

# Minnesotans address chronic pain effectively through self-management

With chronic pain a constant presence for many people, non-narcotic self-management is a welcome option for addressing its impact, which can be overwhelming. In partnership with Juniper and Arrowhead Area Agency on Aging, the College of St. Scholastica is offering online and telephone Living Well with Chronic Pain classes in March.

Living Well with Chronic Pain is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with symptoms. Topics include: techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments. Juniper classes help people overcome the challenges of self-isolating and take charge of their health.

Free Online Classes: Live virtual classroom experience. Class meets for 2.5 a week for 6 weeks. Participants receive a resource book. Every week the group learns, brainstorm, and completes activities together.

Mar 15 – Apr. 19; Mondays; 5:00 PM to 7:30 PM  
Mar 16 – Apr. 20; Tuesdays; 12:30 PM to 3:00 PM  
Mar 17 – Apr. 21; Wednesdays; 9:00 AM to 11:30 AM

Mar 17 – Apr. 21; Wednesdays; 4:00 PM to 6:30 PM  
Mar 18 – Apr. 22; Thursdays; 4:00 PM to 6:30 PM

Free Telephone Classes: Self-study format with weekly one-hour group phone calls for 6 weeks. Participants receive a toolkit of materials including a resource book, tip sheets, and relaxation CD. In the weekly group phone calls participants learn and receive support for personal goals.

Mar 18 – Apr. 22; Thursdays; 1:00 PM to 2:00 PM

Mar 19 – Apr. 23; Fridays; 10:00 AM to 11:00 AM

It is easy to register:  
Step 1: Go to [yourjuniper.org](http://yourjuniper.org) to see course offerings or call 855-215-2174 to speak with a Juniper specialist.

Step 2: Register online or over the phone for your desired course. Participants will receive an email with a link to join the class.

About Juniper  
Juniper is a statewide network rooted in individual communities. Area Agencies on Aging—six regional and one tribal entity—act as hubs for community organizations, healthcare organizations and class leaders. The network offers evidence-based health promotion classes to improve health and wellness across Minnesota. Juniper is a program of Innovations of Aging, a nonprofit subsidiary of Metropolitan Area Agency on Aging. Learn more at [yourjuniper.org](http://yourjuniper.org).

# MDI: Leading by example



Mike Holmstrom, pictured left, and Ben Pederson, pictured right.

Ben Pederson is a dedicated employee to two employers. He's worked at MDI for over 15 years and at Grand Rapids Marine for over two years. Ben says that the people at Grand Rapids Marine are "like my second family." He enjoys both of his jobs and his employers enjoy and appreciate him. Mike Holmstrom, owner and General Manager of Grand Rapids Marine, states, "The relationship with MDI started when a previous customer was hired by MDI. He approached me with the idea since he thought it would be a good fit for us. It's turned out to be a great idea! Ben has been an awesome addition to the team. He's always happy and makes us all laugh with his great sense of humor. It's a

win-win for everyone and I hope the relationship lasts for a long time." MDI has big goals and they work on them steadfastly. One of their goals is to positively impact 2,500 lives through employment and services by 2026. One example of what they do is offering a program called Career Skills which is an internal and external training program for people with and without disabilities to improve soft skills. They also provide job placement and onsite job coaching. In certain programs, an MDI employee who would like to try working outside of MDI will get help to gain the skills needed to find that outside job. Other ways MDI impacts lives is through



SUBMITTED PHOTOS

the Quest Transition Program (part of District 318 at MDI's Cohasset facility), Unified Work, the scholarship program, DPI Staffing, community job placement, and more. In 2020, MDI started an "Innovation Team," which consists of leaders both inside and outside MDI, who work together to help develop innovative ideas to generate more lives impacted. In 2006, to support programs that help persons with disabilities, especially high school age youth, gain the necessary skills to attain their full potential at a job, MDI started their Success at Work Fund. It is intended to support persons with disabilities as they prepare for stable employment. They now give out ten

scholarships each year. Recently, MDI donated \$200,000 to this fund at the Grand Rapids Area Community Foundation. Think of how many lives that will impact! Ben Pederson is just one life positively impacted by MDI, but his successes and MDI's successes will continue to positively impact the community into the future. If you are interested in learning more, you can go to MDI's website [www.mdi.org](http://www.mdi.org). If you are interested in helping MDI impact more lives, please donate to their funds by going to [www.gracf.org](http://www.gracf.org), and donating to the MDI Success at Work Endowment Fund, MDI Success at Work Nonendowed Fund or MDI Success at Work Scholarship Fund.

## GREENWAY

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spend being educated by our teachers are especially important in determining who they become, and where they go in life. It is my heart to be involved in providing safety for them in our district, programs that will encourage them to grow and explore, lots of great memories, and an education that sends them out to do amazing things! I believe, with my natural desire to stand up for what's right, defend those who need defending, passion to work hard, and my ability to speak what needs to be spoken I would be a great person to have on the District 316 School Board.

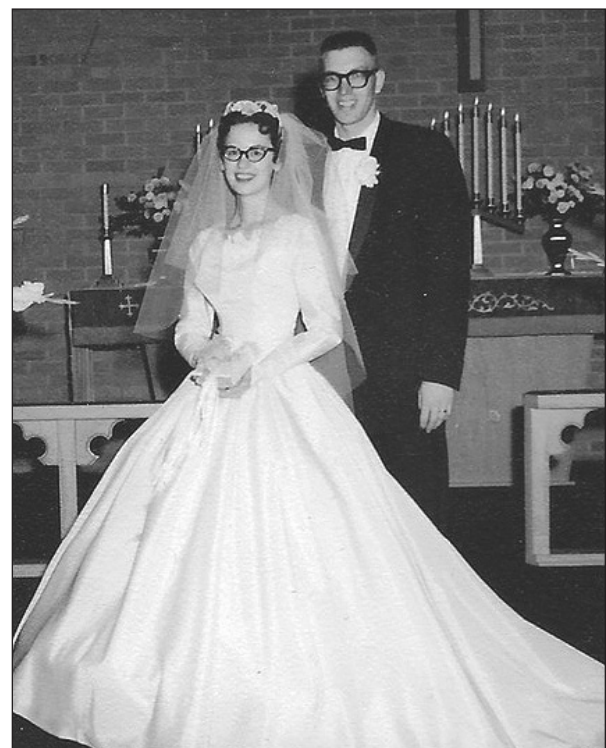
Q: What experience would you bring to the school board?

A: Throughout the years my children have attended Greenway I have been involved in coaching. Kids are my passion! I also helped organize Centershot (archery program) in a local church along with partnering with a friend to start an archery program for teenagers called Vitalshot. Vitalshot taught basics of archery and hunting skills based on a foundation of faith. At the end of the program myself and several volunteers gave the kids an opportunity to put their new skills to use by taking them out hunting! One of my favorite things is to speak into their lives by teaching them how to think for themselves, work as a team, and respect a leader by leading

with integrity, respect, and love. I have enjoyed being a part of their lives where they are building confidence, love for a game or pastime, and having fun! It is important to me to give kids a place to become a stronger version of who they are. I served 3 years in the US Army which will tell you I know about teamwork, respect, and hard work. I currently work as a lead welder at RMS in Hibbing, and in the past, I have been a lead welder at Terex, L&M Radiator in Hibbing, and a manager at Domino's Pizza. All these jobs, along with coaching, will tell you I am familiar with being a leader, and working with those on my team.

Q: What is the most pressing issue Greenway faces right now and what would you do about it?  
A: The main issue facing Greenway right now is the presence of a pervasive political agenda. An agenda that has stopped teaching our children the true history of our country. An agenda that is full of thinking that doesn't have all people's best interest at heart. An agenda that doesn't hold to the ideas of our founding fathers. I would be persistent in restoring an environment that speaks to the truth of our country's foundation. One that leaves politics out of our schools, where facts are taught without bias, and brings our community back together.

## 60th Anniversary



Happy 60th anniversary to Bruce and Joan Whitted - Feb. 11, 1961.

## Attention

Any Way you Want It Storage will discontinue doing climate controlled storage as of February 25, 2021. If you have items in storage please call to make arrangements to get your items. Please call Drew at 218-326-0397 ASAP to make arrangements.

## SAND LAKE TOWNSHIP CHANGE OF MEETING NOTICE

The February Budget Meeting and Board of Audit will be held on Tuesday February 16, 2021 at 9:00 am at the Sand Lake Community Center. Masking and Social Distancing are required.

Elaine L Rasmussen, Clerk  
Sand Lake Township

## NOTICE

A complete document of the Wabana Township Itasca County, Mn Ordinance No 2021; Interim Ordinance authorizing a study of controlled access lots, multi-family dwellings, resorts, campgrounds, conservation developments, planned unit developments, extractive uses and subdivisions within the town and imposing a Moratorium dated 1/6/2021 for Wabana Township is kept at the Grand Rapids Public Library. An electronic copy of the Moratorium is also posted on the Wabana Website.

Ruth Fordham, Clerk  
Published February 7, 2021

## SECTION 00 1113 ADVERTISEMENT FOR BIDS

- FROM:**  
City of Coleraine (hereinafter referred to as Owner):  
Coleraine City Hall  
302 Roosevelt Street  
Coleraine, MN 55722
- And Collaborative Design Group (hereinafter referred to as Architect/Engineer):**  
Collaborative Design Group, Inc.  
125 Main Street SE, Suite 240  
Minneapolis, MN, 55414  
Craig Milkert  
Mobile (612) 889-7986  
[cmilkert@cdg-mn.com](mailto:cmilkert@cdg-mn.com)
- TO: POTENTIAL BIDDERS**
- A. The City of Coleraine is seeking bids from qualified firms to provide all labor, materials, equipment, and supplies to perform the work for the masonry and roof repairs at the Coleraine City Hall. The project consists of the improvements to the roofing, framing, and building envelope.
- B. Bidders may visit the exterior of the site, but interior tours will not be provided. The pre-bid meeting is not mandatory. The pre-bid meeting will be online on Tuesday, February 16th, 2021 at 2:00 P.M. Local Time via Microsoft Teams. Bidders can get a calendar invitation and login information by emailing [cmilkert@cdg-mn.com](mailto:cmilkert@cdg-mn.com) no later than 2/15/2021, or by using the phone call in number: 612-428-0364, Phone Conference ID: 367 811 473#.
- C. Bids must be received by Briana Anderson by email [banderson@cityofcoleraine.com](mailto:banderson@cityofcoleraine.com) and by Craig Milkert ([cmilkert@cdg-mn.com](mailto:cmilkert@cdg-mn.com)) no later than 2:00 P.M. Local Time, on Thursday, February 25th, 2021. The bid opening will be public via Microsoft Teams. Bidders can get a calendar invitation and login information by emailing [cmilkert@cdg-mn.com](mailto:cmilkert@cdg-mn.com) no later than 2/24/2021, or by using the phone call in number: 612-428-0364, Phone Conference ID: 949 795 645#.
1. Late bids will not be accepted.
2. Contractor to include a list of subcontractors with bid.
- D. Contacts
1. All questions regarding project should be referred to Craig Milkert at Collaborative Design Group, Inc., in writing via email to [cmilkert@cdg-mn.com](mailto:cmilkert@cdg-mn.com).  
a. Questions will be accepted up to Thursday, February 18th, 2021 at 2:00 P.M. Responses will be collected and issued in a numbered and dated Addendum. Questions received after this time will not be responded to.
- E. Documents: Digital copies of the Bidding Documents are available at <http://www.questcdn.com> for a fee of \$15. These documents may be downloaded by selecting this project from the BIDDING DOCUMENTS link and by entering bid document No. 7532319 on the SEARCH PROJECTS page. For assistance and free membership registration, contact QuestCDN at 952.233.1632 or [info@questcdn.com](mailto:info@questcdn.com).
- END OF BID SOLICITATION**