

Healthy Active Communities

May 29, 2018

Northland Office Building – Room 2R

2:00 p.m. – 3:00 p.m.

In Attendance: Ray Jobe, Kathy Simonson, Janene Glyn, Jenna Ballinger, Kayla Berg and Sara Ferkul

Active Living

Ray and Sara started the meeting off by giving an update on the Active Living group. The group has been bringing multiple organizations together to implement a summer youth program. The program will be a form of the United Way's "Meet Up and Chow Down" summer meal program. This program however will also feature an activity that the YMCA will be administering. The program will be at Silver Lake Beach from 11:00 a.m. – 2:00 p.m., Monday through Friday. For additional information you can visit the United Way's [website](#):

Ray also touched on the walking/biking signage and mapping that the city of Virginia and ARDC are working on. They are hoping to have it completed by fall 2018.

Mental Health

Janene gave a quick description and background of REACH and the Mind Body Skills class. She also spoke about the Mind Body Skills trainings that some of area teachers would be participating in. It will take place from July 31 to August 3. After the trainings are completed there was a discussion about doing a monthly meeting/check in with the teachers that participated in the trainings. This would be a way to touch base and give updates on training opportunities. A way to convince some of the schools to send teachers to the training was by letting them know that by keeping 3 students in school that will pay for one teacher to attend the REACH training.

Janene also touched base on the REACH Day for Kids that took place, 26 schools throughout the state sent kids that participate in REACH, equaling approximately 400 students.

There also was a discussion in regards to the lack beds available for mental health crisis. Governor Dayton had recently vetoed more money going to crisis beds.

Fresh Food Access

Ray explained that Brian Bluhm would no longer be working with the Rutabaga Project. He has accepted a position with SHIP. AEOA will be hiring for the Rutabaga Project Coordinator.

They will be starting the Healthy Cornerstores Initiative in Aurora. The first stores will be Holiday and then Lucky 7. There was also discussion about implementing it at the dollar stores as well.