

Presidents Council Meeting Minutes

April 22, 2013

1. Ship's Grant Update.
2. Jon Gutzmann Report.
3. P.H.A. Management Report.
4. Festival of Nations Update.
5. Keith Draz Safety & Security Report.
6. Election Update.
7. Annual Officers Luncheon.
8. Membership with Council of Non-profits.
9. M.O.U. Review.
10. North Star Alliance Prevention-Promoting Gambling Awareness.
11. Ross Grant Team & Computer Team Update.
12. Renters Insurance Update.
13. Vendor Fair Update.
14. Safety & Security Update.
15. Membership in Council of Non-Profits.

Meeting was called to Order: 10:04 a.m. by Lisa Lee-Wilson Hi-Rise.

Introductions of Hi-Rises and Guests: Attached Sheet with names.

Secretary's Report: Barbara Ingram asked if there were any additions or corrections to the minutes. Minutes were approved as read with no corrections.

Executive Director's Report: Jon Gutzmann reported that everything that the Presidents Council had asked for in Funds would be granted. He said that they cut three and one-half positions and about 1.4 million off the budget. He would like for the Presidents Council to ask for a one time amount so that they can dip into the savings account because there is a little too much in there.

Maintenance Report: Betty Lou Authier Senior Manager. She said that if there is a draft is sure to put in a work order because it could be from the caulking on the

front windows. Pest control Problem at Ravoux. Neill hi-rise having problems with the door not opening. Betty will be taking a look and getting back to you.

Construction Project Manager: Dave Lang said that they will be working on Front, Hamline, and Edgerton & Montreal. Central the Driveway and a roof at Valley. Wilson will be getting work on the elevator. There will be some outside work at Ravoux. There is a problem at Exchange with the key for food service to get into the kitchen to deliver. Kim will check on this.

Ship's Grant Update: Alicia Huckleby stated that we need permission to apply to continue with the charitable contributions. Jesse made a motion to make application to continue with the charitable contributions. Latoya Nins seconded the motion. The motion was carried. There is another partnership with Allina on Active living. Wilder Research Focus Groups. Ship's Grant will expire in June and we will be having a celebration at Dunedin on June 12, 2013. Ann Tranvick spoke on healthy eating with the gardens. Active living with Bone builders and Tobacco Reduction. How the representatives are targeting the youth and low income residents. Sara Vine from YMCA's Diabetic Prevention Year Long Program which is weekly and monthly, May 28th, 3 months access every 5 weeks. There is an event at Hamline on the 7th of May 2013.

Guest- Gambling Awareness: Cathie Perrault from North Star Alliance Prevention is working with John Voneshen from Pathway Counseling to promote gambling awareness and to help with gambling problems. Go to building for information they will leave contact information with Eileen Tittle the Presidents Council Coordinator.

Treasurer's Report: Jesse Thomas gave the treasurers report the balance from last month was \$ 15,660.87 total Expenses was \$1,785.39 and the balance is \$13,875.48.

Festival of Nations Update: Ruby Steward gave information on tickets; tickets will be distributed from 11:00 a.m. to 1:00 p.m. on Saturday May 4th at the door. And you can download the free pass from Metro Transit by going to their website.

Computer Team Update: Delivered a computer to Edgerton Hi-Rise and they will be going out with the Ross Grant Team on evaluations of the HI-rises.

P.H.A. Management Report: Kim Nguyen stated that Grievance officers were hired. RPC Fund, there is a small pot of money to be used by the resident Participation Committee. The full amount requested will be given to the Presidents Council. Remind your representatives to bring back to council and also resident concerns to the Presidents Council. If you do not have Comcast, the security channel is 13. If you are a subscriber the channel is 990 or 6 if you have a digital television. If you don't have a digital TV then you will need a Digital Converter Box. Jim at Hamline wants to know if can get a push button for the handicap at the back door. If broken then call in work order.

Vendor Fair Update: May Puente explained that they are going to hold off on the vendor fair until the fall. If your contract is up for renewal please hold off on signing a new contract until after the fair.

Renter's Insurance Update: Antrinitia Wright passed out additional information on Renters Insurance.

Safety & Security: Keith Draz said that March police calls were down. Front had the least calls and there was a second OIR hired for Edgerton Hi-rise which was a priority. We will be hiring more OIR's for Neill, Dunedin, and Hamline. A request at Neill for residents to volunteer for crime watch and prevention. Training group- who is to supervise and organize. Budgeting either for a T-shirt or a hat for perks.

Election Update: Barbara Ingram informed the hi-rises that there have been some changes with the election judges. Also passed out forms for What Happens If we don't have a Resident Council?

New Business: Annual Officers Luncheon to be held at the Wellstone Center at 179 Robbie Street. The councils are to pay for all officers.

MOU Review: The committee along with Jonathan to meet to review the M.O.U. at Ravoux this afternoon at 2:30 p.m.

CPA Consulting Fee: Motion by Antrinitia Wright to spend up to \$ 500.00 for CPA consulting Fee for Tax purposed. William Anderson seconded the motion. The motion was carried.

Membership in the Council of Non-Profits: William Anderson offered motion to pay the sum of \$50.00 for membership in the Council of Non-profits. Karen Arnold seconded the motion. The motion was carried.

Make sure that you go to the website to download the pass for the Festival of Nations.

Also don't forget to go to the website to download the minutes from the Presidents Council Meeting.

Minutes recorded by Barbara Ingram the Secretary of the Presidents Council.

Next Meeting is May 29, 2013 at 10:00 at the Presidents Council Luncheon at the Wellstone Center at 179 Robbie Street

Presidents Council Attendance Sheet

Meeting Date: April 22, 2013

HI-RISE REPRESENTATIVES

(One Hi-Rise representative only; others sign as guests)

CENTRAL <u>Simon CARVALHO</u>	MONTREAL <u>Ian Sims</u>
CLEVELAND <u>Latoya Nims</u>	MOUNT AIRY <u>David Owens</u>
DUNEDIN <u>Markus Zerahn</u>	NEILL <u>Conne Lydon</u>
EDGERTON <u>Bonita J. MARTIN</u>	RAVOUX <u>Artrinita Wright</u>
EXCHANGE _____	SEAL <u>Dat Kramer</u>
FRONT <u>1/2 2/3</u>	VALLEY <u>Cathy Judds</u>
HAMLIN <u>Margaret Gilbert</u>	WABASHA <u>David G. Coe</u>
IOWA _____	WILSON <u>Wise Lee</u>

PRESIDENTS COUNCIL OFFICERS & APPOINTEES

- Barbara Angren
- Jesse Thomas
- _____
- [Signature]
- [Signature]
- _____

PEER ADVISOR TEAM

- Heidi Dimsen Montreal
- Jaren Arnold Exchange
- Ruby Steward Exchange
- Melissa Pappas Seal
- _____
- _____
- _____
- _____

GUESTS FROM HI-RISES (Name and Hi-Rise)

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PHA STAFF, CONSULTANTS, SPEAKERS

- Alicia Huckelby, PHA Staff
- Johan Van Eschen - MN State Comp. Gen.
- Betsy Christensen - SHIP - Ramsey County

**FESTIVAL OF NATIONS
TICKET HOLDERS
INFORMATION**

Saturday May 4th , 2013

St. Paul River Center

175 Kellogg Blvd. West

Pick up your ticket between

11:00am and 1:00pm at the entrance, from

Barbara, Linda, Mary & Ruby - Peers

A computer station with **MORE**

ACCESS FOR SUCCESS offers you assistive technology!

- A trackball mouse and hydraulic table
- A JAWS® computer screen reader
- Kurzweil 1000® print to speech conversion
- ZoomText® text magnifier and reader
- Dragon NaturallySpeaking® speech-recognition software for persons with mobility challenges
- Kurzweil 3000® to assist students with reading, writing, and learning challenges



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LIBRARY

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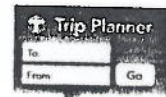
- **Saturday, May 4**
9 a.m. – 11 p.m.
- **Sunday, May 5**
9 a.m. – 7 p.m.

In conjunction with Festival of Nations, held at Saint Paul RiverCentre May 3-5.

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REDUCE YOUR DIABETES RISK AND GAIN TOOLS FOR HEALTHY LIVING

The YMCA's Diabetes Prevention Program helps you take control of your health by adopting habits to reduce your chances of developing type 2 diabetes and improve your overall health and well-being. Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of cases of type 2 diabetes **by about 70% in individuals over age 60.**

THE PROGRAM

The program provides a supportive environment where participants work together in a small group to learn about healthier eating and increasing their physical activity in order to reduce their risk for developing diabetes. The program, which is led by a trained Lifestyle Coach in a classroom setting, is delivered over a 12-month period, beginning with 16 weekly sessions followed by monthly maintenance.

In order to qualify for the YMCA's Diabetes Prevention Program, participants must be at least 18 years old, overweight (BMI \geq 25) and at high risk for developing type 2 diabetes or have been diagnosed with prediabetes[†].

PROGRAM GOALS:

- Reduce body weight by **7%**
- Increase physical activity to **150 minutes** per week

WEEKLY SESSION DESCRIPTIONS:

1. Welcome to the Program
2. Be a Fat Detective
3. Ways to Eat Less Fat
4. Healthy Eating
5. Move Those Muscles
6. Being Active: A Way of Life
7. Tip the Calorie Balance
8. Take Charge of What's Around You
9. Problem Solving
10. Four Keys to Healthy Eating Out
11. Talk Back to Negative Thoughts
12. The Slippery Slope of Lifestyle Change
13. Jump Start Your Activity Plan
14. Make Social Cues Work for You
15. You Can Manage Stress
16. Ways to Stay Motivated

The group experience was really helpful because one person may be struggling with something and the group would bounce around ideas. A fresh perspective can really help. We encouraged each other. To see that it is such a struggle for other people too was unexpected. You always think it's just you struggling, but everyone in the group had different challenges, but we collaborated and supported each other.

- Monica, YMCA's Diabetes Prevention Program Participant

FOR INFORMATION ABOUT THE YMCA'S DIABETES PREVENTION PROGRAM PLEASE CONTACT:

YMCA of the Greater Twin Cities
2125 East Hennepin Avenue
Minneapolis, MN 55413
diabetes.prevention@ymcawincities.org
612-465-0545

Call or email today!

To confirm eligibility and enroll in the program at no cost, adults with Medicare Fee-for-Service can contact the Diabetes Prevention and Control Alliance at 1 855 215 0235.

[†] Individuals who have already been diagnosed with either type 1 or type 2 diabetes do not qualify for this program.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

YMCA'S DIABETES PREVENTION PROGRAM

The YMCA's Diabetes Prevention Program helps those at high risk adopt and maintain healthy lifestyles and reduce their risk of developing type-2 diabetes.

Cut diabetes risk and gain tools for healthy living

The program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing the disease. Based on research funded by the National Institutes of Health and the Centers for Disease Control and Prevention, the program reduces the risk of developing type 2 diabetes by 58%.

Can I participate?

To qualify for the program, individuals must be overweight and at high risk for developing diabetes or overweight and have been diagnosed by a physician as someone with pre-diabetes.

Determining whether a person is at high risk for developing diabetes can be accomplished in three ways:

1. Physician diagnosis
2. Blood test with one of the following results:
 - Fasting plasma glucose between 100 – 125 mg/dL
 - HbA1c between 5.7% and 6.4%
 - Random or casual blood glucose level of 200 mg/dL or higher
3. A combination of risk factors such as family history, overweight, gestational diabetes, elevated cholesterol, etc.

You do not need to be a YMCA member to participate. Qualifying Medicare beneficiaries may be able to participate in the YMCA's Diabetes Prevention Program at no cost. If you are not covered by insurance the program is still available to you. Cost for a full year access will be \$249 member/\$320 non-member, financial assistance is available. Call or email Sheryl Grover at 612-465-0489 or Sheryl.Grover@ymcatwincities.org for more information. To confirm eligibility for insurance coverage contact the Diabetes Prevention and Control Alliance at 1 800 237 4942.

ENROLLMENT OF QUALIFYING MEDICARE BENEFICIARIES AT NO COST IN THE GREATER TWIN CITIES AREA IS MADE POSSIBLE BY FUNDING OPPORTUNITY NUMBER 1C1CMS330965 FROM CENTERS FOR MEDICARE AND MEDICAID SERVICES, CENTERS FOR MEDICARE AND MEDICAID INNOVATION.

THE CONTENTS OF THIS FORM ARE SOLELY THE RESPONSIBILITY OF THE AUTHORS AND HAVE NOT BEEN APPROVED BY THE DEPARTMENT OF HEALTH AND HUMAN SERVICES, CENTERS FOR MEDICARE AND MEDICAID SERVICES.

Contact:

Sheryl Grover
Director of Chronic Disease Prevention
YMCA of the Greater Twin Cities
2125 East Hennepin Avenue
Minneapolis, MN 55413
612-465-0489
sheryl.grover@ymcatwincities.org
www.ydpp.org

Program Goals

- Reduce body weight by 7%
- Increase physical activity to 150 minutes per week

Program Format

In a group setting, a trained lifestyle coach helps participants change their lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of 16 one-hour sessions. Topics covered include healthy eating, getting started with physical activity, overcoming stress, staying motivated, and more. After the initial 16 core sessions, participants meet monthly for up to a year for added support to help them maintain their progress.

The YMCA is committed to helping prevent chronic disease by giving individuals of all ages tools for healthy living.

YMCA's DIABETES PREVENTION PROGRAM

YMCA of the Greater Twin Cities . . . www.ydpp.org . . . 612-465-0489

LOCATION	DAY	TIME	START DATE
New Hope YMCA 7601 42nd Avenue North, New Hope, 55427	Tuesday	1-2pm	4/30/2013
Woodbury Lutheran Church 7380 Afton Road, Woodbury, 55125	Tuesday	5:30-6:30pm	5/21/2013
Lyngblomsten Community Center 1415 Almond Avenue , 551 Club Room, St. Paul, 55108	Tuesday	3-4pm	5/28/2013
River Valley YMCA 3575 North Berens Road NW, Prior Lake 55379	Wednesday	9:30-10:30am	7/17/2013

NOTE: If you would like to register or add a class at a location near you - please call 612-465-0489
Provide your name, branch preferred and phone number.

YMCA'S DIABETES PREVENTION PROGRAM

YMCA OF THE GREATER TWIN CITIES

Medicare fee-for-service participants who qualify may be eligible to participate in the Program at no cost. Medicare Advantage or private Medicare plans do not qualify

This is a full year program 16 weekly and 8 monthly sessions for people with prediabetes OR at high risk for type 2 diabetes.

QUALIFICATION CRITERIA

In order to qualify for the program, participants **must be overweight ($BMI \geq 25$)** and at high risk for developing type 2 diabetes **OR** have been diagnosed with prediabetes.

Height (ft)		Height (in)		Weight (lbs)	
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Blood Value/Diagnosis Information (must check one - Medicare participants **MUST attach proof** lab info):

- A1c: _____ (must be 5.7%-6.4%)
- Fasting Plasma Glucose: _____ (must be 100-125 mg/dL)
- 2-hour (75 gm glucola) Plasma Glucose: _____ (must be 140-199 mg/dL)

PARTICIPANT DETAILS

First name*	<small>*Required information</small>
Middle name	Race/Ethnicity:
Last name*	<input type="checkbox"/> American Indian or Alaska Native
Gender*	<input type="checkbox"/> Asian
Date of birth*	<input type="checkbox"/> Native Hawaiian or Other Pacific Islander
Do you have Medicare fee for service?	<input type="checkbox"/> Black or African American
Enter Medicare claim number here:	<input type="checkbox"/> Hispanic/Latino of any race
	<input type="checkbox"/> White

PARTICIPANT CONTACT INFORMATION & REFERRAL SOURCE

Email address	Referral method: <input type="checkbox"/> Doctor/Physician <input type="checkbox"/> Nurse <input type="checkbox"/> Diabetes Educator <input type="checkbox"/> Dietician/Nutritionist <input type="checkbox"/> Practice Manager or Office Manager <input type="checkbox"/> Dentist <input type="checkbox"/> Optometrist/Ophthalmologist <input type="checkbox"/> Pharmacist <input type="checkbox"/> Screening/Testing Event or Health Fair <input type="checkbox"/> Family/Friend or Word of Mouth <input type="checkbox"/> Media (TV, web, radio, print, etc.) <input type="checkbox"/> Staff Member <input type="checkbox"/> Other:
Street 1*	
City*	
State*	
Postal code*	
Home phone	
Mobile phone	



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DIABETES PREVENTION PROGRAM LIFESTYLE SUPPORT

HAMLIN HI-RISE

FREE Diabetes Screening

Find out if you are at risk for Diabetes

Tuesday, May 7 12:30-1:30pm

Open to the community

If you are at risk but do not yet have a diagnosis of diabetes you may qualify to participate in the YMCA's Diabetes Prevention Program (Medicare claim number required for eligibility).

Call 612-465-0545 for details.

Screening will be held at 777 North Hamline Avenue St. Paul, 55104

