Arrowhead Regional Quality Council

Meeting Minutes

September 22, 2022

Meeting Date: Thursday, September 22, 2022

Meeting Location: Virtual (Zoom) 9:00 am to 10:00 am & In person at The Arc Northland- Conf. Room B

ARQC Meeting Agenda

Introductions and Opening Round

- Becky explained we wanted this meeting to be relaxing and fun with a light agenda, spending time socializing and getting to know each other better. We hoped to see more in-person faces but were happy to offer both options so all could attend. We welcomed those who made it to the meeting in-person and enjoyed some coffee and donuts.
- For the opening round we answered this question: If you could visit any fictional world, or place, or where would it be and why? All agreed this was a hard question, and some people are not into fictional stuff or had not ever thought about it in this way. Shawn S. said he wanted to go back in time and live at the Glensheen mansion, so we amended the question to include going back in time to a place also. Several people said they would go to the Shire from the movie The Hobbit or Lord of the Rings. Two people wanted to go to the land of Fantastica from the movie The Neverending Story. Others said OZ from The Wizard of Oz or Greece in the time of the Gods. Overall, it was a fun question and some of us changed our answers as others shared their ideas.

ARQC Workplan Progress Overview

- Becky pulled up the ARQC work plan and we went through it goal by goal, discussing what we have done, and what still needs to be completed in the next year. We have made some great progress in reconnecting/networking with key agencies like DHS (MN Department of Human Services), COP (Communities of Practice), COS (Culture of Safety), and ICI (Institute on Community Integration). Our work groups are meeting regularly and working towards outcomes that make positive changes for those with disabilities. We also discussed areas in the work plan needing more attention like reaching out to BIPOC communities and getting their voice on this council.

ARQC Initiative

- Becky and Beth explained the importance of the ARQC's work and influence and because of this, wanting to work towards an initiative as a large group. We had a brainstorming session to discuss possible initiatives the ARQC be involved in. Here are some of the great ideas that came out of that brainstorming session: Staff shortages and remedies, Northern Lights Express- high speed train, Transportation issues and access, Disability benefits per month earn amount etc.,

Natural supports, Community connection, higher pay for DSP and CNA, and reopening of mail centers/faster mail. Becky stated we will look at all suggestions, do some more discussion and research, and pick an initiative or two at a future ARQC meeting.

Events and Updates

- Becky explained the next ARQC meeting is October 27th at 8:30 am to 10:00 am because Rachel Freeman from ICI will be here to do a presentation and to discuss the ICI grant. We will need more time for the presentation and to ask questions without feeling rushed.
-

Our Next Meeting is October 27, 2022 at **8:30 am to 10:00 am**

We will have a presentation with Rachel Freeman from ICI and discussion of the ICI grant!!

Arrowhead Regional Quality Council

Meeting Minutes

September 22, 2022

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
Olivia Bonander	Cook County	Lead Agency	Y
Sara Beauchene	DHS	Lead Agency	N
Michelle McDonald	Lake County DAC	Lead Agency	N
Beth Swanson	Lake County	Lead Agency	N
Kate Wallin		Self-Advocate	N
Tara Wilson		Self-Advocate	Y
Heath Maki		Self-Advocate	Y
Becky Jakubek		Self-Advocate	N
Shawn Stanich		Self-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	N
Josh Howie	Trillium Services	Service Provider	N
Others Present:			