

Healthy Active Communities

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April 24th, 2017

2:00-3:00pm

Essentia Health Virginia

901 9th St. N, Virginia, MN 55792

McMillan C. Room

Meeting Objective:

Develop work plans for two identified initiatives in our three focus areas.

Proposed Agenda:

2:00pm

- Welcome/ Introductions
- Finalize Initiatives to develop work plans for
 - Include any new initiatives
 - Identify lead personnel
- Break off into small groups
 - Identify who is missing from each team
 - Develop each groups respective work plan

2:50pm

- Reconvene as large group
 - Share work plan next steps

3:00pm

- Set next meeting

Healthy Active Communities
Essentia Health Virginia – McMillan C Room
April 24th, 2017
2:00 p.m. – 3:00 p.m.

In Attendance: Ray Jobe, Jean Larson, Lorrie Janatopoulos, Ann Bussey, Janene Glyn, Becky Zubich, Janis Allen, Mary Carpenter, Justin Skalko

Finalize initiatives from the last meeting and develop work plans. Also identify people who would be willing to lead some of these initiatives.

Mental Health:

Children’s Crisis Residential Center

Other resources are already working towards this. The group will be more of a support for this effort. Discussion about possibly working towards help for children that could be on the preventative side.

Suicide Prevention/Mental Health Awareness Trainings (Janene Glyn to Lead)

Text for Life currently does offer trainings. There was a mental health first aid training in Tower school, however they were unable to cover all the information that they wanted to. Can we implement “Youth Move” a teenager to teenager support system? Trains a small group of teenagers to show them what to be aware of and watch for with peers.

Narrowing down on the Virginia School District to see what is being done about suicide prevention and mental health awareness within the district.

Fresh Food Access:

Cooking Demo’s at Farmer’s Markets

Jenna will be doing some cooking demos at the farmer’s markets. Should we look into Cooking Matters (Train the Trainer). Possibly grocery store tours, the YMCA has done this in the past when they had a dietician. They would walk them through the store and teach them how to read food labels. Super One was very receptive to this idea and supportive. Possibly working with Super One and area chefs to offer cooking demos at Super One. Have a set schedule when they would be taking place and maybe offering deals on those items used. Current/Used programs: Power of produce club - \$2 sent home with school aged kids to use at the farmers market. YMCA Day Camp – fed breakfast and lunch that are involved in this program. United Way in Chisholm – Pilot program last year, lunch at the park. Farm to School program – some local growers are interested. SHIP has some funding for farm to school available.

Active Living:

(Becky Zubich to begin researching grant opportunities)

Events that promote outdoors

Asset Mapping

Promotion of Existing Events

**Active Living “Bingo Card” with prizes*

**Treasure Hunt (In collaboration with the Lyric Center)*

**Initiatives that are more focused on children*

Lack of accessibility to affordable outdoor activities for families is an issue. Looking more into grant opportunities for an initiative. Becky Zubich will be looking into what the Northland Foundation has to offer. Possibly implementing something similar to “Bridging the Adventure Gap” in Duluth.

Separate meetings will be held for each of the 3 main focus areas, Mental Health, Active Living and Fresh Food Access. Once each group has met the entire group will come back together to discuss the direction they are moving in.

Next Meeting:

Ray will be sending a doodle poll out to see when the next meeting date should be. The meeting will be between May 22nd and June 2nd.