

November 15, 2012

Weekly Calendar of Events

Tuesday, November 20, 2012

- 6:00 p.m. – Public Works Committee – Lake Itasca Room
- Immediately Following Public Works – City Council Work Session – Lake Itasca Room
- Immediately Following CC Work Session – Special HRA – Lake Itasca Room

Thursday and Friday, November 22 & 23, 2012

City Offices Closed in Observance of Thanksgiving



Preview of Next Week

Mediation Services 25th Anniversary & Volunteer Recognition Celebration – to be held Friday, November 16, 2012, 6:00 p.m. to 9:00 p.m. at the new Harvest Grill at Bunker Hills golf Course, Coon Rapids. Tickets are \$35 per person which includes dinner. *Attached to the Weekly Update is the flyer and information relating to the Mediation Services event.*

Public Works Committee (6:00 p.m. – LIR)

- Discuss 2013 Capital Improvement Engineering Projects
- Well #4 Motor and Pump Repair
- Consider Proposal Hwy 47 and CSAH 116

City Council Work Session (Immediately Following Public Works Committee– LIR)

- Review Request for Alternative Mechanical Screening at 7333 Sunwood Dr NW; Case of NAU Country Insurance Company

Special HRA (Immediately Following CC Work Session – LIR)

- Approve Reinstatement of Purchase Agreement - West Real Estate/SuperAmerica
- Approve Work Order for North Commons Design and Construction Administration
- Approve Preparation and Submittal of Stormwater Management Plan for The COR

Council Update

Northstar Train Schedule for Holidazzle Parade Season. Metro Transit will be offering a special service train every Saturday during the Holidazzle Parade season. The trains are NOT free but this will allow those who wish to see the parade an opportunity to do so on the Northstar train.

1. The special Holidazzle train dates are as follows: Nov. 24, Dec. 1, 8, 15 and 22
2. The special Holidazzle train will leave the stations at the following times:

- Big Lake Station at 3:06 p.m.
- Elk River 3:16 p.m.
- Ramsey 3:21 p.m.
- Anoka 3:27 p.m.
- Coon Rapids 3:31 p.m.
- Fridley 3:39 p.m., it will arrive in downtown at 3:55 p.m.

The return trip leaves Target Field Station at 8:00 p.m. Lastly, customers will be able to purchase an online family passes and round-trip tickets to the special trains that will be running every Saturday for Holidazzle during the parade season. *Attached to the Weekly Update is the Route 887 Northstar Link Special Saturday Holidazzle Schedule.*

Please note the attached Route 887 Northstar Link special Saturday Holidazzle schedule. 887 will connect with special 888 service on each Saturday, Nov. 24, Dec. 1, 8, 15, 22. Note that fares will be required. Weekend fares will apply: \$1.75 cash or \$16.00 10-Ride pass. Kids 12 and under are free. Up to 5 riders over age 12 may ride round trip on a 10-Ride pass. 10-Ride passes may be purchased on the bus (cash only), online at ridemetrobus.com, or at the Metro Bus Transit Center. There will be two buses scheduled for each Saturday.

Recycle Your Holidays program. Ramsey is participating in the Recycle Your Holidays program again this year with the Municipal Center serving as a collection point for holiday lights. This is the second year the City has participated in this program and if the first year is any indication, it will be heavily used again by residents! This program allows residents to drop off holiday lights (along with electrical cords) at no cost. The program is sponsored by the Recycling Association of Minnesota and employs over 200 individuals with disabilities at vocational centers throughout the state. Additionally, this program diverts this material from the landfill and ensures that each component of the strand is recycled locally (within the state). Residents can drop off their lights at the Municipal Center (collection bin across from the Council Chambers) now through the end of January.

Department Activities:

Building Maintenance

- Repair air compressor in Police Department garage
- Set up monthly Ramsey Seniors meeting
- Complete annual fire alarm inspections at Fire#2 and Youth 1st

City Clerk

- Canvassing Board – preparation and attendance
- Proofed City Code and Charter Supplement #2 from MuniCode
- Drafted Charter Update for Holiday/Appreciation brochure
- Updated Elections paragraph for the new Council orientation manual

Finance

- Prepare 55 special assessment searches for Town Centers Gardens 3rd Addition
- Tree & Sod Escrow cleanup – reimburse all outstanding old escrows
- Prepare final utility billing/invoice certification list for property taxes payable 2013
- Meet with insurance agent in regards to 2013 coverage
- Work with Bank of the West to set up new account for 2013

Fire

- Notable Responses
 - 11/8- Attached garage fire in the 14300 block of Waco St NW. Arrived to fire out situation. Crew removed smoldering debris from garage, extinguished hot spots and ventilated home.
 - 11/12- Vehicle rollover on Hwy 10 west of Armstrong Blvd. Crew assisted with patient care and traffic.
- Administration
 - Fire extinguisher training for business
 - Filmed Public Safety show for QCTV
 - Sprinkler inspections on rough-in of 3rd-4th floor at Residence
 - Working with Cross of Hope on code options/timelines to close out permits
- Training this week: Business Meeting

HR

- Met with City Administrator regarding employee training/development
- Assisted employees with open enrollment questions
- Completed data request
- Scheduled Labor Union negotiation meetings

IT

- CRM Helpdesk went live recently and is shaping up to be more helpful than our last Helpdesk entity. I'm received feedback from those who have used the system and overall the response has been a positive one. Patrick and Jason have already taken the first steps into developing the external CRM for our citizens to put in requests to the city from home.
- Server updates & maintenance are about 90% complete, which means that we won't have to restart servers nearly as often.
- Over the last month several staff computers have been replaced with newer computers from other parts of the city. The computers that have been moved out of service need to be either cleaned, updated and put back into service somewhere or recycled. We have nine computers out of service currently and hope to have them ready for use before Thanksgiving.
- The Council Chambers has a new permanent resident! There is now a laptop with a docking station that will reside in the council chambers for use. The laptop is available for anyone to use during meetings in the council chambers, but should not leave the council chamber area. Contact Jason Fredrickson or Tim Gladhill with any questions.

Parks

- Removed dead brush and trees from the outfield fence on Centrals baseball field. Several trees had woven themselves in and out of the chain link fence
- Boulevard trees in the Highlands at River Park (Woodland Green neighborhood) and also Central Park are 'de-suckered' (epicormic stems removed)
- All of our seasonal staff are now done for the year as of this Friday
- Begin set-up of J-barriers for storage of commonly used maintenance supplies (ag lime, wood chips and topsoil) at PW facility
- Emerald Pond Park's concrete restroom to receive floor resurfacing this week after 5 years of near flawless service
- Received approximately 54 recycling carts for parks (a grant Mr. Chris Anderson secured) – carts to be deployed in Spring 2013 and should reduce trash volume and

disposal costs with a net break-even in labor for complying with state recycling law; while doing the 'right thing'

- Department of Corrections (DOC) continues Lake Itasca Boardwalk restoration – looking NICE.

Planning/Building

- Meeting with developer re: potential Phase 2 of Sweetbay Ridge (30 lots)
- Meeting with Village Bank re: future land use at 6080 Highway 10 NW
- Attended Northstar Market Analysis presentation by NCDA
- Meeting with ACE Solid Waste re: grant to analyze potential of a full service, year round recycling center

Police

- **CIT Training.** On November 13, the Ramsey Police Department hosted a Crisis Intervention Techniques (CIT) training for law enforcement. The training was attended by 32 officers representing 8 agencies from Anoka County. All Ramsey officers have now completed this training.

CIT focuses on training law enforcement officers to recognize a person experiencing a mental health crisis – a situation in which a person's behavior is a danger to their own or another's safety and the person is exhibiting signs of a mental illness. The officers then are taught to assess the situation and use verbal de-escalation skills to gather critical information and offer positive outcome solutions.

Over the past several years, Anoka County has seen an increase in the number of people who commit or attempt to commit suicide and are impaired by a mental health crisis. Ramsey Police and agencies from Anoka County partnered with the Barbara Schneider Foundation to conduct this training in an attempt to become more aware of these critical situations. Trainers and coaches from Anoka County agencies, which includes Ramsey Officer Wieler, were utilized during this training along with professional actors who portrayed individuals experiencing a mental health crisis.

- **Roy Rogers or City Slicker.** A Ramsey council member was traveling NB on SH #47 when a deer darted out in front of his vehicle. The council member's vehicle struck the deer, damaging the vehicle and injuring the deer. The deer continued to stray into traffic, so the council member lassoed the deer by the antlers and tied it to a stop sign. Name that council member?
- **A Couple Too Many.** Officers received a call of a person suffering from alcohol poisoning at a residence in Ramsey. The girlfriend of the victim requested he be taken to Mercy. A PBT was administered with a .39 BAC. He was taken to Mercy by ambulance.

Public Works

- Most of the time this week is being spent on preparing for winter and snow and ice control. We are calibrating our salt spreaders, so we know what the computer in the cab is saying and what the spreader is applying is accurate. The drivers are out staking their routes and looking for any changes in road conditions that might affect them. The PW superintendent attended a one day Winter Maintenance Supervisor workshop sponsored by the Minn. Chapter of the APWA.

Utilities

- Worked with a contractor to replace a fire hydrant in the entrance of Alpine park, this hydrant was damaged last week during a two vehicle property damage accident. The hydrant was struck by a car and the entire hydrant was leaning severely to the east hydrants are designed to break off at the top however this one did not and it rotated on the water main located 8 to 9 feet below ground, utility personal arrived shortly after the accident and shut of the water service to this hydrant to help alleviate a possible water main break. Crews were on site Tuesday the 13th and made all the needed repairs.
- Utilizing the jetter truck we have been working on cleaning out many culverts this fall located in Ramsey, several of these have been in problem areas that are prone to flooding. 2000 to 3000 pounds of water pressure is applied to a 800' high pressure hose that is propelled by the truck and sent into and through the culverts, all the debris is removed from these structures and either vacuumed up by the jetter or loaded into a waiting dump truck.

Save the Date:

- **Local Government Officials Meeting** – November 28.
- **EDA Business Networking Breakfast** – November 29. *Attached to the Weekly Update is the EDA Business Networking Event Flyer.*
- **Annual City of Ramsey Holiday Party**– To be held on Friday, January 4, 2012. Stay tuned for details.

Best regards,



Kurtis G. Ulrich
City Administrator

Attachments: Flyer and information relating to the Mediation Services event
Route 887, Northstar Link, Special Saturday Holidazzle Schedule
EDA Business Networking Event Flyer
Anoka County Press Release: Symposium Focuses on Integrating Physical and
Mental Health to Lengthen Lifespan

Come Celebrate With Us!

Mediation Services for Anoka County's
25th Anniversary
& Volunteer Recognition Celebration

Friday, November 16, 2012 - 6 to 9 pm
The new Harvest Grill at Bunker Hills Golf Course, Coon Rapids

Tickets = \$35 per person

Dinner, Silent Auction, Wall of Wine and more!

Help us celebrate 25 years of nonprofit service to the area, recognize our wonderful mediators and learn exciting news about the future.

Please consider sponsoring the event to help us meet the growing needs in Anoka County for conflict resolution
\$1000+ Gold \$500 Silver \$250 Bronze \$100 Table Host

All contributions are appreciated! RSVP reply card and payments by mail should be received no later than Wednesday, November 7th, 2012. Learn more about the event at our new website: www.mediationservice.org

Mediation Services for Anoka County is a community-focused 501(c)(3) nonprofit organization. Contributions are very much appreciated and are tax deductible to the fullest extent allowed by the law.

2520 Coon Rapids Blvd. Suite 100 Coon Rapids, MN 55433

www.mediationservice.org office: 763-422-8878 fax: 763-422-0808 info@mediationservice.org

Route 887 Northstar Link

Special Holidazzle Service Saturdays, Nov. 24, Dec. 1, 8, 15 & 22, 2012

Southbound						
1	2	3	4	5	Train	Train
Transit		Northstar		Northstar	Depart	Arrive
Center	SCSU	Lot	Becker	Lot	Big Lake	Minneapolis
1:45	1:50	St. Cloud	2:30	Big Lake	3:06	3:55
		2:05				

Northbound						
Train	Train	5	4	3	2	1
Depart	Arrive	Northstar		Northstar		Transit
Minneapolis	Big Lake	Lot	Becker	Lot	SCSU	Center
8:00	8:49	Big Lake	9:15	St. Cloud	9:55	10:05
		8:55		9:40		

Fares: Weekend fares apply: \$1.75 cash or \$16.00 10-Ride pass

Kids 12 and under free

Up to 5 riders over age 12 may ride round trip on a 10-Ride pass

10-Ride passes may be purchased on the bus, online (ridemetrobus.com), or at the Metro Bus Transit Center

BUSINESS NETWORKING EVENT

Thursday, November 29, 2012



8:00 am **Breakfast Social, provided by Wells Catering**

PROGRAM

8:30 am **Welcome & Introduction**

Chris Riley

Ramsey EDA, Chair

8:35 am **Market Outlook/
Current Events**

Mike Mulrooney

Central MN Development Corporation &
Former MN Economic Development Commissioner

8:45 am **Federal Health Care Legislation,
Effect on Local Businesses**

Kerri Gordon

Allina Medical Clinic, Health Policy/Gov. Affairs

8:55 am **RJM & General Paper Products
Business Spotlight, History & Outlook**

Jim Lundeen

RJM & General Paper Products, Owner/President

9:05 am **Group Forum, Introduction**

John LeTourneau

Ramsey EDA Member

9:10 am **Group Forum:**

1. How will health care legislation affect your business and how will you adjust?
2. Ramsey: what are this City's strengths and what can it do to better serve its businesses?

FREE BREAKFAST



**Don't Forget
to RSVP**

RSVP:

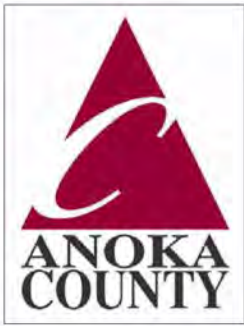
Please contact the City staff by Friday, November 23 to reserve your spot (free admission)

LOCATION:

Ramsey Municipal Center, Alexander Ramsey Room
7550 Sunwood Drive NW, Ramsey, MN 55303

CONTACT:

Patrick Brama, Management Analyst, 763-433-9903, pbrama@ci.ramsey.mn.us



COUNTY OF ANOKA

HUMAN SERVICES DIVISION
ADMINISTRATION & FINANCE
GOVERNMENT CENTER • 2100 3RD AVENUE • ANOKA, MN 55303-2264

ADMINISTRATION	763-422-7000	FAX: 763-422-6987
FINANCE	763-422-7002	FAX: 763-422-7287

Don Ilse

Human Services Division Manager
Phone: 763-422-7008

November 9, 2012

Contact: Don Ilse, Anoka County Human Services Division Manager, 763-422-7008

FOR IMMEDIATE RELEASE

Symposium Focuses on Integrating Physical, Mental Health to Lengthen Lifespan

People with mental illnesses need to work with their primary care physician and other health care providers to make sure they aren't part of an alarming statistic that says people with mental illnesses die 25 years earlier.

That was the message repeated by numerous presenters in a day-long symposium, called Integrating Physical Health and Mental Wellness, held in early November at Lord of Life Church in Ramsey, for professionals in social work, psychology, counseling, and health care, as well as, service consumers.

Keynote speaker Dr. Anil Sipahimalani explained that medicine is a three-legged stool with medicines, surgery and procedures, and mind-body interactions.

"Since 60 to 90 percent of doctor visits are for conditions related to stress, the mind/body or self-care approach is a vital component of effective health care," Sipahimalani said. "Compared to the general population, people with serious mental illness on average lose 25 years of normal life span; even more if substance abuse is involved," he said.

He backed up his point with statistics for people with mental illnesses. Rates of health risks, including smoking, obesity and physical inactivity, are two to three times that of the general population. Rates of heart disease and diabetes are two to six times that of the general population. Other factors

-more-

Symposium Focuses on Integrating Physical, Mental Health to Lengthen Lifespan – Add 1

that make medical illness more prevalent in psychiatric patients include decreased medication compliance and lack of follow through on doctor's recommendations.

Everyone may be impacted by the connection between depression and diabetes. That's because severe depression almost doubles health care costs in diabetic patients and is associated with a higher rate of diabetic complications, Sipahimalani said.

Sipahimalani told the 175 professionals attending that they could help educate consumers on the importance of being aware of their risk factors, such as body mass index, blood pressure, fasting blood glucose, lipid profile, smoking history, and alcohol overuse or illegal drug use. Professionals can coordinate care with primary care physicians regarding any chronic disease.

Better nutrition is key.

"What's good for your heart is good for your brain," he said, referencing omega-3 fatty acids and vitamins.

Exercise, sleep and social connectivity are important, too, he added.

Another presenter, Jerry Storck with the Minnesota Department of Human Services, explained the 10 x 10 initiative. The goal is to reduce the mortality average by 10 years over the next 10 years. Currently, the median age of death for people with persistent mental illness is 55.

Community program presenters represented Ramsey County, Central MN Mental Health Center, Spectrum Mental Health, Vail Place, Community Options, and Touch Stone Mental Health. Common themes included measuring progress on lifestyle changes and building a care plan centered on the individual for best success.

Years ago, cigarettes were dispensed as rewards for good behavior and some people with mental illnesses were isolated to stay out of trouble, said Tracy Hinz, LICSW, Central MN Mental Health Center.

"We owe it to our clients to shift gears," Hinz said. Today's focus is on empowering people to make better choices, she added.

Symposium Focuses on Integrating Physical, Mental Health to Lengthen Lifespan – Add 2

Anoka County Commissioner Rhonda Sivarajah commended the participants for learning more about integrating and coordinating services.

“There’s power in integrated care to help people with mental health and substance use disorders achieve optimal health, happiness, recovery, and a full and satisfying life,” Sivarajah said.

The symposium was hosted by the Anoka County Mental Health/Chemical Health Director’s Network. This was the third symposium in the last few years under the heading of “Integrating Care, Transforming Lives.”

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Photo Cutline:

Dr. Anil Sipahimalani speaks to professionals in the fields of mental, chemical and physical health, telling them they can help consumers by coordinating care with each other.