

**Regional LAC Meeting Minutes**

November 24, 2025; 1:00pm – 2:00pm; In Person at Isanti County Family Services and via Zoom

Present:

Andersen, Jennifer	Canvas, ECCS
B Rhonda	Kanabec County LAC
D., Deb	Kanabec County LAC
Harper, Mike	Rise
Hawkins, Emily	Isanti County
Johnstone, Stacy	R7E Consumer Rep
K., Joel	Pine County LAC
Klanderud, Nicki	Allina, CMC


Lussier-Erickson, Katrina	Empower Recovery Services
McGonigle, Emily	Sagent Behavioral Health
O. Michelle	Consumer
Stevenson, Amanda	R7E Planner
Thron, Kate	Chisago County LAC Chair
Williams, Melissa	Sunflower Communities
Breanna Austin	Serenity Circle

Joel opened the meeting with introductions. Each attendee shared their favorite card or board games:

- Cribbage
- Phase 10
- Double or Triple Solitaire
- Carbles (a combination of cards and marbles)
- Kollide (magnet game with a string)
- Bingo or dice games
- Tripoli
- Hand and Foot Game
- 3-13 Game (a variation of Gin Rummy)
- 654 Dice game (otherwise known as Ship, Captain, and Crew)
- Farkle
- Sequence
- Catan
- Poop on your Neighbor
- Jenga
- King's Corner
- Uno
- Wahoo
- James Bond card game

Sunflower Communities Assisted Living and Memory Care, Melissa Williams

- Assisted living and memory care focused on mental health
- Two locations: Waconia and Elmore (40 min south of Mankato).
- Handle conflict behaviors, non-physical behaviors.
- Can take both over/under 55 years of age but are limited to a certain number under 55.
- Work with higher physical acuity and special diets.
- Elmore location can accommodate mechanical lifts.
- Can work with civil commitments, and Jarvis orders, and housing supports (formerly GRH).
- Elmore can take pets
- Twin Cities physicians are onsite
- Each unit comes fully furnished.
- Also work with people who have SUD history, both campuses are dry. Nagle location has an AA location they can go to. Elmore is more rural, so residents don't have the opportunity to walk to a bar or liquor store.
- Palliative and hospice care available
- Criminal records are assessed as a person. If you have a potential client, send over the information and they will review it.
- Family owned and operated, so Melissa can review with the owner.
- Openings are available because of locations, so if waiting to go back to home county, they can assist with discharge.
- In 2026 they will be opening an 88 bed location in St Cloud.
- Referrals are easy, no charge for them to assess whether the person is a fit.
- They provide free, virtual, monthly training opportunities for social work CEUs.

  
**Sunflower Communities**  
Choice Living Close To Home

**Proudly Serving Residents on  
WAIVER PROGRAMS**

At Sunflower Communities, we've designed our programming, care, and environments to meet the unique needs of residents utilizing waivers such as CADI and Brain Injury (BI) waiver programs.

**NO CAP ON AVAILABILITY**

We take pride in not limiting the amount of residents we accept into our community based on waiver programs. We work with you and those you serve to determine the best space and placement options, regardless of waiver status.

**COMPLIMENTARY FURNITURE**

Do you serve individuals in need of new bed, dresser, or nightstand for the next place they call home? We offer residents on waiver programs **complimentary pieces of furniture** to help make their move as comfortable as possible.

**HIGHER LEVEL OF CARE**

Whether those you serve require 24 hour supervision, regular mental health services, a secure memory care unit, or onsite primary care & physical therapy services, our communities are designed for residents requiring a higher level of care.

**NOURISHING MEAL PLANS**

Having the right food available can make a huge impact on quality of life. As part of Sunflower Communities' commitment to serving healthy, yet delicious food, we offer various meal plan options to meet dietary needs.

**ALL FEES ARE WAIVED**

Our customary \$1,000 Security Deposit and Pet Care Fees (where applicable) are waived for residents utilizing waiver programs. In addition, we provide complimentary health assessments for all prospective residents prior to move-in.

**COMMUNITY LIVING COORDINATOR**

Our communities are dedicated to providing you with the assistance of our Community Living Coordinator who can gather needed paperwork, coordinate the admissions process, and do everything to assist you in facilitating a smooth move for those you serve.

**Elmore Assisted Living**  
202 North Street East  
Elmore, MN 56027  
where you love to call home  
Phone: 507.943.3333

**Nagel Assisted Living**  
232 South Elm Street  
Waconia, MN 55387  
where you love to call home  
Phone: 763.267.6658

For More Information or to Make a Referral visit us online at  
[www.sunflowercommunities.org/start](http://www.sunflowercommunities.org/start)

  
**Sunflower Communities**  
Choice Living Close To Home

**Assisted Living & Memory Care**

**NOW ACCEPTING  
IMMEDIATE MOVE-INS!**

Featuring a **person-centered approach** to care delivered with our unique **Community Living Philosophy**, we offer **24-hour customized living** options that encourage closer connections, foster stronger relationships, & promote a more vibrant way of life for each of our residents.

**We provide:**

- Higher Levels of Medical Care
- Onsite Primary Care & Therapy Services
- Seeds of Success™ Memory Care Program
- Around the Table™ Dining Program

**PROUD TO SERVE RESIDENTS ON  
CADI & ELDERLY WAIVER PROGRAMS**



Learn more by visiting  
[www.sunflowercommunities.org](http://www.sunflowercommunities.org)

**Learn More About Our  
Growing Communities**

**CALL MELISSA TODAY!**




**Melissa Williams**  
CTRS, CDP  
Community Relations Manager  
Cell: 763.339.9150  
E-mail: [melissa.williams@sunflowercommunities.org](mailto:melissa.williams@sunflowercommunities.org)

NOTES



**Virtual Tours Available  
Online Now!**

**CURRENTLY  
ACCEPTING  
REFERRALS AT  
BOTH LOCATIONS**

For more information visit  
[www.sunflowercommunities.org](http://www.sunflowercommunities.org)

  
**Sunflower Communities**  
Choice Living Close To Home

**HELPING YOU  
REFER WITH EASE**

Finding living and care accommodations that match what a client, patient or resident is looking for can feel impossible. You can count on us to help!

- Email: [referrals@sunflowercommunities.org](mailto:referrals@sunflowercommunities.org) or Intake Fax: (763) 233-7575
- Include Patient or Resident:
  - Face Sheet
  - History & Physical
  - Medication List
  - Nursing Notes (if applicable)

Accepting residents on CADI, EW, & TBI Waivers!

  
**Sunflower Communities**  
Choice Living Close To Home

**COMMUNITY-STYLE  
LIVING**

Sunflower Communities proudly provides community-style assisted living & memory care accommodations with thoughtfully created programs that allow our residents to thrive. Within our communities, we offer:

- High-quality dietary programs
- Monthly activity calendars & outings
- Onsite primary care & therapy
- Complimentary furniture for all residents
- Designated outdoor smoking areas




**Pet Friendly  
Community  
in  
Elmore,  
MN!**

Phone: (763) 452-1053  
[www.sunflowercommunities.org](http://www.sunflowercommunities.org)

## Governing Board Update, Amanda Stevenson

- Preparing for 2026 with the contracting process.
- Region funded a transportation provider for SPMI adults to go to work, activities, and shopping
- Also funded the Growing Resilience Program.
- Dr. Beth Good & Associates will provide med management for adults
- County LAC representatives will receive a stipend and mileage reimbursement in 2026 for attending the Regional LAC Meetings.
- Interviewing for a new consumer rep to start in January.

Consumer Rep, Stacy Johnstone

- Stacy attended a few LAC meetings, as well as the Chisago OCC and Agewell events.

Chisago LAC, Kate Thron

- New swag ordered to help grow the LAC
- May have an open house or ice cream social in the summer, will start planning in January
- Fix it Clinic last weekend
- Drop-in Center Speakers: Medicare 101 and NAMI for January and March

Kanabec LAC, Rhonda and Deb

- They are planning a Thanksgiving party and a Christmas party.

Pine County, Joel

- Went to the state NAMI conference in November; the Pine County Drop-in Center and LAC members attended. Sue retired, Brian taking over as executive director. Very educational, discussions about funding, healthcare and insurance companies pulling away from the counties. Sessions: farmers, rural communities, crisis services, toolbox presentation.
- Thanksgiving party tomorrow
- Christmas party on Dec 16
- March 26, 2026: Day on the Hill

Isanti LAC, Emily Hawkins

- The Isanti County Drop-in Center is on the 1st and 3rd Thursday of the month from 10-2, at the Common Ground Church in Cambridge.
- Received a donation from Schlegel to support the holiday party, need RSVPs.
- In 2026, the LAC meetings will be moving from a quarterly schedule to the first and third Thursdays at the Drop-in Center. They will be held from 1-2pm, which is the last hour of the Drop-in Center meetings at Common Ground Church,
- Good attendance at LAC.

Sagent Behavioral Health, Emily McGonigle

- Nystrom has transitioned into Sagent Behavioral Health. Cambridge serves adults and has openings.
- Short wait list for CTSS openings.

Empower Recovery, Katrina Lussier-Erickson

- Wait list for outpatient substance abuse treatment and mental health services.
- Lost and Found Recovery Café officially opens this week!
- Open to ideas for Lost and Found Recovery Café.

Rise, Mike Harper

- HSS ended in October
- ARMHS was put on hold by the Governor and there has been an Executive order regarding federally affected programs.
- Employment consultant position open in Milaca.
- Lots of furniture available.

CMC, Nicki Klanderud

- New School partners for Change to Chill: North Branch High School, Ogilvie, and Forest Lake High School, Cambridge Middle School.
- Finishing community health needs plan, next cycle 2026-2028.
- Looking for new initiatives and partnerships.

Serenity Circle, Breanna Austin

- Trauma group starting February 7, for people with PTSD

Chisago County, Kelly Irhke

- Open LADC position

Isanti County, Emily Hawkins

- Fully staffed and very busy time of year, lots of intakes.

Agenda suggestions for the next meeting:

- Approval of minutes
- Name the Regional LAC Chair