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Winter Newsletter

Live Well Goodhue County now Goodhue County SHIP

We have always been funded by the Statewide Health Improvement Partnership (SHIP), and a decade ago, the Minnesota Department of Health asked us to develop a local brand: Live Well Goodhue County.

As we enter a new decade of our SHIP work, we're raising the profile and will be branded as Goodhue County SHIP.

Our mission is still the same: Improving the health and wellbeing of our community by making it easier to be active, eat nutritious foods and live commercial tobacco-free.

Meet Austin: Our New Part Time Public Health Educator

Austin is the new Public Health Educator with Goodhue County SHIP taking over for Sarah Dawson. His primary focus is on Active Living and Active Transportation through Safe Routes to Schools and increasing access to safe walking, biking and rolling.

Prior to his position here Austin served 2 terms with the Minnesota Public Health Corps at the Minnesota Department of Health's Office of Statewide Health Improvement Initiatives where he supported the Active Living content expert and local SHIP staff with facilitating SHIP activities.

Outside of work Austin enjoys Boulderling, Ballroom Dance, Board games and Fencing (You can wish him luck at the Icebreaker Open tournament in April!).

Commercial Tobacco-Free Quit Resources

Tobacco and nicotine use continue to affect many people in Goodhue County, but there's good news. Adults and youth are more than ever trying to quit. Local schools are even seeing students reach out for help, showing a real desire for healthier futures.

What we're hearing from families, clinics, and schools is the same: people want to quit... they just need support that's easy to access. Whether it's vaping, cigarettes, or cannabis, no one should have to navigate quitting alone.

If you or someone you know is thinking about quitting, here are free, confidential resources that can make a big difference:

- MN QuitPartner (21+)— Call, text, or chat for personalized quit support. [Quit Partner - Free Help to Quit Your Way](#)
- My Life, My Quit— A youth-focused program designed specifically for teens. Text "Start My Quit" to 36072 or visit mylifemyquit.com.
- EX Program – A digital, step-by-step quitting tool. Proven to help quit tobacco/vaping/ and cannabis. [Quit Smoking, Vaping, and Tobacco With EX Program - EX Program](#)

Quitting is hard—but support is here, and taking the first step can happen anytime. Let's help our residents breathe easier, feel better, and live tobacco-free.

Goodhue County SHIP Highlight:

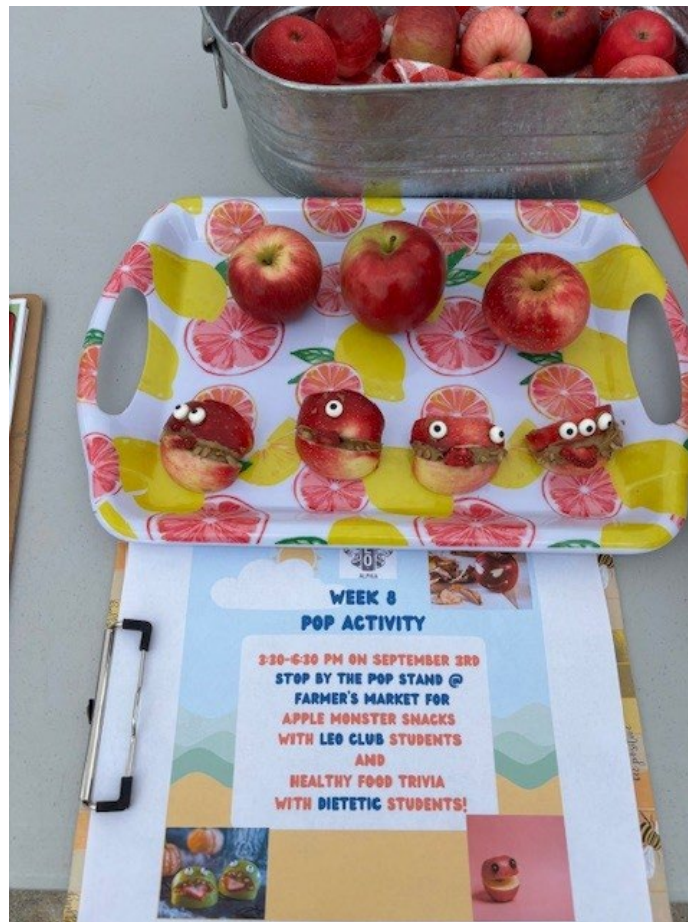
The 2025 Goodhue Farmer's Market season marked an incredible year of growth and community engagement for the Power of Produce (PoP) program. Thanks to the dedication of partners such as Goodhue County SHIP and Goodhue Lions the program saw remarkable expansion in both participation and impact.

The Power of Produce is a farmers markets incentive program for youth. It is offered at farmers markets throughout the nation.

This year, 180 youth took part in PoP, a dramatic increase from just 68 participants in 2024. Senior engagement grew as well, rising from 2 attendees to 38, reflecting a meaningful shift toward whole-family involvement.

The surge in youth and family participation shows just how valuable the market has become as a community gathering place—one that encourages healthy habits, supports local farmers, and brings families together.

The Goodhue LEO Club sat at the PoP booth and promoted produce education and fun activities. One fun activity was to create “Apple Monsters,” which incorporated the fresh apples at the market that week.



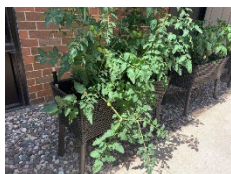
Community Partner Award Applications Are Now Being Accepted



Goodhue County SHIP uses policy, system, and environmental changes (PSE) to promote healthy eating, active living, mental wellbeing, and tobacco cessation. We offer Community Partner Awards (funding) for projects that support these goals.

- Policy change includes the passing of laws, ordinances or rules at the state, local, or organizational level. Examples of policy change could be a school implementing a policy that requires healthy food options at school-sponsored concessions stands or updating a breastfeeding policy in a workplace.
- System change involves changes made to the rules within an organization to transform the way things are “typically done.” A healthcare clinic adding hunger screening to the list of questions at all office visits is an example of a system change.
- Environmental change comprises of changes made to the physical environment. Examples are adding signage to bike trails or building an ADA accessible community garden.

Average request is \$500-\$2000



We currently have available funding for businesses, non-profits, cities, and schools to make PSE changes for healthy living. Find more information about Community Partner Awards, including the interest form please click the link below [Community Partner Awards](#)

Events and Misc:

Lake City Suicide Prevention Coalition Presents: Waves of Hope. Saturday, January 31, 2026 from 1-4pm. *Flyer below

Pine Island Panther Pulse Podcast https://drive.google.com/file/d/1vgiv0ncs-PVpnhgsjDDK5J8hP_auAGR4/view?usp=sharing

2nd Annual Lake City Suicide Prevention Coalition Presents

Waves of Hope

A Free Suicide Prevention Event

Join Us!
Saturday, January 31, 2026
1 - 4 pm
 Lincoln High School
 Lake City, MN
 Open to the Public
 Suggested Ages 14 to Adult

1 - 2 PM **MENTAL HEALTH RESOURCE FAIR**
 Free Cookies & Refreshments | Connect with nearly 30 local resources and services that support mental health, healing, and well-being.

2 PM **ONE MAN'S JOURNEY FROM CRISIS TO COURAGE**
 Keynote Speaker: Local musician & former police officer Ryan Sullivan shares his deeply personal story of moving forward despite his permanently disabling injury and his Invisible Wounds. He speaks about surviving suicide and embracing healing, hope, and resilience.

3 PM **Q & A PANEL DISCUSSION**
 Local community members, Jennifer Apley, Ryan Sullivan & Emily Knekelberg will share their lived experiences with mental health, suicide prevention and loss.

Community Sponsors

Fundraise
 A limited number of items will be available for purchase at the event.



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