

Healthy Active Communities

Healthy Active Communities
Monday, September 25th, 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, July 24th.

Proposed Agenda:

- 2:00pm Welcome/ Introduction
- 2:05pm Review Proposed Agenda
- 2:05pm Healthy Active Communities Sub-Group Meeting Updates
- Mental Health - Janene Glyn
 - Fidgety Fairy Tales
 - Cost
 - Reach Program
 - SMART Program
 - Active Living - Becky Zubich
 - Summer Program
 - Survey
 - Distribution Plan
 - Fresh Food Access - Raymond Jobe
 - Rutabaga Project
 - Bike Safety Event
 - Healthy Corner Stores
 - Campaign Standards
 - Input from Brenda's Minimart
- 2:55pm Wrap up/Next Meeting
Monday, October 23rd
Essentia Health Virginia
Room TBD

Healthy Active Communities
September 25, 2017
Essentia Health – McMillan B Room
2:00 p.m. – 3:00 p.m.

In Attendance: Ray Jobe, Ann Bussey, Jordan Metsa, Janene Glyn and Sara Ferkul

Mental Health Group Update:

Janene gave an update about Fidgety Fairytales. In the past AEOA did look into the program, however they were unable to find the funding. There are multiple organizations that are showing interest. Is there a way to connect the different organizations that showed interest to implement this program? The cost for this program is dependent on where we host this program and how many presentations we would like them to do. There has been discussion about doing the program during an open house so students and parents could take part in it.

Janene has also began teaching the Mind Body Skills class once a week. ALC has 10 students in the class and Virginia has 14 students in their class. Virginia would like to have an additional class. There is interest in implementing this program in the Mesabi East Schools and Chisholm schools. As of now 60% of the students at ALC are from the Chisholm school district. There is enough funding to through Essentia to train 2 more teachers. Center for Mind Body Medicine would be willing to come here to do a training, if we could get 30-40 people to participate. The amount of the training program has not yet been decided.

Active Living Group Update:

Becky was unable to attend the meeting so Sara gave the update on the past meeting. We discussed the parent survey and a more focused distribution plan. Forwarding the link so people can complete the survey online, distributing through the YMCA programs, Head Start Family Fun Day at the Simek's Farm. We also discussed the option of distributing the survey at parent-teacher conferences or possibly at Natural Harvest.

We decided as a group that we will aim for **October 31st** to be the deadline for the survey.

We then discussed the activity options for the program and who we may be able to utilize for these activities. We also thought creating a schedule of events for the summer would be smart. If we have biking, gardening, swimming etc. on certain days throughout the summer we can line volunteers up ahead of time, all weather dependent of course. This will also help the kids decide if they want to take part in the program that day.

We also thought that we should set up a meeting with the City of Virginia to see if they are willing to contribute anything and also to discuss any concerns that they have.

Fresh Food Access Group Update:

The Healthy Cornerstores initiative has started. This campaign is in collaboration with Minnesota Department of Health. As of now there is one store that is taking part in this as a pilot, Brenda's Minimart. They just received feedback from MDH on signage. The HRA has set aside a budget to help with promotion. Brenda's is also open to the public and they also accept EBT cards. Publicity on this campaign will be important by promotion in investing in healthy changes. We are the first group in the state doing this campaign. They are hoping to do a kickoff event that would also feature cooking classes to show people who purchase these healthier options how to prepare them.

Ray also spoke about the Grocery Bus initiative that has begun. It has not taken off as of now but people are utilizing it.

There was also discussion about building a website for the farmer's market.

Next Meeting:

October 31, 2017

2:00 p.m. – 3:00 p.m.

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