

Swift County

INTERNSHIP PROGRAM

2025

*Building the future
workforce in Swift
County through real-
world experiences*

Swift
COUNTY MN

 SOUTHWEST MINNESOTA
PRIVATE INDUSTRY COUNCIL

HISTORY OF PROGRAM



The Swift County Summer Internship Program was developed to help local students explore and connect with the wide range of career opportunities available right in their own backyard. The idea was introduced by County Commissioner Larry Mahoney, who learned about similar efforts through the Southwest Minnesota Private Industry Council (SWMNPIC). Recognizing its potential, Mahoney brought the concept to the Enhancing the Organization Committee, where it received strong support.

With momentum building, Swift County's Economic Development Authority staff worked closely with county commissioners to secure funding through the American Rescue Plan Act (ARPA). These funds enabled the county to launch the program in partnership with SWMNPIC, providing college students with paid summer internships at local businesses. Interns can earn up to \$17 per hour and work up to 29 hours per week, gaining hands-on experience in their fields of interest.

The program matches students with employers that align with their career goals, offering a realistic look at life after graduation while building valuable professional skills. At the same time, the experience helps strengthen students' ties to the community, showcasing Swift County as a place where they can live, work, and thrive after college.

Swift County is proud to invest in its future workforce. The program has received enthusiastic support from students, employers, and community leaders alike, and the county is committed to continuing and growing this successful initiative in the years to come.



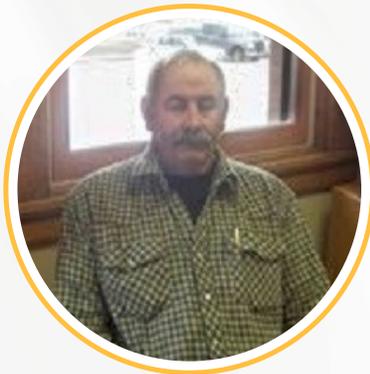
SWIFT COUNTY COMMISSIONERS



Gary Hendrickx
District 1



Edward Pederson
District 2



Pete Peterson
District 3



Larry Mahoney
District 4



Eric Rudningen
District 5



THE INTERNS

Jordan

Appleton Area Health

Ella

Appleton Area Health

Amanda

Backstreet Printing and Office Supplies

Lauren

Ambient Chiropractic

Swift
COUNTY MN

The logo for Swift County, Minnesota, features the word "Swift" in a large, black, cursive script font. Below it, the words "COUNTY MN" are written in a smaller, gold, sans-serif font. To the right of the text is a stylized illustration of three blades of grass in gold. The entire logo is set against a background of white and gold curved lines that sweep across the bottom right corner of the page.

SWIFT COUNTY INTERNSHIP PROGRAM



JORDAN

Undergraduate in
Medical Biology and
Psychology



Appleton
Area Health

APPLETON AREA HEALTH

Appleton, MN

Appleton Area Health offers care in four settings: hospital, clinic, care center, and assisted living. Located in Appleton, MN, with expanding telehealth and satellite services, they provide personalized, community-focused healthcare. Their mission is to meet the evolving needs of the region with accessible, high-quality services.

“It has been great getting to partner with Swift County for the summer internship program. Our partnership exposes future healthcare professionals to the ins and outs of rural healthcare, giving them valuable learning experiences. Our hope is that our partnership with Swift County inspires students to continue on the path towards their healthcare career goals and shows them what a difference they can make in the lives of fellow community members.”

– Saige Ochsendorf, HR Manager

SWIFT COUNTY INTERNSHIP PROGRAM



ELLA

SMSU

Her future plans are to continue my studies to become a pathologist.



APPLETON AREA HEALTH

Appleton, MN

Appleton Area Health is a rural healthcare facility in Appleton, MN, offering services in four main areas: hospital, clinic, care center, and assisted living. With growing telehealth options and a new clinic opening in Hancock, they provide personalized care tailored to community needs.

LABORATORY SERVICES

Lisa Pastian, Laboratory Manager, brings over 30 years of experience in lab sciences. She's passionate about mentoring students and helping them grow into skilled lab professionals through hands-on training and real-world exposure.

“Thank you Swift County for the opportunity to partner with you on your summer internship program. It has been a joy getting to work with Ella. Training, teaching, and inspiring someone that is excited about learning has been rewarding for all our staff. We all look forward to seeing where her future leads her.”

- Lisa Pastian, Laboratory Manager

Allowing rural health facilities to host interns interested in specific departments creates valuable career exposure and builds a potential pipeline of future employees. Programs like this are especially impactful for smaller facilities that thrive on community engagement and talent development.

SWIFT COUNTY INTERNSHIP PROGRAM



AMANDA

Photography and Graphic Design

BACKSTREET PRINTING & OFFICE SUPPLIES

Benson, MN

BackStreet Printing provides high-quality printing services and operates a full-service retail office supply store. They serve Benson and surrounding communities with custom printing, design, engraving, sublimation, embroidery, and signage solutions.

“It has been fun to help a new designer develop her talents, along with allowing her to expand her customer service experience.”



SWIFT COUNTY INTERNSHIP PROGRAM



LAUREN

University of South Dakota
*Kinesiology & Sports
Management*

AMBIENT CHIROPRACTIC

Benson, MN

Ambient Chiropractic provides chiropractic care and wellness services in Benson, MN. The clinic typically hires Chiropractic Assistants, Chiropractors, and Massage Therapists.

“The Swift County Internship Program has been a great way for Lauren to explore a future career while helping our office meet summer staffing needs. She’s been a wonderful addition to our team!”



THE BANQUET



On August 5, 2025, interns, host site representatives, Southwest Minnesota Private Industry Council staff, and Swift County Commissioners gathered to celebrate the conclusion of the first year of the Swift County Summer Internship Program. It was a meaningful opportunity to reflect on a summer of growth, connection, and career exploration.

Thank you to everyone who joined us for the celebration, and best of luck to our interns as they return to their universities for the upcoming academic year!

