



**Partners in Healthy Living
Community Leadership Team (CLT)**

**MINUTES
Kanabec County Jail
100 S Vine St
Mora, MN 55051**

Thursday, May 18, 2017, 2-4pm

<p>Welcome & Introductions</p>	<p>Welcome & Introductions</p> <p>Melissa Carstensen – Isanti County Public Health, Hailey Freedlund – Pine County Public Health, Alisha Fussy – Mille Lacs County, Natalie Matthewson – Region 7E Adult Mental Health Initiative (AMHI), Emma Shepard – Central MN Council on Aging, Lori Swanson – Kanabec County Community Health and Deb Wright - FirstLight Health System.</p>
<p>Review 15 New Mini-Grant Applications</p>	<ul style="list-style-type: none"> The partners reviewed 15 mini-grant applications for approval.
<p>Member/Partner Sharing</p>	<ul style="list-style-type: none"> Deb Wright was asked to share about the FirstLight Wellness Committee’s project of 50% healthier/better choice options for vending machines. Both the food and drink vending machines have a vinyl sticker that has a green outline, an area which will contain healthier/better for you options. These options will be baked, have lower sodium, contain whole grains, etc. Some staff has noticed and there have been positive comments regarding the new options. Healthier/better options will also be offered at the gift shop which will include healthier/better drink options too. It has been a slow process, but the employees have been excited about the changes. Deb continues to work with the vendors in getting better options available for the vending machines. Deb Wright also shared about the Positivity in the Park which was sponsored by the Substance Abuse Coalition of Kanabec County (SACK). It was to inspire positivity in the Library Park where it has been known to be a hotspot for trouble with drinking, drugs and smoking. Regardless of the weather it was well attended. It included all ages of children, from little ones to teens, lots of families. There was sidewalk chalk art, bean bag toss and basketball. There were signs everywhere promoting positivity in the park. Patti Miller of SACK did a fantastic job coordinating the event through promotions and the ATI and MATI youth groups. The once a month event will continue throughout the summer. Emma Shepard of CMCOA shared about the senior health screen fairs that were held at Pine City, Mora, Isanti, Milaca and Cambridge. Nursing students were there to help with the screenings and talk to seniors about healthy living styles and connect with the students. There was cognitive screen, blood pressure readings, and hearing exams. CMCOA is hoping to expand the health fair to Sandstone. Over 250 seniors attended the Cambridge Fair. The fair had better attendance when it was partnered with another event. Emma stated that Princeton now has a community coordinator with CMCOA. Emma also shared the dementia friendly activities flyer which highlights the different things the 14 county area has to offer seniors, Resources for Enhancing Alzheimer’s Caregiver Health (REACH). Allina is providing referrals for senior linkage and dementia patients for training. It was asked why Mora isn’t part of the Dementia Friendly Communities and the timing isn’t right for the community, since the funding application time is over. Isanti County ACT on Alzheimer’s will be starting a memory café where the Alzheimer patient and the caregiver can go and participate in interactive activities. Some communities

	<p>are looking for funding for brain kits that are available at libraries.</p> <ul style="list-style-type: none">• The Region 7e AMHI and East Central Crisis services received additional funding from the State. It will include a crisis and intervention screening which focuses towards law enforcement.• Natalie Matthewson shared that May is Mental Health Awareness Month. Many people are taking the pledge (MakeitOK.org) to stop the stigma and wearing bracelets to bring awareness to mental illness.
<p>Meeting Evaluation & Adjournment</p>	<p>Attendees were asked to post a like and a wish from the meeting on the Bike Rack.</p> <p>Next PiHL meeting is Thursday, July 20, 2017, at the Isanti County Government Center in the EOC meeting room (lower level of the building) from 2:00 – 4:00 p.m.</p> <p>Meeting adjourned at 4:00 pm.</p>