Hello,

During this uncertain time of Coronavirus (COVID-19), I want you all to know we at Polk United are prioritizing the health and well being of all our partners and community members. As state opens and we move towards our new normal, I just want to take a moment and update you on the steps we are taking and what is happening with Polk United right now.

First and foremost we want to maintain the health and safety of everyone. We will continue with virtual meetings for now. Please make sure you are taking care of yourself through:

- Staying home when sick
- Limiting face-to-face meeting as much as possible
- Cover your sneeze or cough with a tissue and toss the tissue in the trash
- Clean frequently touched surfaces often
- Maintain 6ft of social distance as much as possible

As the pandemic continues so does all the amazing work of Polk United and our partners. Stay safe during these summer months and holidays. If you have any questions or concerns specific to Polk United please feel free to reach out to me at any time. If you have questions or concerns specific to COVID-19 you can get the latest information on the Health Department website at: http://www.polkcountyhealthdept.org/ or visit the Health Department Facebook page at: https://www.facebook.com/PolkCountyHealthDepartment/

Elizabeth Hagen
NAMI Barron

- **Family to Family Support Group** - This will be on Zoom every other week for an hour on Tuesday nights from 7-8pm starting this Tuesday. From 6:30 to 7 there will be a time if anyone needs any technical support. This is for adults who has a loved one, whether that is young or old, who has experienced a mental health condition. Participants will need to register in order to participate. NAMI is taking several precautions to make sure the environment is safe and privacy is protected as much as it can be if you get any questions. This includes only people who register can join, waiting rooms, emergency contact information, and locking the session so others can't join after the meeting starts.

- Register in advance for this meeting: https://us02web.zoom.us/meeting/register/tZElcumpRjJkLK5WwwnYk8Zd08anwF1l

Mental Health First Aid Classes

- There is work being done to make it possible to offer these classes virtually in the near future stay tuned for details!

Mental Health Task Force

- **September 26th** - Suicide Awareness Walk

Polk United Meetings

- **Substance Use** - 07/02/2020 - 11:00AM
- **NPA** - 07/10/2020 - 9:00AM
- **Polk United Qrtly Meeting** - 8/18/2020 - Location/Format TBD - 5:30PM
Substance Use Workgroup:

- We are looking for 16 and 17 year olds to help with Tobacco Compliance Checks. If you or someone you know would be interested please contact Mary Boe at mary.boe@co.polk.wi.us
- We are looking for 18, 19 or 20 year olds to help with our Alcohol Compliance Check program. IF you or someone you know would be interested in helping please contact Megan Krieglmeier at megan.krieglmeier@co.polk.wi.us

Family Pathways Frederic and St Croix Falls Food Shelves

- We have seen our numbers go down for April and May. We want people to know that we are still here for their needs. We need volunteers to help. Answering phones, packing food boxes, help with deliveries and food rescue pick ups, sorting fresh produce, stocking shelves.

United Way St. Croix Valley

- We are looking for 5 volunteers to work with United Way St. Croix Valley to ensure that our food shelf’s in each community across Polk County have the supports they need. You can help to unload this donors supported food at the distribution site at the Amery Area Community Center The 2nd Monday of Each month.
- We are looking for 10 volunteers to assist 211 St. Croix Valley. We are an information and referral service that connects community members with local services and agencies as well as vital, accurate information. 211 information specialists answer calls for assistance with finding food pantries, help for an aging parent, addiction prevention programs, affordable housing options, financial assistance, support groups, crisis lines and more. In this time of need specialists are also provide our community with vital, accurate information regarding COVID-19 and appropriate referrals. Volunteers will be trained and work virtually from their homes at time that are convenience for them. Hours flexible to meet your schedule and can be a little as 1 hour at a time. Volunteer opportunities are available from 7 am – 7 pm M-F and 9 am – 4 pm Sat. & Sun.

Nutrition And Physical Activity Workgroup

- We are looking for volunteers to help man the Power of Produce (PoP) Booth at our Osceola Farmers Market Fridays from 2-6pm. If you are interested/willing to help email Elizabeth Hagen at polkunitedhealthierTogether@gmail.com
Sarah Johnson and Katie Bartko from the UW-Extension FoodWise program created tip sheets for food pantries. These tip sheets gave participants meal ideas using the TEFAP foods that pantries have in abundance. Some of these tip sheets were intended for those who may not have access to cooking facilities and/or refrigeration. This was in response to a request in anticipation of individuals being housed at hotels and dorms during the pandemic.

### What to Make With....

<table>
<thead>
<tr>
<th>What you have in your bag:</th>
<th>Other ingredients you will need:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canned Chicken or Salmon</td>
<td>Salt &amp; Pepper</td>
</tr>
<tr>
<td>Sliced potatoes</td>
<td>Can Opener</td>
</tr>
<tr>
<td>Mushroom Soup</td>
<td>Microwave Plate or Container</td>
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<tr>
<td>Frozen Peas</td>
<td></td>
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</tbody>
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- Open cans of meat & potatoes, enough for current serving. Spoon soup over top. Microwave 2 mins, then stir. Add Frozen peas. Microwave 2 more mins or until bubbly hot throughout. Enjoy!
- Wash plate, then spoon remaining meat, potatoes & peas on to plate or microwavable container and cover. Refrigerate and use within 3 days.

### Black Bean Soup

**Ingredients**
- Serve 4
- 1 Tbsp canola oil
- 1 small onion, chopped
- 1 Tbsp chili powder
- 1 tsp ground cumin
- 2 15-oz cans black beans, rinsed
- 3 cups water
- 1/2 cup prepared salsa
- 1/4 tsp salt
- 1 Tbsp lime juice
- Plain yogurt or sour cream, as a garnish

**Directions**
1. Heat the oil and sauté the onion until translucent.
2. Add chili powder and cumin and cook for another 2 minutes.
3. Add beans, water, salsa and salt and simmer for 5-10 minutes.
4. While meat is simmering, mix all other ingredients in a large saucepan. Stir to combine. Serve with sour cream.

### Turkey Chili

**Ingredients**
- Serve 4
- 1 lb ground turkey
- 1 (15 oz) can kidney beans
- 1 (15 oz) can baked beans
- 20 oz. white, no-salt tomatoes
- 1 tsp. marinara sauce
- 2 Tbsp chili powder
- 1/4 cup water
- Salt and pepper, to taste

**Directions**
1. Start by browning the meat in a pan.
2. Drain pan if needed.
3. Add 2 Tbsp chili sauce and a cup of water and simmer for 5-10 minutes.
4. While meat is simmering, mix all other ingredients in a large saucepan. Stir to combine. Serve with sour cream.

### Half-Veggie Burgers

**Ingredients**
- Serve 8
- 3 cups cooked lentils or beans
- 1 cup finely chopped bell pepper
- 1/2 cup chopped vegetable
- 1 pound ground beef
- 1 egg (optional)
- Salt and pepper, to taste
- 8 buns

**Directions**
1. Roughly mash the lentils or beans with the back of a large spoon.
2. Mix the lentils, bell pepper, and ground beef with your hands in a large bowl. If you’re grilling, add an egg to keep the patties from crumbling. Season with salt and pepper and form into 8 patties.
3. Place the hot grill and medium-high heat. Fire the grill, if you have one, and add the patties. Sear them until they’re dark brown on one side, about 5 minutes, then flip them and do the same on the other side. If you want cheeseburgers, lay the cheese during the second flip.

### Tips for Food Safety in the Time of COVID-19

Everyone is working hard right now to keep ourselves, our family, and our communities healthy. Two important practices we can all do to protect against COVID-19 is to maintain physical distancing of 6 feet while on essential trips, such as getting food, and frequent hand washing. Here are helpful food safety tips for when you get home.

- **Wash hands often**
  - with soap and water for at least 20 seconds
  - as soon as you get home
  - after putting groceries away
  - before and after preparing food
  - before eating or serving others
Family Pathways Frederic and St Croix Falls Food Shelves

- We have seen our numbers go down for April and May. We want people to know that we are still here for their needs.

CESA 11 - Headstart

- CESA11 Head Start transformed to virtual programming when schools closed. Early Head Start (0-3) home Visitors continue to provide weekly virtual visits with families. Head Start (3-5) teachers and family services workers used different virtual platforms to connect with families and provide preschool educational activities and family support. Educational materials, food, and community resource information was sent to families. Mental health services were provided to many families and staff during the shut down.

Our Savior’s Lutheran Church

- During these days of coronavirus, much of our direct hands-on outreach has been suspended.
Accomplishments

Division of Extension - FoodWise

- After the COVID-19 pandemic forced cancellation of all in-person education events for FoodWise, a quick shift was made to make some of these events available online. Cooking Matters new format curriculum pilot will now be offered to participants from the St. Croix Chippewa community via Zoom in June. Transitioning to virtual education, especially when teaching cooking skills, has been a major accomplishment for the FoodWise team.

Western WI Working For Tobacco Free Living

- W3TFL received an additional 2 years of funding that will begin July 1, 2020. It will allow us to keep advancing the great work we have been doing around tobacco prevention.

CESA 11 Head Start

- Based on recent family surveys, our outreach and support has been successful.

Family Pathways Frederic and St Croix Falls Food Shelves

- We have gone back to our full time hours to serve clients.

Groceries and Grub

- We created the company Groceries and Grub and began the shopping and delivery service in early April. We are excited to give access to healthy food to those who are disabled, elderly, and high-risk. We will continue this service even after the COVID-19 crisis is resolved. In Polk County, G&G delivers on Tuesdays and Fridays in Luck and Frederic and surrounding towns from Wayne’s Foods Plus, Natural Alternative Food Co-op, and Frederic Grocery. Fees include shopping and delivery: $15 first 7.5 miles, plus $2/mile beyond 7.5 miles. Interested clients should call 715-503-0044 with grocery list the day before delivery.

Our Savior's Lutheran Church

- I have been proud of the efforts made of our congregational members to stay in touch with others in our community of faith and others. That has been done with phone calls, notes, letters, e-mails, skype, etc. These have been difficult days. But we have sought to care for one another in whatever way we can.
Our daily lives continue to look different, but the Nutrition and Physical Activity Workgroup continues to do our best to combat the issues of obesity and chronic disease in Polk County! We are continuing to meet virtually on the second Friday of the month. There are quite a few programs updates that we are excited to share this month:

I am very excited to announce that the workgroup will have 2 interns helping us this summer. Paige Runnels is conducting an internship through the Health Department and Kelly Catlin is conducting an internship through Osceola Medical Center. These amazing interns will be helping to expand the Power of Produce campaign. In 2019 this program was piloted at the Amery Farmers Market. This year we are expanding our effort to Osceola and St. Croix Falls Farmers Markets in addition to the Amery Market.

We are excited for all of the impact we will be making this summer with the POP program and we would love your help! Email polkunitedhealthiertogether@gmail.com to learn how to get involved and for more information on the workgroup!
Greetings!

Hope you all enjoyed a safe and healthy Memorial Day weekend. We continue to navigate the ins and outs of coalition work with the continued uncertainties of the Covid-19 pandemic. A couple of announcements:

- A positive is that W3TFL has been awarded a 2 year grant continuation. This grant occurred through a competitive process. We are thankful to all our partners and for the letters of support that we received to enhance the application. W3TFL looks forward to continuing the positive collaborations to reduce tobacco use and exposure in the communities we serve. The counties covered include: Barron, Burnett, Pierce, Polk, Rusk, St. Croix. This year we are also excited to have Pepin county join our coalition. This grant cycle will start July 1st, 2020.

- WI Wins underage tobacco compliance checks have been put on hold during the COVID-19 pandemic. We continue to encourage our retailers to diligently check identification and to not sell tobacco products to anyone under the age of 21. If you have questions please let me know. For information on WI Wins visit: www.wiwins.org

We appreciate all of you being understanding of changes during this time. Over the next month, I will be providing updates as to how that will look and coalition activities for our members to be a part of! We are thankful for all of you and the important work that we partner on around Tobacco-Free Communities.
Life may continue to look different, but the Substance Use Workgroup continues to do our best to combat the issue of substance use and abuse in Polk County! There are quite a few programs updates that we are excited to share this month:

To start, the Drug Free Communities (DFC) grant has been submitted! This is a grant that would greatly impact Polk United and the Substance Use Workgroup specifically and has taken a lot of hard work and time to complete. Special thanks to Mary Boe and Elizabeth Hagen for working so hard on this process! We are bringing “Botvin Lifeskills Training: Parent Program” to our county! This program is designed to help parents strengthen communication with their children and prevent them from using drugs. We will be completing an online training to prepare trainers who will then implement the program in the fall.

The workgroup is in the process of ordering more prescription lock bags to distribute throughout our community. These were a big hit last year and are a great resource to help keep prescription drugs in a safe place. Alcohol compliance checks are currently on hold due to COVID-19 related safety concerns but we are hoping to complete these checks in the fall. As of right now, we plan to have Polk County Schools conduct the Developmental Assets Profile (DAP) survey again this fall with their 4th grade students. This survey is a reliable and valid assessment of the strengths, supports, and social-emotional factors that are essential for young people's success in school and life. Finally, we have continued to promote SAMHSA's “Talk. They Hear You” campaign, helping parents and guardians talk to youth about drugs and alcohol in an effort to stop them from using. We look forward to all the great things that will come from this workgroup. Feel free to contact megan.krieglmeier@co.polk.wi.us to learn how to get involved and for more information on the workgroup!
Stay Safe and Healthy

For More information:
Visit: www.polkunited.org
Contact us at: polkunitedhealthiertogether@gmail.com