



Aitkin County Health & Human Services

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AITKIN COUNTY HEALTH & HUMAN SERVICES ADVISORY COMMITTEE

Meeting Minutes

November 1, 2017

Committee Members Present:

Marlene Abear
 Kim DeMenge
 Roberta Elvecrog
 Carole Holten
 Kevin Insley
 Joy Janzen
 Kristine Layne
 Robert Marcum
 Beverly Mensing
 Joell Miranda
 Jon Moen
 Amanda Voller

Commissioner Bill Pratt
 Commissioner Laurie Westerlund

Others Present:

Joel Hoppe

Guests:

Cynthia Bennett, ACH&HS Director
 Erin Melz, Public Health Supervisor
 Shawn Speed, Clerk to the Committee
 Hannah Colby, ACH&HS SHIP Coordinator
 Russell Habermann, ARDC Representative
 Lisa Kruse, Community Education Director, McGregor

Absent:

Penny Olson

I. Call to Order

- a. Roberta called to order the regular meeting of the Aitkin County Health & Human Services Advisory Committee at 3:32pm on November 1, 2017 at Aitkin County Health & Human Services in the large conference room.

II. Approval of November 1, 2017 Agenda

- a. Amanda motioned to approve the agenda, Kim seconded the motion to approve the agenda as written, all members voting yes to approve the November 1, 2017 agenda.

III. Approval of minutes from October 4, 2017 meeting

- a. Laurie motioned to approve the minutes, Bill seconded the motion, all members voting yes to approve the October 4, 2017 minutes.

IV. SHIP / County Work Plan – Hannah Colby, RD, LD, Aitkin County SHIP Coordinator

- a. Erin Melz, Public Health Supervisor thanked all of the members for being involved in the community team for the SHIP Program and thanked Russell for his help with the walk audit.
- b. Hannah thanked everyone for being a part of the community leadership team for SHIP and that the topic for this, her quarterly meeting, for SHIP was active living in the community.
- c. Introduced Lisa Kruse and Russell Habermann.
- d. Went through the SHIP PowerPoint presentation and her SHIP work plan overview for the members.
- e. Roberta asked that when she is considering giving seniors fresh food that making sure that someone is there that can prepare it for them and that the food doesn't just sit around going to waste.
- f. Russell went through his presentation of a work plan item as part of the regional transportation planning grant from MNDot to assist Aitkin with active transportation development. The goal is to help Aitkin increase active transportation opportunities with the state trail that is currently in development.
- g. Russell and members who participated in the walk audit went over their findings during their walk prior to the meeting.
 - i. Joy talked about the difference in sidewalk widths and that many trees were not maintained with the required 8 foot height clearance over the sidewalks.
 - ii. Joell talked about how some sidewalks were maintained and some were not as far as snow removal was concerned.
 - iii. Commissioner Westerlund commented on her surprise that Aitkin does not have a policy on who is responsible for the maintenance of the sidewalks.
 - iv. Hannah commented about the safety concern involved with the mail drop boxes located between Bremer Bank and State Farm.
 - v. Kim asked about maintenance of the bike trail and who takes care of it in the winter.
 - 1. Hannah will be finding out the information for her.
- h. Russell asked how cities and communities in Aitkin County increase walkability to make their communities more inviting.
 - i. Joell wanted to make sure everyone has access to all sidewalks and that maintenance of the sidewalks be enforced.
 - ii. Joy wanted more education on how drivers and pedestrians approach an intersection, an ordinance on sidewalk maintenance, and walking trails maintenance kept up.
 - iii. Kevin wanted better enforcement of cars not stopping for crosswalks.
 - iv. Jon also wanted better enforcement of crosswalks and when cars pass on the right.

- v. Marlene wanted to see a news release in regard to snow removal and a city ordinance on it.
 - vi. Commissioner Pratt wanted to see more benches around town, not just in the downtown area and would lie the committee to consider going for walks around town prior to more meetings to get out and see what is happening as a group.
 - vii. Lisa would like to see more events to encourage community living and wellness.
 - viii. Joel wants to do something about the sidewalk around the Fire Department and to get crossing lights added by the school, especially at the mid-block crossing.
 - ix. Bob would like to see all crosswalks and sidewalks ADA compliant and possibly adding sound to the walk/don't walk signals at the stop lights for the visually impaired.
 - x. Erin mentioned that the school information sign adds to the problem of the mid-block crossing by the school as it adds even more distraction for drivers in the area and would like to see a positive marketing campaign about the bike/walking trails in the community.
 - xi. Roberta would like to develop a plan to keep the corners of the sidewalks, where they transition to the street, clear of slush and snow and would like to see if all of the transitions can be made to the same angle.
 - xii. Kim wanted to teach good habits to kids and walkers.
 - xiii. Amanda wants to get the word out about walking safely and safe walking routes and to set up mini walking community days or just something to get people out walking more.
 - xiv. Commissioner Westerlund would just like to see safe level sidewalks, enforcement of sidewalk clearing, and encourage people to give walkers something to look at in their yards that is interesting to walkers.
- i. Russell wrapped up his portion with going over the handouts he provided the members and to note they are partnering with Healthy Northland for two opportunities and that he will be getting us the information on it for Shawn to send out.
 - j. Hannah moved on to the Active Living part of the presentation and turned it over to Lisa Kruse.
 - i. Lisa talked about her goal of making sure there are lots of things for everyone in the community to keep them busy and how that gets harder during the winter months as some of her instructors are snowbirds and go south for the winter.
 - ii. She also talked about starting a pickle ball league in the McGregor area and possibly getting use of one of the old tennis courts in Shamrock Township that is in need of some work.
 - iii. She noted that she is always looking for more ideas and people who would like to help her out.
 - iv. She also encourages people to find their own passion for the outdoors and to get out and do it and get more exercise.
 - v. She would like to see a bike trail established from Sather's Store to the Savannah Portage State Park by widening of the shoulders at least.
 - vi. Hannah added she would like to see a trail from McGregor out to Ukura's so people without vehicles have more opportunity to get there to shop.
 - vii. Bob talked about the transportation problems all of the rural residents face throughout the county and the hope that, at some point, there can be more transportation opportunities for those citizens. Even once or twice a month would be helpful.
 - viii. Joy suggested that possibly ANGELS could help more with that and that maybe the County Board could provide transportation monies to them and CARE.
 - k. Hannah moved into talking about what is going on with Healthy Schools-Active Recess and Safe Routes to School.
 - l. Hannah finished by giving members an idea of what she saw as her thoughts for presentations to

the committee in 2018.

V. Committee Member Input / Updates – Must be informational in nature, relative to Aitkin County Health & Human Services and not exceed five minutes per person.

- a. Roberta said that AICOTA would be doing the 12 boxes for H&HS to distribute to families for Thanksgiving.
- b. Roberta mentioned that the member listing is attached to the agenda and that anyone who is coming up for reappointment this year to let Shawn know and he would get them a packet to fill out.

VI. Comments:

- a. Feedback from the HHS Board Meeting – Penny/Bob/Roberta – Oct. 24, 2017
 - i. Roberta commented on Kim Larson’s mental health presentation and that we need to work more with people who have mental health issues in helping them know we don’t blame them for their conditions and that it’s not their fault for them.
- b. Committee Members scheduled to attend upcoming HHS Board meetings in 2017:

NOVEMBER 28	Roberta Elvecrog	Marlene Abear
DECEMBER 19	Jon Moen	Kristine Layne

VII. Adjournment

- a. Motion by Joy to adjourn the meeting, seconded by Amanda, all members voting yes to adjourn the meeting at 4:56pm.

Roberta Elvecrog, Chairperson

Shawn Speed, Clerk to the ACH&HS Advisory Board

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

- Copy of the agenda for the November 1, 2017 meeting.
- Copy of the minutes from the October 4, 2017 meeting.
- Copy of the October 24, 2017 H&HS Board meeting minutes.
- Copy of the SHIP/County Work Plan Handouts and PowerPoint presentation.
- Copy of Aitkin Walk Audit Feedback from Russell Habermann