



Partners in Healthy Living Community Leadership Team (CLT)

MINUTES
Lakes & Pines
1700 Maple Ave East
Mora, MN 55051

Thursday, May 17, 2018, 2-4pm

Welcome & Introductions	<p>Alicia Alferness – Lakes & Pines, CAC , Melissa Carstensen – Isanti County, Leona Dressel – Lakes & Pines, Barb Eller – Onamia Farm Market Café, Hailey Freedlund – Pine County Public Health, Alisha Fussy – Mille Lacs County, Megan Kozisek – Lakes & Pines, Natalie Matthewson - Central Minnesota Council on Aging, Darcy Rylander – Cambridge Medical Center, Kam Schroeder – Kanabec County – MN Extension SNAP, Lori Swanson – Kanabec County Community Health and Laureen Williams – Pine Tech & Community College</p>
Mini-grants	<p>Members reviewed and approved three mini-grant applications. The mini-grant opportunities were opened up to new partners. The following applications were approved:</p> <ul style="list-style-type: none"> • Ogilvie Public School – approved (suggestions of in-kind match, use of a local distributor for materials needed and marking “yes” on application for minority use.) • East Central Elementary and High School – approved both locations for water station (with partner suggested implementation of a “reverse osmosis” water system. Is location accessible to everyone/suggestion of main level for handicapped accessible?) <p>There is approximately \$4,000 in mini-grants left. Partners were asked if the monies should be opened up to current partners. Maybe reach out to the new partners that have not applied yet. If funding is left, possibly revisit and open up to previous applicants. Add question to applicant “Can this project be completed without being fully funded?” – This will allow remaining funds to partially fund other projects. A tighter deadline will get process moving more quickly.</p>
Health Survey	<p>The East Central Community Health Survey has been out in the field since the beginning of April. Approximately 1,500 surveys have been returned so far of the 6,400 surveys that were mailed (25% rate). Ann Kinney from the State will give a presentation of the data to CLT members. A community forum in each county will be held highlighting the survey’s results. There were about a dozen phone calls with questions regarding the survey.</p>
Workplan Updates	<p>Members received a copy of the 2017 annual report, highlighting the number of policy, systems and environmental changes (PSE) and how many individuals were reached with these PSE changes. Also covered was the bi-monthly report that included successes and barriers during January-March 2017 within the community healthy eating strategy, evaluation, and communications. The information shared was a follow-up from the March meeting regarding how members want to learn about PiHL workplans with partners and data. Members were also offered At a Glance handouts for: Schools, Active Living in Communities, Workplace Wellness , Health Care, Dementia, Healthy Eating, Tobacco Point of Sale, and Smoke-Free Housing. Lori Swanson offered to email members any of the handouts. Updated workplans are due quarterly to the community specialist at the MN Department of Health. Dan Taylor, our community specialist conducted a site visit on May 3rd that went very well and felt we had good representation of our communities among our CLT.</p>
Final HEDA Results	<p>The Health Equity Data Analysis (“HEDA”) is complete and the results were shared with the group. The HEDA focused on e-cigarette use among high vs low income youth.</p>

<p>Sharing/Updates</p>	<p>Events</p> <p>Act on Alzheimer’s – Princeton Dementia Friendly Community Event Tuesday, May 22nd, 4-8 pm 503 North 9th Street Princeton, MN</p> <p>2018 Health Care Careers Camp Tuesday, June 12 / Grades 7-8 Wednesday, June 13/ Grades 9-12 8 am – 4 pm Anoka Ramsey Community College Cambridge Campus \$25 – (Receive Lunch and Scrub Top)</p> <p>East-Central Minnesota Scam Jam Friday, July 13 8:30 am - 12:00 noon Armed Forces Reserve & Community Center 505 Spirit River Drive Cambridge, MN RSVP: 1-877-926-8300</p> <p>Emma Shepard (CMCOA)</p> <ul style="list-style-type: none"> • New Senior Housing Service Guides – were provided to members • Minnesota Grown Directories – were provided to members • Linkage Line brochures– were provided to members • Application to the Live Well at Home Grant – looking for volunteers to help with writing of the grant <p>Barb Eller (Onamia Farm Market Café)</p> <ul style="list-style-type: none"> • Just held second Ojibway Healthy Eating event which was held at the Indian Museum. Approximately 40 people attended. Tribe Band member, Travis Zimmerman, collaborated with the event. Looking for future funding for sustainable and looking for ideas. <p>Laureen Williams (Pine Tech & Community College)</p> <ul style="list-style-type: none"> • Laureen is attending her last CLT meeting because she is retiring. She may be doing some future contract work with the college. <p>Darcy Rylander (Allina)</p> <ul style="list-style-type: none"> • Change to Chill – St Michael-Albertville Schools – have reached 255 7th graders • Will be trained in Chronic Pain Self-Management • Classes will be available on Juniper <p>Megan Kozisek (Lakes & Pines)</p> <ul style="list-style-type: none"> • The Community Services Department is working within its MNSure Health Outreach advocates towards an over the phone account creation. It will allow working with its clients with permission to do so. • Dawn distributed the garden seeds to the different counties. • Wellness committee is making great progress with the weight loss challenge. People are very committed, supportive and motivating each other. They are taking walks and holding each other accountable. There are 34 people participating with over 100 lbs lost the first month. Healthy options at pot luck (25%). • In the process of reviewing the possibility of a global health day on June 8th. Trying to implement it within the agency, perhaps an agency-wide walk with a health snack. <p>Natalie Matthewson (Central Minnesota Council on Aging)</p> <ul style="list-style-type: none"> • Adult Mental Health Initiative – DHS choose Lighthouse and Family Services for a drop in site. On June 1st it will start a local drop in option. The drop in sites will be moved around within the regions. The centers will be at different faith communities: Mondays/Mora, Tuesdays/Milaca, Wednesdays/Chisago City, Thursdays/Cambridge and Fridays/Pine City.
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	<p>The centers will offer different classes.</p> <ul style="list-style-type: none"> • RFI – Request for Information – needed more adult residential crisis beds. Work with existing providers to add more beds. • Billboards – have found some funding to keep some existing billboards. • Need to up cards and magnets with crisis numbers. • In the planning stages for more facilitated community conversations and rotating the place where it is held between the different regions. • May offer a mental health presentation during the Vietnam Memorial in August. <p>Leona Dressel (Lakes & Pines)</p> <ul style="list-style-type: none"> • Wrapping up a Medica grant. • 20 events throughout seven counties serving 478 children 0-12 and pregnant moms. • Summer program will be at the Chisago, Cloquet and Mora locations.
<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>ATTENTION: MEETING DATE CHANGES: The July meeting has been canceled! Our Next PiHL meeting will be on Thursday, September 27, 2018, at Lakes and Pines CAC in Mora, from 9:00-11:30 AM where we will roll out results of the 2018 Community Health Survey. Senior Research Scientist, Ann Kinney PhD, from the Minnesota Center for Health Statistics will present these results. We will also plan to engage in small group discussions by County to determine additional trend data that would be beneficial for each individual County to receive. Please invite any others you feel would benefit from attending this meeting. Future plans will take place to schedule community forums in each of our four Counties once we have determined the appropriate data to have.</p> <p>Meeting adjourned at 4:00 pm.</p>