Arrowhead Regional Quality Council

Meeting Minutes

Meeting Date: Thursday, January 26, 2023

Meeting Location: Virtual (Zoom) 9:00 am to 10:00 am

Agenda:

Welcome, Introductions, and Opening Round

- We welcomed the two new members to the ARQC-Connie & Sherri. They both introduced themself and explained why they are interested in being on the council.
- The rest of the members introduced themselves and we did an opening round question-What is one of the most beautiful places you have visited? We got some great responses to this question; people said Ireland, Jamacia, Spain, Madeline Island, Switzerland, Boundary Waters, Disney World, personal cabin, Alaska, Italy, Florida, Costa Rica, and the So. Shore of Lake Superior.

Bite Size Learning

- We watched a short video clip on tenant councils: https://youtu.be/YYxt6OtvDA0.
- Becky and Beth discussed their work in Grand Marais with Tenant Councils and the support needed for the residents of Birchwood Apartments.

Update and Advice on current work

- Becky updated the council on the work being done in our Workgroups. The Person-Centered Practices Workgroup is making good progress, developing some purpose statements, objectives, and goals. They developed a letter to send out to agencies requesting meetings to discuss person-centered practices and what those agencies are doing now to be person-centered. This group has been encouraged to begin outreach to their networks. The Culture of Safety/DAG Workgroup met 1/9/23 to review their progress and plan for the new year, they are working on making recommendations to DHS (Department of Human Services) on assistive technology needs. The ICI (Institute on Community Integration) Workgroup had not started yet due to issues with the grant money, but we hope to hold our first meetings in Hibbing, Grand Marais, and Duluth in early February 2023. Our Self Advocates continue to meet the day before the ARQC meeting and the day after to discuss the information shared and is a good time for Becky and I to clarify information and tasks.
- Tara W. asked a question about changing the time of the ARQC meeting. Becky explained to the council that these monthly meetings are getting more involved, and we are having to rush to discuss all agenda items with little time for feedback, we may need to meet for longer than one hour and asked council members their thoughts on this. All council members seemed willing to meet for longer than one hour, most council members stated that meeting earlier works if we

needed more time. We decided the ARQC will meet from 8:30 am to 10:00 am, starting next month, at our meeting 2/23/23.

Review of ARQC (Arrowhead Regional Quality Council) Mission, Purpose, Vision, Values, and Goals

- Becky reviewed the current mission, purpose, values, and goals of the ARQC with the group; we then discussed them individually to make sure all agreed and nothing new needed to be added for 2023. The group agreed to keep things as they are and continue the work. Let us know if you did not receive a copy of this and would like to.
- Beth asked the council if they wanted to focus on anything as a large group for the new year. The group stated they would like to focus on disability legislation and the things we can do to advocate for important bills. Beth stated she would really like to get the council together for an in-person meeting since many of us have never met in-person and we discussed that idea.

Agency or Organization Updates

We did not have time to discuss this agenda item today.

Upcoming Meetings (all Virtual)

- Culture of Safety (DAG) Workgroup – 2/13/23, 1-3pm
- Person-Centered Practices Workgroup – 2/20/23, 3-4pm
- Pre ARQC-Self Advocates meeting – 2/22/23, 3-3:30pm
- ARQC February Meeting – 2/23/2023, 8:30-10am
- Post ARQC Self Advocate meeting – 2/24/23, 3-3:30pm

Next Meeting: February 23, 2023 at 8:30-10:00am

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Attendance

Name	Member Representation		Present Y/N
Becky Lambert	Arc Northland	ARQC Staff	Y
Beth Johnson	Arc Northland	ARQC Staff	Y
Ruth Rowenhorst	Carlton County	Lead Agency	N
Amy Patenaude	St. Louis County	Lead Agency	N
	Cook County	Lead Agency	
	DHS	Lead Agency	
Michelle McDonald	Lake County DAC	Lead Agency	Y
Beth Swanson	Lake County	Lead Agency	N
Kate Wallin		Self-Advocate	N
Tara Wilson		Self-Advocate	Y
Heath Maki		Self-Advocate	N
Connie Kotonias	Family Member	Advocate	Y
Amanda Crosby	Arc Northland	Advocate	Y
Mary Martin	Family Member	Advocate	Y
Kristie Buchman	Choice Unlimited	Service Provider	Y
Nicole Lind	RSI	Service Provider	Y
Ann Dahl	Udac	Service Provider	Y
Josh Howie	Trillium Services	Service Provider	Y
Sherri	Lighthouse Center for V L	Service Provider	Y
Others Present:			