (Fall Risk Screenings)**



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Upcoming Community Events

- **2009 Car Seat Safety Clinics** —
 - Thursday, March 26, Long Prairie
 - Thursday, April 16, Henning
 - Thursday, May 14, Browerville
 - Thursday, June 11, Pillager
 - Thursday, August 13, New York Mills
 - Thursday, September 10, Staples
- **Stand Up and Be Informed**—
 - February Festival of Health, Saturday, February 7th, MSCTC, Wadena

HEALTHY CONNECTIONS MEMBERS

Tri-County Health Care - Wadena

Tri-County Hospital

Wadena Medical Center
 Bertha Medical Clinic
 Henning Medical Clinic
 Ottertail Area Medical Clinic
 Sebeka Medical Clinic

Tri-County Community Health Services

Emergency Medical Services
 Home Health Care
 Hospice

Fair Oaks Lodge

Long-Term Care and Rehabilitation
 Fair Oaks Loft
 Fair Oaks Apartments

Wadena County Public Health

Todd County Public Health

Lakewood Health System

Hospital in Staples

Clinics

Staples, Motley, Pillager,
 Browerville, Eagle Bend

Senior Services

Care Center
 Memory Care Unit
 Home Care & Hospice
 Lakewood Pines—Senior Housing
 Lakewood Manor—Assisted Living
 Lakewood Reflections—Senior Behavioral Health Unit
 Care Van

Retail

Medical Marketplace—Home Medical Equipment
 the Shoppe

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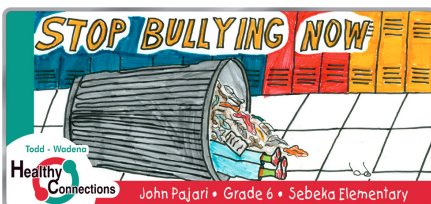
Healthy Connections was established in 1993 as a health coalition made up of public and private health agencies serving the communities of Todd & Wadena counties. Our Mission is to provide a forum for communication & collaboration to improve the health of people in our communities.

8th Annual Billboard Contest Winners Announced

Healthy Connections sponsored their 8th annual poster contest by inviting 5th & 6th grade students in Todd & Wadena counties to participate. This year's theme was "Stand Up to Bullying". A total of 619 posters were submitted. Four first, second and third place prizes were awarded to students in both Todd & Wadena counties.

First place winners received a \$25.00 cash award and their poster placed on a billboard. Winners included:

- Kristin Soule, Long Prairie/Grey Eagle School
- Hailey Koenig, Sacred Heart School, Staples
- Daniel Ismil, St. Ann's School, Wadena
- John Pajari, Sebeka Elementary



Second place winners received a \$15.00 cash award. Winners included:

- Barbara Kenyon, Browerville School
- Nikki Edin, Motley Staples Middle School
- Shaye Blessing, Wadena—Deer Creek School
- Cassie Davey, Sebeka School

Billboard Contest (cont)

Third place winners received a \$10.00 cash award. Winners included:

- Elisha Dally, Long Prairie/Grey Eagle School
- Maga Gadji, Motley Staples Middle School
- Kirsten Tolkkinen, Menahga School
- Michaela Powers, Bertha-Hewitt School



Students that entered the poster contest were asked to answer four questions about bullying. Some of their answers follow:

1. Have you ever been bullied by someone?
YES—63% NO—37%

2. If you were bullied, how did you handle it?

- Told a teacher/adult/parent.
- Told them to stop.
- Ignored the bully.
- I walked away.
- I stood up to them.



3. Where does most bullying occur?

- School
- Playground
- Bus
- Home
- Between classes (in the hallway).

4. What could you do if you or someone else is being bullied?

- Tell an adult.
- Tell the bully to stop.
- Help the person.
- Stand up for them.
- Tell them to walk away.

