

## Minutes from Hubbard County LAC Meeting May 14, 2025

In Attendance: Lorie, Gayle, Kevin, Tom, Emily, Thomas, Tami, Jason, Joan, Kellsey, Dixie, Donna

Called to order at: 1:02pm

Introductions:

Minutes: Minutes Approved, Thomas Motion, Lorie Second

### Public Education and Training

- Donna Anderson with University of Minnesota Extension spoke with the group
- She is the Health and Wellness Coordinator serving mostly in Park Rapids
  - o Current Offerings and Projects
    - Men and Fathers group – disc golf, grilling, conversation
    - ALC
    - Nourish and Flourish classes
      - new Photovoice portion – send photos to reflect on learning
      - Physical activity
      - 5,4,3,2,1 mindfulness exercise
    - Working on a Wellness Center – meetings to discuss the wellness center are at U of M Extension Office 201 Fair Ave (at the Fairgrounds)
    - One Vegetable One Community: get cucumber seeds at the library
  - o Farmer's Market Bucks
    - Program for between 18 and 60 years of age \$5 to spend towards the farmer's market on fruits and vegetables
      - Chronic illness, obesity, pre-diabetic
      - A small assessment to qualify
    - Market tour/scavenger: \$10 – class can meet at the farmer's market
    - \$3 for seniors over 60 and children under 18
    - Can use an EBT match (\$10 ebt for \$20- can be used for anything)
  - o Planning a class for LAC members and others in the community
    - Interest in using food shelf items for recipes, canned meats, rice,
    - keeping things in the freezer
    - Transportation: somewhere in town, during the bus routes, towards the end of the month
    - Classes are about one hour –
      - hold them at the Cottage
      - start at once a month 3<sup>rd</sup> Wednesday of the month at 1:00pm
  - o Tentative first class: June 18<sup>th</sup> at 1:00pm at the Cottage. Donna will work with Tami to confirm.

### Drop-In Center Report

ALG meeting 2nd and 4<sup>th</sup> Thursday at noon, Movie night: White Bird, planning donation-only garage sale (no fabric), Kira Gustafson is working more full time at the Drop In Center, working towards Clubhouse International model. Looking to get accredited and switch to a better funding source to get Medicaid

funds. Grilling nights in June, have started plants inside. Coming to Wellness Night to promote the Cottage!

## **Region 2 AMHI**

Stellher Human Services did a presentation. They have many service locations in the Region. Willow Tree Crisis Stabilization center in Detroit Lakes. They also offer Mobile Crisis and School Services. Region 2 Website is almost done! There will be lots of resources available to access. Mental Health awareness month- Wear Green May 15<sup>th</sup>! Wellness in the Woods is doing Story Sundays online for the month of May. Together is Better Peer Recovery and Support conference with Wellness in the Woods. Hope House Open House event May 21<sup>st</sup> from 11am-1pm- special invite for folks who went to Day on the Hill.

## **Transportation**

MNDot gave the agency a comprehensive review that went well. Will be updating a couple programs. Two drivers have retired, looking for part time drivers and a dispatcher. Need a CDL to drive. Tried to put a phone in the night bus. Not supposed to use the phone while driving so that didn't work- all communication comes through the Ipad.

Gayle asked about a senior discount for the bus pass. Buying the multi-pass ticket. Heartland Express doesn't set the rate. If you have a case manager or care coordinator. Can sometimes get medical bus pass rides. Medical Assistance reimbursed appointment – very specific but could be an option for some.

Got a new bus so keep an eye out for that soon. Up to 5 that will be running.

Waiting to hear from city managers from Nevis and Akeley to try and build up ridership and get connected. Have talked with MNDot- open to getting funding but have to show a need. Concern about taking business away from their towns.

Talk with Nevis and Akeley City councils to share interest

## **Hubbard County Board Report**

Heartland Park dog park is mulched. Will be open for use once the grass is seeded. Fence coming next year. Recently hired a new auditor/treasurer – internal hire. Remodeling on the second floor is almost done, then the first floor remodel will begin. Groundbreaking ceremony for jail addition and remodel – project will go into 2026. Talking about upgrading snow removal policy. Beginning to work on budgets.

Resort/lodging tax is on hold because majority of lodging facilities don't want to increase costs so it hasn't passed. Roundabout on 40 and 7 starting this summer. Urban renewal project by Holiday/Walmart (1 mile out).

Hawkin's housing complex? Look more into.

## **HC MH Report**

Everyone is invited to attend our May Mental Health Awareness Month events!

Wear green May 15<sup>th</sup>

Community Bingo May 15<sup>th</sup> at the Library from 4-6pm

Wellness Night at the Park May 27<sup>th</sup> at Heartland park from 3:30-6:30pm

**Unmet Needs**

Ongoing: Housing, Nutrition, Transportation

**Other Agenda Items**

- **Bylaws**
  - Review new copy for final approval at June Meeting
  - Create Mission statement at June Meeting

**Adjourn: Emily Motion, Joan Second**

**Next Meeting**

June 11<sup>th</sup>, 2025 at 1:00pm