

Healthy Active Communities

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Tuesday, October 31st, 2017

2:00-3:00pm

Essentia Health Virginia

901 9th St. N, Virginia, MN 55792

McMillan B. Room

Meeting Objective: To share updates on work underway within our three sub-groups since our last meeting on Monday, September 25th.

Proposed Agenda:

2:00pm Welcome/ Introductions

2:05pm Review Proposed Agenda

2:05pm Sub Group Updates

- Mental Health – Janene Glyn
 - Fidgety Fairytales
 - Funding
 - Interested Organizations
 - Additional Updates
 - Mind Body Skills
 - ALC Updates
 - Virginia Updates
 - Mesabi East & Chisholm Updates
 - Funding Remaining to Train Teachers
- Active Living – Sarah Ferkul?
 - Becky Zubich
 - Parent Surveys
 - Distribution Plan
 - Next Steps
 - Daily Activity List
 - Volunteers
 - Meeting with the City
- Fresh Food Access – Raymond Jobe
 - Healthy Corner Stores
 - Promotional Signage
 - Cooking Demonstration
 - Flyers
 - Newspaper Article
 - Farmer’s Market
 - Grocery Bus
 - Food Access Directory

2:55pm

Next Meeting

Monday November 27th, 2017

Essentia Health Virginia

2:00-3:00pm, Room TBD

Healthy Active Communities
October 31, 2017
Essentia Health – McMillan B
2:00 p.m. – 3:00 p.m.

In Attendance: Ray Jobe, Ann Bussey, Kathy Simonson, Emily Caouette, Janene Glyn and Sara Ferkul

The group was brought together to hear updates on the sub committees:

Active Living:

Sara and Ray gave an update. Becky Zubich is no longer at YMCA so Chad Buggert will be taking her place for the moment. We gave an overview of the proposed youth project. We are hoping to implement the project in the City of Virginia. It would be a Monday-Friday (excluding holidays), 3 hour a day youth event. It would include an activity and a lunch. This would be open to all ages. The meal will be provided in collaboration with the United Way to be able to expand there “Meet Up and Chow Down” event. The group conducted a parent survey to gauge their thoughts. The survey results were very positive. At our next meeting we will compile a variety of questions for the city. Followed by a survey that we would like kids to complete so we can find out exactly the activities they would like to take part in. The next meeting will be taking place on November 7, 1:30 p.m. – 2:30 p.m. at the YMCA.

Mental Health:

Janene is teaching Mind Body Skills classes at the Virginia High School and ALC once a week. She started teaching this class the second week of September. Janene has been teaching a girls group at ALC, she will then be teaching a boys group next semester. Virginia School District is interested in starting a second class. Janene met with the Chisholm principal and superintendent about implementing the REACH program and Mind Body Skills class. They would like to start another class in 7th grade to introduce students to the program and then have a class for older students. There is a teacher in the Chisholm school district that has already received the REACH training. The district will need to look into the logistics with licensing. Health teachers in the Virginia School District are interested in completing the Mind Body Training. Janene spoke with the Center for Mind Body Training about doing a class in Northeastern Minnesota. She is still waiting to hear what the cost may be for this training. There would be a minimum of 30-40 people needed to for the training. It would be a 5 day training. Funding options are already being looked at. We would also need to find a way to pay for the wages of teachers. The next schools to possibly look into implementing the REACH program and Mind Body training besides Chisholm is Mesabi East, North Woods and Vermilion.

Fresh Access:

The healthy cornerstores campaign is moving forward. The first store will be Brenda’s Minimart. The promo materials are almost completed and they will then be distributed to the units within the high rise. New signage is completed. The HRA has also agreed to contribute money towards the promotion of this. The local paper will also be doing a story on this. The kick off week being

planned. They will have cooking demos taking place utilizing food that you can purchase at the minimart. U of M Extension will be assisting with the food demo.

The farmer's market is closed for the season. In future week's data will be compiled about how EBT usage and market bucks.

The grocery bus in Virginia was not as large of a hit as they had hoped. They will be starting another one in Aurora. There was discussion that the Virginia bus did not do as well because it was during summer hours. Ray is going to reach out to the East Range Joint Powers Board to make the citizens of the East Range aware of the bus. There was also discussion of reaching out to the City of Aurora to possibly include the information in with water bills or in a newsletter.

Next Meeting:

November 27, 2017

2:00 p.m. – 3:00 p.m.

Essentia Health – Virginia

Room TBD