

Healthy Active Communities

Healthy Active Communities

Monday, June 26th, 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 May 22nd.

Proposed Agenda:

- 2:00pm Welcome/ Introduction
- 2:05pm Review Proposed Agenda
- 2:05pm Healthy Active Communities Sub-Group Meeting Updates
- Mental Health -Janene Glyn
 - REACH Program
 - Essentia involvement
 - Active Living -Becky Zubich
 - Intern updates
 - Fresh Food Access -Raymond Jobe
 - Rutabaga Project
 - Healthy Corner Stores
 - Farm to Head Start
- 2:45pm Oral Evaluation
- Does this group meet or miss your expectations?
 - Making it better/suggestions?
 - Constructive Criticism
- 2:55pm Wrap up/Next Meeting
Monday, July 24th, 2017
Essentia Health Virginia
Room TBD

Healthy Active Communities

June 26th, 2017

Essentia Health – Virginia

McMillan B Room

2:00 p.m. – 3:00 p.m.

In Attendance: Ray Jobe, Chris Strand, Mary Finnegan, Janis Allen, Janene Glyn, Becky Zubich, Justin Skalko, Jana Blomberg and Sara Ferkul

Updates on each sub group:

Mental Health:

Janene gave an update on what the group has been working on. Including descriptions on each program that we discussed. Also spoke about the Youth Move Mental Health First Aid program that John implemented in the Tower area. Designed to help anyone that is struggling with mental health issues and training on suicide prevention. Youth Move is a peer support group but it hasn't gotten off the ground in Minnesota quite yet. This is a way to reduce stigma between peers. The mental health first aid program can accommodate up to 50 students. There was also discussion about the Fidgety Fairytales which are designed to be a fun way to discuss mental health issues and reduce the stigma. A way of presenting mental health issues in a way that kids can relate to. And finally a discussion on the REACH program that is being implemented in the Virginia High School and it is already implemented at NLC. There is a training program as well for Mind Body Medicine. The program is from August 6th-11th in California. 2 people will be going to be trained for this program, one from the Virginia school and one from the NLC School. If 3 people go to the training there is a discount. As of now, Essentia is putting up the funds, the cost per participant is \$1000 plus lodging, meals and travel. Janene is also doing a training so she will be able to train people as well, the cost will be \$6000 to get the certificate, and this is an 8 week course.

Active Living:

The group is hoping to implement a program during the summer time that would engage youth to be more active. Hoping to have it at Silver Lake Beach or Olcott Park. YMCA has an intern that is researching ways to target youth to find out the different activities they are interested in participating in. There is a funding/grant opportunity for YMCA for a food program as well in hopes that this can be a part of the activities program too. United Way has a program called "Meet up, Chow Down," possibly partnering with them to have that be a part of the program too. Becky reached out to the United Way and they are interested in expanding the program. Arrowhead Transit is also offering a "kids ride free" program throughout the summer. This may be a way that the kids could get to these different events.

Fresh Food Access:

The Rutabaga Project was handing out flyers at the Land of the Loon. The opening of the Farmer's Market in Virginia has been successful. The market is accepting EBT as well. And have the POP-Power of Produce and market bucks programs. A hand washing station is also being

purchased by AEOA for the farmer's market so people will be able to do food demos. There has been discussion about the hours of the farmer's market, is there a way to pair the market with the Shop's street event.

There is also a 4H Program that is at the Discovery Center in the summer for kids. They begin the program with a science experiment then they go on a trolley ride, they then have a nutritional program, and finally take a walk to the garden area and do a garden activity. Chris mentioned possibly implementing that in Virginia. At one of the community gardens maybe the north side of Bailey's Lake.

Next Meeting:

July 24th, 2017

Essentia Health

McMillan B Room

2:00 p.m. -3:00 p.m.