

Healthy Active Communities

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Thursday, March 1st, 2018

2:00-3:00pm

Essentia Health Virginia

901 9th St. N, Virginia, MN 55792

McMillan A. Room

Meeting Objective: Approve mission and objectives of Healthy Active Communities for the year 2018.

Proposed Agenda:

- 2:00pm Welcome/ Introductions
 - 2:05pm Sub-Group Updates
 - 2:30pm Review 2017 Mission, Vision, Objectives
 - 2:40pm Discuss any changes for Mission, Vision, and Objectives for 2018
 - 2:55pm Conclusion/Next Meeting
- Date: TBD**
Essentia Health Virginia
2:00-3:00pm, Room TBD

Healthy Active Communities

March 1, 2018

Essentia Health – McMillan A Room

2:00 p.m. – 3:00 p.m.

In Attendance: Ray Jobe, Jana Blomberg, Janene Glyn, Elias Chichava, Emily Anderson and Sara Ferkul

Ray started the meeting off by discussing the purpose of the group and how it was formed. We then gave updates on the each sub group.

Mental Health:

There is no new information about the Fidgety Fairytales. Other organizations have been interested in bringing them here for a presentation. However, they have not been able to organize the funds needed. Laura and Lori, the teachers from Virginia School district and ALC that teach the REACH program, just recently went to Stewartville to see how they teach their program. They were very impressed and plan to use some of their techniques. The way they implement their program may be a better fit for Virginia High School. ALC may benefit more from the way Hutchinson school administers their program. The program is meant to be taught with only 10 youth per class per teacher, 15 at the very most. Lori is struggling a bit now since she has 16 students in her class. A class of this size may be too large for the Mind Body class. They are thinking about offering the class after school, but they are concerned with how the attendance would be. Chisholm School district is still interested in implementing the program but they are at least one more year away from being able to offer it. Northwoods will start this fall. It was also brought up that Mesabi East would like to also begin the program this fall.

Janene also discussed the Mind Body Medicine training that she is working on offering here. The company that offers the training has agreed to come here and teach only if they have a minimum of 30 participants. As of now they have 22 people interested. Funding is still being worked out. Emily also brought up the “Make it Ok” program that is in Duluth that focuses on reducing the stigma associated with mental health.

Active Living:

Sara and Ray discussed the summer youth program that will be implemented starting after school is over (June 4). The program will be 3 hours long. The first hour of the program will be a meal that is provided by United Way. This will build off their “Meet Up and Chow Down” meal program. The last two hours will be a different activity each day. The YMCA and Minnesota Extension will be in charge of the activities. The program will run Monday through Friday with the exception of a couple days (holidays). Activities will include log rolling, basketball, track and field, gardening etc. We are also planning on bringing the kids on Thursdays to the Farmer’s market so they can participate in the Power of Produce program. We are also discussing the possibility of renting a garden plot. Chris from the Minnesota Extension has a 6 week gardening program.

Fresh Food Access:

At the last meeting there was discussion of combining this group with the Recharge the Range Agriculture group and one other group. By collaborating with the other groups we may learn ways to expand access to fresh food. The healthy cornerstores initiative did not work at Brenda's Minimart, not in the way that they had expected. Both the Freedom and the Short Stop in Virginia are both interested in implementing this. There was also discussion of looking into one or both the Dollar stores in Aurora. Ray also spoke about how each farmer's market was this past summer. EBT usage has increased over the past two years. Ray will be speaking with Brian about starting the Power of Produce program at the Aurora and Biwabik farmers market.

Ray also created a draft of a vision, mission and goals for the group. We did run out of time prior to discussion however the group will review them and discuss over an email thread.

Next Meeting:

April 23, 2018

2:00 p.m. – 3:00 p.m.