

**Adult LAC Meeting
Minutes
September 3rd, 2025 * 10:00-12:00
MS Teams**

Meeting Facilitator: Tracy H- Norman

Attended: Shannon Abrahamson, Sarah K- Red Lake, Renae – Polk, Brittany B- Sanford, April K- Pennington, Kierah J- Roseau, Sheena M- Marshall, Connie S- Norman, Amanda Sherer- Polk, Alicia J- Roseau, Faith Anderson, Charlie Health & Cassie K- Norman

Absent: Melissa Lennon, Angel Pylka- Nystrom & Associates, Kailee F- Polk, Jordan Schmidt Jonsen- Mahnomen, Becky C- Kittson, Francie P- Kittson, Jeanna K- Kittson, Billie B- Polk, Brooke H- Roseau Public Health, Kayla J- Pennington/Red Lake Public Health, Alyssa H- Pennington, Caylie Nicholson, Jordan Rudnik- Polk, Jessica R- Mahnomen, Dawn B, Chair – Roseau, Josh H- Pennington, Amy A- Alluma,

Agenda Topic	Discussion Points	Actions/Discussion	Whom
Introductions	If you were a nut, what kind would you be?		All
Agenda & Minutes	Review and approval of 8.6.2025 minutes and 9.3.2025 agenda	Tracy made a motion to approve August minutes and September agenda, Cass seconded, all aye- motion carries.	
Subcommittee Updates	Budget: \$1802.77 - Ordered - Dolly - Presentation Board - Wellness kits - Brochures - Retractable banner - Radio- Promote membership - Jackets - Regional resource cards - WITW conference tickets- vote - Pull together regional needs assessment	Shannon dropped everything off at Kittson County. They have a full tote, wellness kit and banner. Tracy would like to move forward with the resource cards with QR code that will drive people to the website for local resources. The subcommittee will work on adding other providers to the website and update all the local resources, design and order the card. If there is any funding left after this project we will look at having a small radio ad promoting membership. We need to pull together the LAC top priorities for the needs assessment.	All
Updates	- Provider - Council Member - Case Manager - Coordinator - LAC Representation AMHI Meetings	No updates from Providers No Case manager updates	All

	○ Position's up in January 2026- Will want to vote in members by October.		
Outreach & Training	• BE THE VOICE- TRF (Tracy & Connie) ○ September 16th, 2025 @ 6:30pm • TEARS Walk & Talk ○ September 21st, 2025 @ 12:30pm • WITW annual conference ○ September 25th 9:30-1:00pm ○ September 26th 9:30-4:00pm • Invites to speak to group: ○ Area Agency on Aging ○ WITW ○ HOPE Coalition ○ Prairie St John's ○ Emily Project ○ Senior Life Solutions ○ Alluma Crisis Team ○ Sanford (Northern Lights) ○ Nystroms & Associates ○ Charlie Health ○ Altru IP BH ○ TEARS ○ Regional Suicide Prevention Coordinator ○ Community Strong	Connie and Tracy will be tabling BE the VOICE in TRF. Shannon will line up a time to meet Tracy to drop off Wellness kit. Tuesday September 16, 2025 Lincoln High School - 101 Knight Ave S, Thief River Falls, MN 56701 Expo event starts at 4:30 PM Speaker at 6:30 PM Shannon will reach out to Sandy to see if they will be having tables with resources and will let Connie and Tracy know. Connie & April are interested in attending the Wellness in the Woods Conference but will let Shannon know once they confirm it will work with their schedule. Tracy made a motion to approve for the council to cover the cost of the tickets, Renee seconded, all aye-motion carries. Tracy suggested having Connie & April talk about the WITW conference next month. The group would like to hear from REM as well. April will reach out and find a contact to invite them. Shannon will invite Senior Life Solutions to an upcoming meeting.	All
Adjourn	• Next Subcommittee Meeting: September 25th @ 2:00pm via Teams • Next Officers Meeting: September 25th, 2025 @ 1:00pm via Teams • Next LAC Meeting: October 1st, 2025 @ 10:00am via Teams	We have decided to move the Subcommittee and Officers meeting to September 23rd as Connie and April might be attending the WITW conference on the 25th. Subcommittee: September 23rd, 2025 12-1:00 Officers Meeting: September 23rd, 2025 1:00-2:00 Meeting adjourned.	

