

Partners in Healthy Living

Isanti, Kanabec, Mille Lacs, Pine

Partners in Healthy Living Community Leadership Team (CLT)

Minutes

Kanabec County Jail Meeting Room
100 S Vine St
Mora, MN 55051

Thursday, September 21, 2017, 2:00-4:00 PM

<p>Welcome & Introductions</p>	<p>Melissa Carstensen – Isanti County Public Health, Darcy Rylander - Cambridge Medical Center, Kam Schroeder - University of Minnesota Extension, Lori Swanson – Kanabec County Community Health, Deb Wright - FirstLight Health Systems and Joy Wuestenhagen – Kanabec County Community Health</p>
<p>Overview of the 42 mini-grant projects approved this past year</p>	<p>There have been 42 mini-grant projects approved over the past year. Some of the projects included: hydration stations, garden tiller, supplies for community garden with raised beds, garden trellises, Ojibwe food added to the menu at the Farm Market Café, healthy snack stations, tobacco cessation training, and standing desks.</p>
<p>Outreach ideas</p>	<p>Partner Success Stories Each mini grant recipient sends a success story with their paperwork. The following suggestions from members were made on how to get the success stories out into the community:</p> <ul style="list-style-type: none"> • Putting in the newsletter would be too big. The success stories could be placed on the website in the News area and have a link directly from the newsletter. • It was asked if any of the success stories are published in local newspapers. If it is not published, other media avenues can be explored, i.e., Facebook. • Is it possible that the newspapers could create a weekly wellness section where these success stories can be published and other healthy choice news articles? Maybe contact Kanabec Publications, ECM and other local publications. Publishers would like to receive success stories that are within their distribution area. Members will reach out to different editors to see if the success stories can be published in local newspapers. • Deb Wright offered to talk to their Marketing Director at FirstLight Health System. • Articles should be anything related to healthy living. • Lori Swanson offered to talk to Kristen Faurie from Kanabec Times. <p>Promotion of PiHL through local events</p> <ul style="list-style-type: none"> • Frisbees to promote being active outside the school day were given at the Pine City Elementary Open House. • Table top displays were ordered for each county. • Looking for promotional items, keeping in mind that the budget is small, some items suggested were: <ul style="list-style-type: none"> ○ Salad shakers ○ Good thermal glasses ○ Food container with lid and fork ○ Good quality water bottles ○ Good stainless steel container for hot beverages ○ Jump ropes ○ Seed packets – variety of vegetables for next Spring

	<ul style="list-style-type: none"> ○ Light up arm bands ○ One Plant/One Community – pass out plant with different promotions ○ Recipe cards with healthy recipes ○ Round ball chapsticks ○ Sport towel ○ Bendable cutting board ○ Vegetable brush/cloth ○ Spatula and strainers
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SHIP 4.0 Year 3 planning	The Year 3 work plans were reviewed. Final edits will be reviewed and finalized by the State at the end of October. The approved work plans will be shared at the November meeting.
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Sharing/Updates	<p><i>On last month's bike rack (Melissa Carstensen)</i></p> <ul style="list-style-type: none"> • It asked: "What is a lactation depot?" A drop off location for moms who want to donate breastmilk. • The milk must be screened by the agency located at the milk bank in Iowa City. After passing the process, paperwork and a phone consultation, the mom can donate milk. • The donor will receive milk bags and identification number from the agency. Isanti County is in the process of opening a milk depot. • There are currently two milk depots in Minnesota. • After moms drop off their milk, the bank will make arrangements to pick it up. • Cambridge Allina is getting close to offering breastmilk to moms. <p><i>Natalie/Emma</i></p> <p>Alzheimer's Every Minute Counts Sunday, October 15, 2017, 1:00 p.m. Pine City High School Auditorium RSVP – 320.322.4040 info@pinecitychamber.com</p> <p>Community Mental Health Forum Tuesday, October 17th – 5:00 – 8:00 p.m. Grand Casino, Hinckley RSVP by October 9th www.resourcetraining.com/Event/12789</p> <p>Operation Community Connect Tuesday, October 17th – 10:00 – 2 p.m. Cloquet Armory Info @ 879.8404</p> <p>A Community Conversation about End of Life Planning Wednesday, October 18th, 6:30 – 8:30 p.m. Horizon Center at Horizon Health, Inc. Contact: Melissa Prozinski @ 320-468-6451</p> <p>Mille Lacs County Operation Community Connect Thursday, October 19th, 10:00 a.m. 2:00 p.m. Milaca Public School</p> <p>Kanabec County Operation Community Connect Thursday, October 19th, 12:00 – 4:00 p.m.</p>
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	<p>Mora Elementary School</p> <p>Operation Community Connect Tuesday, October 24th, 10:00 a.m. – 2 p.m. Hinckley Community Center</p> <p>Operation Community Connect Saturday, October 28th, 11:00 a.m. – 1:00 p.m. First Baptist Church, Cambridge</p> <p><i>Darcy Rylander</i></p> <ul style="list-style-type: none"> • The diabetes class has been full with very few quitting. Clients that show pre-diabetes diagnosis are sent a letter regarding the classes. • Change to Chill is continuing its second year with the 7th graders in Cambridge Middle School health classes which include four sessions of stress reduction. The classes are held in November and February. There will be a train the trainer for Change to Chill to train school staff. • Also continue to work with the Alternative Junior High students providing stress reduction classes. • Darcy is working on a certification for calm yoga. • Mindfulness Based Stress Reduction for Teens which is an evidence-based program. • Will be doing Chronic Pain Self-Management Program Training. <p><i>Kam Schroeder</i></p> <ul style="list-style-type: none"> • Working with Farm Market Café for native food event, Wednesday, August 27th, 4:30 – 6:30 p.m. • Mora ALC – cooking nutrition two times a month through April. • Mora ALC – working with the food shelf. Looking for healthy non-perishable foods and possibly a refrigerator. • Create a healthy donation list to help the food shelf. • Make Grab and Go food bags for food shelf. • Healthy choices in bulk can be bought online at the Healthier Generation Store @ Amazon Business. <p><i>Deb Wright</i></p> <ul style="list-style-type: none"> • Healthy Tool Kits were given to five Pine County families. \$200 of market money was redeemed at the Farmer’s Market. • Started working with in-home daycares the week of September 18th. Two in Mora, one in Pine City, one in Ogilvie and one in Hinckley. The visits consist of the Well Kids Program which includes talking about healthy eating and activities, and kid’s yoga. Each child receives a divided plate with all the fruit and vegetable pictures and tote bag with all kinds of resources for their parents.
<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, November 16, 2017 in Cambridge at the Government Center, from 2:00 – 4:00 pm</p> <p>Meeting adjourned at 4:00 pm.</p>