

AITKIN COUNTY HEALTH & HUMAN SERVICE ADVISORY COMMITTEE MEETING MINUTES

Wednesday, August 1, 2012

Committee Members Present:

Vernon Awes
 Jim Carlson
 Roberta Elvecrog
 Mickey Gault
 Kami Genz, CMCC
 Renee Larson
 David Leaf
 Robert Lewis
 Tricia Martin, ACCare
 Sara Math, AFSCME Union Rep
 Cheryl Meld
 Michele Plagman
 Commissioner Laurie Westerlund

Others Present:

Sue Tange, Social Service Supervisor
 Susan Cebelinski, Social Service Supervisor
 Julie Lueck, Clerk to this Committee
 Stacey Durgin, Public Health Educator

Absent:

Kathy Barker
 Commissioner Anne Marcotte

I. Approval of Agenda

Motion by Dave Leaf, seconded by Michele Plagman, and carried; the vote was to approve the Agenda with the addition of a video titled, "Just in Time" Psychological First Aid training.

II. Approval of Minutes of the April 4, 2012 Meeting

Motion by Renee Larson, seconded by Vern Awes, and carried, the vote was to approve the April 4, 2012, minutes as mailed.

III. Health Education in Schools/Youth Risk Behaviors – Cheryl Meld/Stacey Durgin

Stacey Durgin reviewed the requirements for graduation with respect to Physical Education and Health Education in the Aitkin, McGregor and Hill City Schools. National Guidance with a lot of local decisions determine what actually is covered in each school. (See attached handout.)

Stacey also discussed health reform in Minnesota with SHIP (Statewide Health Improvement Program) in the various schools. In the Aitkin Schools, SHIP programs include: Birthday Parties, a Nutriman Garden, the Nutriman Snack Program for grades K-1, and the Nutriman Logo. In McGregor Schools, SHIP programs include: Foods in classrooms & classroom celebrations, minor lunch modifications (based on new legislation), Action for Healthy Kids (AFHK) Grant that includes taste testing for healthier options in competitive foods venue: A La Carte, Concessions, and Vending. Safe Routes to School (SRTS) Grant programs in McGregor include: Fire Up Your Feet, Walk to School Day/Walking School Bus, Striping biking / walkways, Bike Expo/Rodeo (possibly Yeti/Third Layer), and HWY crossing. (See attached

handout.)

Juvenile Offenses statistical information prepared by Kami Genz was reviewed by Stacey. Noted that the charges seem to be higher and there is a higher volume of younger kids involved in these behaviors. Kami joined the meeting and also reviewed and answered questions about the statistical Juvenile Offenses information from January 2011 to July 2012. (See attached handout.) Kami noted that some of the numbers are one child with multiple charges. She is also working with some of the kids through the Juvenile Diversion program spending 6 months so the charges don't go on their permanent record. She discussed the EJJ (Extended Juvenile Jurisdiction) which has a prison sentence hanging over the juvenile's head until they are 21 years old. Kami didn't feel any particular part of the county showed up as more prevalent with these behaviors either.

Cheryl Meld discussed some of the ongoing programs in the McGregor School which include: the DARE program for fifth graders; the "All Starz" program dealing with risk behavior prevention; the Fresh Fruit & Veggies program for K-6 kids; a high need program that gets snack packs once per month to kids from low income households for long weekends; and the Summer Nutrition Program (from Kids Plus) who provides lunches daily at a location in McGregor (which will probably end this year as the cost is now exceeding the service and reimbursement).

IV. Hot Topics for Discussion

- A. "Just in Time" Psychological First Aid Training Video** was viewed by the committee followed by discussion relative to the recent flooding in both Aitkin and McGregor areas.
- B. Aitkin County CARE – Tricia Martin** updated the committee about the part ACCARE played in coordinating volunteers with the needs of folks experiencing flood damage. Tricia had statistical information to share and discuss. (See attached information filed with these minutes.) Tricia noted the CARE office received 1,056 calls for service opportunities where people came in for supplies and assistance. They also took 75 requests for service ranging from a referral to help with snail clean up, to debris removal, sandbagging, and mold and mildew issues. They also received monetary donations designated for relief which will go to helping provide supplies to people that are not able to be secured through other agencies (mostly gloves), helping to feed outside volunteers who have come in, and then they have a task force that will help identify people in need and determine where the funds can best be used.

V. Comments:

- A. Comments from the Committee Members for the Commissioners relative to HHS –**
Nothing noted at this meeting.
- B. Feedback from the Board Meetings –** from those folks who attended the meetings:
 - April Meeting - Roberta Elvecrog & Sara Math
 - May Meeting – Kathy Barker & Dave Leaf
 - June Meeting – Jim Carlson & Michelle Plagman
 - July Meeting – Roberta Elvecrog & Vern AwesNothing specific noted from these meetings.

C. Committee Members scheduled to attend upcoming Board Meetings in 2012

AUGUST 28	Vern Awes	Roberta Elvecrog
SEPTEMBER 25	Dave Leaf	Roberta Elvecrog

OCTOBER 23
NOVEMBER 27
DECEMBER 18

Mickey Gault
Roberta Elvecrog
Tricia Martin

Roberta Elvecrog
Cheryl Meld
Cheryl Meld

VI. Community Recognition

A. Newspaper on Tape Certificates for presentation. Commissioner Wedel will be contacted to sign these certificates and Tricia Martin, Commissioner Laurie Westerlund and Betty Jacobs (of the AC CARE office) will take care of making the presentation.

VII. Miscellaneous Discussion

A. Committee Members signed the Thank You letter for Ronda Shaw.

IX. Adjourn

Motion by Dave Leaf, seconded by Vern Awes, and carried; the vote was to adjourn the meeting at 5:07 p.m.

Roberta Elvecrog, Chairperson

Julie Lueck, Clerk to
Aitkin County Health & Human Services Advisory Committee

The following documents were included in the packet of information sent to members for review prior to the meeting or distributed at the meeting:

- Draft copy of the Minutes of the April 4, 2012, Advisory Committee Meeting
- Minutes of the April 24, 2012, Health & Human Services Board Meeting
- Minutes of the May 22, 2012, Health & Human Services Board Meeting
- Minutes of the June 26, 2012, Health & Human Services Board Meeting
- Draft copy of the July 24, 2012 Health & Human Services Board Meeting Minutes was handed out at this meeting.

The following requirements must be met for graduation:

Aitkin School District

2 trimester credits in Physical Education

1 trimester credit – Health

- K-6th Grade have Phys Ed for 25 mins 2X per 5 day period.
- 1 trimester of Health: 7th and 8th Grade
- 1 trimester Health: 9th Grade, required. To investigate your own health and wellness. Through a study of health as more than prevention of disease, but a complete look at physical, mental and emotional well-being. Students will use a decision-making model to help them make decisions on many different health issues and problems that teens face on a daily basis. Students will also do an in-depth study on a health topic of interest to them.
- 1 trimester PE 9/10 Required: Grades 9-10. Description: All 9th & 10th graders are required to take one trimester of physical education each year.
- HEALTH ELECTIVES: Health Careers (11-12)
- PHYSICAL EDUCATION ELECTIVES: Personal Fitness Planning (11-12); Recreational Life Skills (11-12); Introduction to Athletic Training (11-12) *NOTE: Students may take only one physical education class per trimester.

McGregor School:

Health: 2 semester credits

Physical Ed: 2 semester credits (9th and 10th)

- K-6th Grade: PE every day, 30 minutes
- 7th Grade: P.E. all year, Health one semester and Quest one semester
- 8th Grade: PE all year, Values and Choices one semester and Health one semester
- 9th & 10th grade: PE
- 9th Grade: Health & CPR
- 10th Grade: Health.
- PE alternates with the other course in each grade level for example PE, 3 days and the other class 2 days per week during the time period
- PHYSICAL EDUCATION ELECTIVES: Fall Recreation (10-12), Weight Training (10-12)

Hill City School:

Physical Education/Health 2 Credits

- Elementary PE: every day, 30-50 minutes
- 7th/8th Grade: PE/Health
- 10th Grade: PE/Health
- PHYSICAL EDUCATION ELECTIVE: Sports Fitness

The National Health Education Standards (NHES) were developed to establish, promote and support health-enhancing behaviors for students in all grade levels—from pre-Kindergarten through grade 12. The NHES provide a framework for teachers, administrators, and policy makers in designing or selecting curricula, allocating instructional resources, and assessing student achievement and progress. Importantly, the standards provide students, families and communities with concrete expectations for health education.

National Health Education Standards

Standard 1: Students will comprehend concepts related to health promotion and disease prevention.

Standard 2: Students will demonstrate the ability to access valid health information and health-promoting products and services.

Standard 3: Student will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.

Standard 4: Students will analyze the influence of culture, media, technology, and other factors on health.

Standard 5: Students will demonstrate the ability to use interpersonal communication skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.

Standard 7: Students will demonstrate the ability to advocate for personal, family, and community health.

Example: Standard 1

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Rationale: The acquisition of basic health concepts and functional health knowledge provides a foundation for promoting health-enhancing behaviors among youth. This standard includes essential concepts that are based on established health behavior theories and models. Concepts that focus on both health promotion and risk reduction are included in the performance indicators.

Performance Indicators*

Pre-K-Grade 2

- 1.2.1 Identify that healthy behaviors impact personal health.
- 1.2.2 Recognize that there are multiple dimensions of health.
- 1.2.3 Describe ways to prevent communicable diseases.
- 1.2.4 List ways to prevent common childhood injuries.
- 1.2.5 Describe why it is important to seek health care.

Grades 3-5

- 1.5.1 Describe the relationship between healthy behaviors and personal health.
- 1.5.2 Identify examples of emotional, intellectual, physical, and social health.
- 1.5.3 Describe ways in which safe and healthy school and community environments can promote personal health.
- 1.5.4 Describe ways to prevent common childhood injuries and health problems.
- 1.5.5 Describe when it is important to seek health care.

Grades 6-8

- 1.8.1 Analyze the relationship between healthy behaviors and personal health.
- 1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- 1.8.3 Analyze how the environment affects personal health.
- 1.8.4 Describe how family history can affect personal health.
- 1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems.
- 1.8.6 Explain how appropriate health care can promote personal health.
- 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.
- 1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- 1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

Grades 9-12

- 1.12.1 Predict how healthy behaviors can affect health status.
- 1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.
- 1.12.3 Analyze how environment and personal health are interrelated.
- 1.12.4 Analyze how genetics and family history can impact personal health.
- 1.12.5 Propose ways to reduce or prevent injuries and health problems.
- 1.12.6 Analyze the relationship between access to health care and health status.
- 1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
- 1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.
- 1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.

Beginning in the 2012-2013 school year, students must also have physical education, based on standards developed by the National Association for Sport and Physical Education.

Moving into the Future: National Standards for Physical Education

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity.

A physically educated person:

Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of activities.

Standard 2: Demonstrates and understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Participates in regular physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

SHIP in Aitkin Schools:

NUTRITION

- Birthday Parties
- Nutriman Garden
- Nutriman Snack Program: K-1
- Nutriman Logo

SHIP in McGregor Schools:

NUTRITION

- Foods in classrooms / celebrations
- Minor lunch modifications; new legislation
- Action for Healthy Kids (AFHK) Grant:

Taste testing for healthier options in competitive foods venue:

- A La Carte
- Concessions
- Vending

SAFE ROUTES TO SCHOOL:

- Safe Routes to School (SRTS) Grant:
 - Fire Up Your Feet
 - Walk to School Day / Walking School Bus
 - Striping biking / walkways
 - Bike Expo / Rodeo
 - HWY Crossing

Stacey Durgin

From: Kameron Genz [KGenz@cmncc.org]
Sent: Wednesday, August 01, 2012 10:14 AM
To: 'stacey.durgin@co.aitkin.mn.us'
Subject: sorry-Gone Tues. forgot

Juvenile Offenses

January 2011 – July 2012

*Extended
Juvenile
Jurisdiction up to Age 21*

Offense	Petty/Misdemeanor	Gross Msd	Felony	EJJ	Total
Tobacco	13				13
Alcohol	28				28
Drug related	10		5		15
Theft	32	6	10	4	52
Assault	9	2	3		14
Crim. Sex/related	4	1	2		7
Other or Traffic	25	2	2		29
Totals	121	11	22	4	158

Synthetic Cannabinoids is on the rise with the juvenile's and is my biggest concern currently. In addition it seems like Felony charges are becoming more common, although, they are often pled down to a lesser degree. Juvenile have more access to vehicles, money, chemical and are generally far less supervised. Parents often report that because their child has a cell phone they can check in on them at anytime and know where they are and what they are doing. Unfortunately, juvenile's don't always tell their parents the truth when asked and parents often do not check up on their children but simply take their word for it.



Executive Director <aitkincountycare@gmail.com>

Fwd: Brochure and Other Information - Aitkin County CARE

1 message

Aitkin County CARE, Inc. <aitkincountycare@gmail.com>

Wed, Aug 1, 2012 at
9:01 AM

To: swatson@federatedcoops.com

Take two!

----- Forwarded message -----

From: **Aitkin County CARE, Inc.** <aitkincountycare@gmail.com>

Date: Mon, Jul 30, 2012 at 12:54 PM

Subject: Brochure and Other Information - Aitkin County CARE

To: swatson@federatedcoop.com

Shirley:

It was my pleasure to speak with you this morning. We really appreciate that we would be considered as a recipient of funds for flood relief efforts.

We have been helping to coordinate the staffing of the flood relief center in McGregor. To date we have had 1,056 "service opportunities" where people have come in for supplies and assistance. So far we have also taken 75 requests for service ranging anywhere from a referral, to snail clean up, to debris removal, sandbagging, and mold and mildew issues.

Monies designated for relief will go to helping provide supplies to people that are not able to be secured through other agencies (mostly gloves), helping to feed outside volunteers who have come in, and then we have a task force that will help identify people in need and determine where the funds can best be used.

As we discussed, our "day-job" at CARE is to help seniors and disabled adults stay in their homes. We serve residents through the Aitkin County area. I have enclosed a brochure for your information. Our tax ID# is 80-0620414.

Please do not hesitate to call me if you have any questions. If you would kindly acknowledge receipt of the email to ensure that I have the correct address, that would be most appreciated!

Best Regards,
Beth Leaf
Aitkin County CARE, Inc.
218-927-1383
877-810-7776 (toll free)

PO Box 212, Aitkin, MN 56431

Our Mission: To enhance and promote the independence, dignity, value, and well-being of older and disabled adults and those who care for them.



CARE Brochure.pdf
576K

Disaster Relief Centers

Number Served - Summary		
Date	McGregor	Hill City
27-Jun	21	
28-Jun	6	
29-Jun	31	
30-Jun	85	
1-Jul	11	3 (to date)
2-Jul	40	0
3-Jul	50	1
4-Jul	20	NA
5-Jul	35	
6-Jul	21	
7-Jul	63	3 (total over week end)
8-Jul	21	
9-Jul	44	
10-Jul	23	
11-Jul	39	2 (since last reporting)
12-Jul	36	?
13-Jul	45	?
14-Jul	66	?
15-Jul	29	?
16-Jul	25	?
17-Jul	30	?
18-Jul	31	?
19-Jul	21	?
20-Jul	39	?
21-Jul	36	?
22-Jul	18	?
23-Jul	28	?
24-Jul	13	
25-Jul	24	
26-Jul	36	
27-Jul	34	
28-Jul	35	
30-Jul		
31-Jul		
1-Aug		

1056

9

Numbers served reflect the number of "contacts" with the Disaster Relief Center.
 Example: A person/family visiting the relief center more than once to pick up supplies
 would be recorded multiple times