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# Arrowhead Regional Development Commission

## Annual Report 2005

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# In Memoriam... In Memoriam...



*Larry "Looper" Larson*

*He touched so many lives with his enthusiasm for life  
and dedication to public service.*

*Lake County Commissioner  
ARDC Board Chair  
Former Two Harbors City Councilor  
Businessman*

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## ***A few words from the Chair ...***

During last year's legislative session I heard a state senator from an area not served by a Regional Development Commission characterize RDO's as "just another layer of government." I strongly disagree with that statement. I see the Arrowhead Regional Development Commission as an *extension of local government, not an independent agency*. We are owned by the citizens of the Arrowhead Region and directed by a board and commission comprised of elected officials and citizen leaders from this region.

During this last year our organization was saddened by the death of Lake County Commissioner Larry "Looper" Larson, my predecessor as Chair of ARDC. His commitment to Lake County and this region are an example of my previous statement. He saw his work with ARDC as a complement to his work on behalf of Lake County.

Please review the examples of project work cited in this Annual Report. Whether your interests are in physical planning for your community, the transportation issues confronting this region, and/or the needs of our senior population in the Arrowhead, you will find ARDC staff and other communities working on similar issues.

I strongly believe that more than any other part of Minnesota, the Arrowhead is making progress in learning to work together. Adjacent communities are sharing strategies for economic development, counties are communicating more effectively on issues of mutual interest, and our citizens are becoming aware of our mutual dependence for jobs, housing, services and attracting new employers.

Regions are becoming more important to the future of rural America. No longer can individual political units remain isolated from one another. Our success as a region of good jobs, an attractive landscape, and a competitive economy will be directly related to our ability to pool resources, find common strategies, and share information. The Arrowhead Regional Development Commission is your partner in achieving these goals.



***Richard J. Brenner  
Chair, 2006-2008***



**PLEASE TAKE MORE THAN A FEW MINUTES ...**

to read through this report. I am sure you will be impressed by the breadth of programs and projects that ARDC is managing. But if you look beyond the plans, programs, and projects you will find a web of community leaders guiding our work.

The Metropolitan Interstate Council meets monthly to engage our staff in the issues of metropolitan growth and coordination among the cities and townships of the Duluth-Superior area. The Arrowhead Area Agency on Aging Advisory Committee examines trends and articulates the needs of our older population throughout the region. Our Regional Planning Division works through community boards and advisory committees in virtually every project it undertakes. And the America's Byways Resource Center has recently established a national advisory committee to provide guidance and advocacy for its national mission.

The point to all of this is: the Arrowhead Regional Development Commission is *not* a "stand-alone" entity. ARDC programs and projects reflect *your priorities, needs, and values*. We strongly believe in the inter- and intra- community dialogue that guides our work and gives a regional voice to the Arrowhead Region.

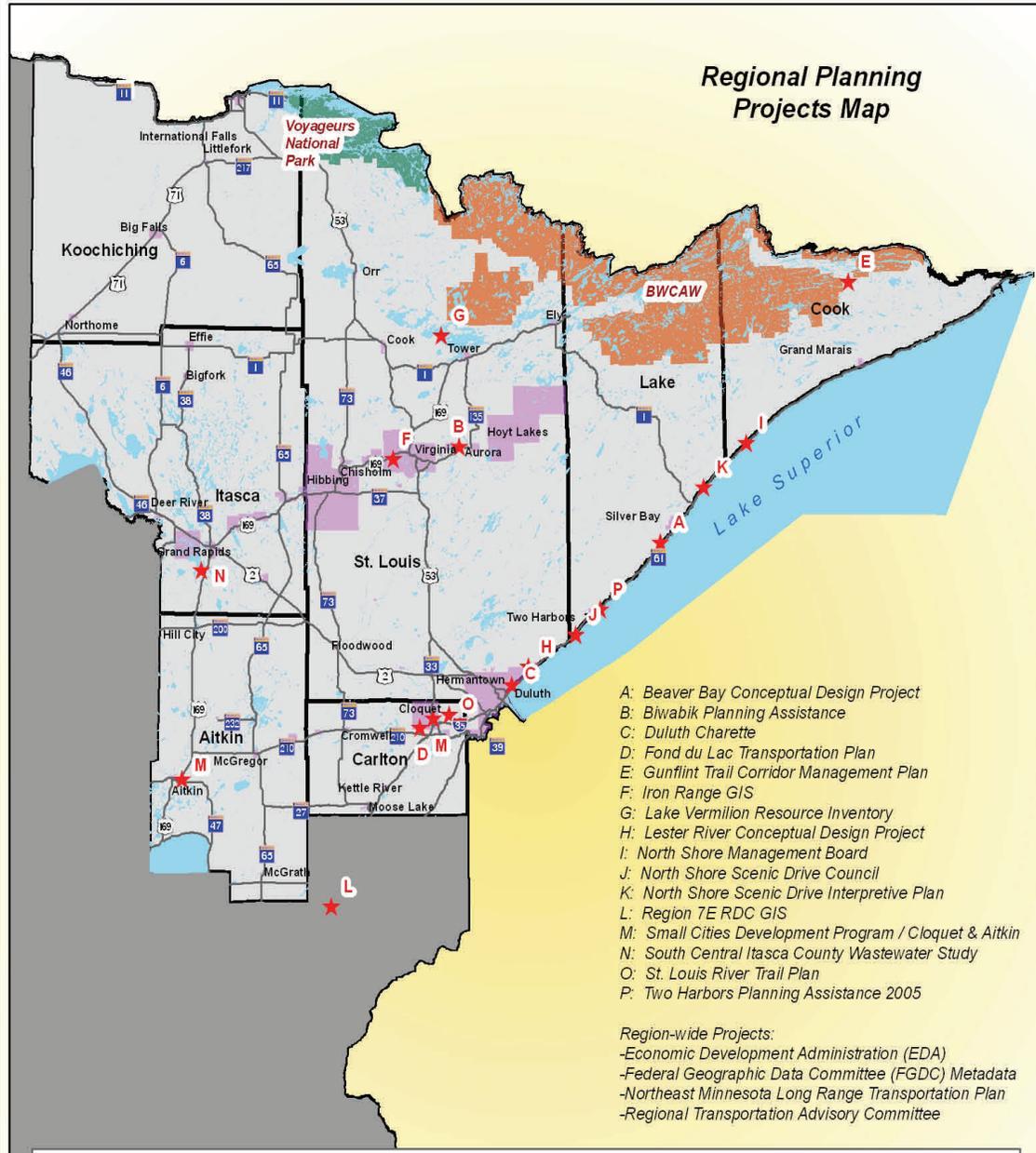
Our voice is being heard. Catherine Sampson, Director of the Arrowhead Area Agency on Aging was a delegate to the President's Conference on Aging in Washington, D.C. Staff from the Metropolitan Interstate Council provided presentations to several national groups on the growth dynamics of the Duluth-Superior area. Andy Hubley, Director of Regional Planning, participated with leaders from the Voyageurs National Park, Koochiching County and the City of International Falls in a Gateway Planning Seminar in Shepherdstown, West Virginia. Our America's Byways® Resource Center completed another successful National Scenic Byways Conference in Cleveland last fall.

None of the work reflected in this report is possible without the support of regional leaders on our Commission and Board and the various advisory committees noted above. Countless hours of volunteer time are reflected in the programs and projects listed in this report. We must also thank those state and federal agency representatives whose professional efforts on behalf of this region make them valued partners in regional development.

Respectfully,

**John R. Chell**  
Executive Director

## Regional Planning Projects Map

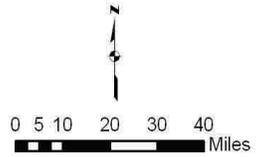


- A: Beaver Bay Conceptual Design Project
- B: Biwabik Planning Assistance
- C: Duluth Charette
- D: Fond du Lac Transportation Plan
- E: Gunflint Trail Corridor Management Plan
- F: Iron Range GIS
- G: Lake Vermilion Resource Inventory
- H: Lester River Conceptual Design Project
- I: North Shore Management Board
- J: North Shore Scenic Drive Council
- K: North Shore Scenic Drive Interpretive Plan
- L: Region 7E RDC GIS
- M: Small Cities Development Program / Cloquet & Aitkin
- N: South Central Itasca County Wastewater Study
- O: St. Louis River Trail Plan
- P: Two Harbors Planning Assistance 2005

- Region-wide Projects:*
- Economic Development Administration (EDA)
  - Federal Geographic Data Committee (FGDC) Metadata
  - Northeast Minnesota Long Range Transportation Plan
  - Regional Transportation Advisory Committee

**Map Features**

- ★ 2005 Projects
- Trunk Highways
- Municipalities
- Lakes
- ▭ County Boundaries
- Voyageurs National Park
- BWCAW



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ARDC's Regional Planning Division provides transportation and community planning expertise to the towns, cities, counties, and government agencies of Northeast Minnesota. Regional Planning's programs include two planning grants for communities, a Planner-on-Retainer service, comprehensive planning, ordinance development, Small Cities Development Program administration, and intergovernmental coordination. The Regional Planning Division is the Arrowhead Region's leader for Active Transportation Planning, a series of programs with the goal of creating better bicycle and pedestrian environments that will lead to safer and healthier communities. The Regional Planning Division also provides the Region with Geographic Information Systems services and organizational strategic planning.

### **Beaver Bay** **Conceptual Design Project**



set of plans for the Beaver Bay area and a trailhead facility for the Gitchi-Gami Trail. It involved several community meetings. Funding will be sought to implement the design work.

### **REGIONAL PLANNING**

- ◆ Beaver Bay Conceptual Design Project
- ◆ Biwabik Planning Assistance
- ◆ Duluth Charette
- ◆ EDA
- ◆ FGDC Metadata
- ◆ Fond du Lac Transportation Plan
- ◆ Gunflint Trail Corridor Management Plan
- ◆ Iron Range GIS
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- ◆ North Shore Management Board
- ◆ North Shore Scenic Drive Council
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- ◆ Northeast Minnesota Long-Range Transportation Plan
- ◆ Region 7E RDC GIS
- ◆ Regional Transportation Advisory Committee
- ◆ Small Cities Development Program
- ◆ South Central Itasca County Wastewater Study
- ◆ St. Louis River Trail Plan
- ◆ Two Harbors Planning Assistance 2005
  
- ◆ *Ongoing Projects in 2006*

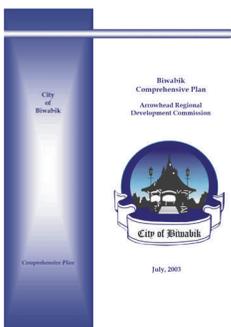
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ARDC received a grant from the Lake Superior Coastal Program to create a set of conceptual design drawings for Beaver Bay. This design project began in October 2004 and was completed in April 2005.

The process assisted in developing a

## **Biwabik Planning Assistance**

ARDC expanded its *Planner on Retainer Program* to Biwabik during the summer of 2005. ARDC's work in Biwabik includes drafting a comprehensive plan



amendment and new zoning regulations to face the opportunities and challenges brought on by the annexation of Giants Ridge Golf and Ski Resort and considerable acreages of land surrounding Wynne and Sabin Lakes.

## **Duluth Charette**

A Charrette is a community-wide design process in which members of the public are invited to meet with designers, planners and other specialists and are encouraged to participate in workshop sessions and shape opinions and ideas for future development and refinement of their community.

In June/July of 2005, ARDC assisted the Charrette with logistics, coordination and staff support, organizing and ensuring broad citizen and stakeholder involvement and input.



## **Economic Development**

### **Administration**

ARDC received its normal EDA Planning Grant in 2005 and an additional 20 percent supplemental grant. ARDC uses this grant to fund a variety of projects and complete important work in its role as the federally designated Economic Development District. ARDC has assisted several communities and regional projects in 2005 with in-kind grants funded with EDA money. Other work included updating the regional Comprehensive Economic Development Strategy and continuing to administer JOBZ in the Arrowhead Region.

### **FGDC Metadata**

ARDC was a successful co-recipient of a grant, along with the Land Management Information Center (LMIC), from the Federal Geographic Data Committee. The grant is utilized for the development of geospatial metadata and providing training to other organizations on the metadata standards. ARDC and LMIC worked cooperatively to train and provide technical metadata assistance to four other rural RDO's in Minnesota.



### **Fond du Lac Transportation Plan**

In July of 2005 ARDC completed a long-range transportation plan for the Fond du Lac Reservation. The plan examined the current and future status of all modes of transportation on the Reservation. Two issues that were of importance to the Reservation; pedestrian and road connections to new housing developments and bus services were given special attention.



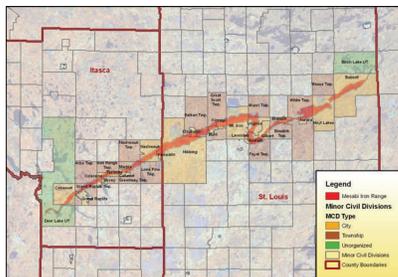
## Gunflint Trail Corridor Management Plan

ARDC completed the Gunflint Trail Corridor Management Plan in June 2005. The purpose of this project was to complete a Corridor Management Plan (CMP) for the Gunflint Trail State Scenic Byway. The CMP made recommendations for enhancing visitors' experiences while preserving the intrinsic qualities of the route.

This plan was developed in accordance with the Federal Highway Administration's National Scenic Byway Program guidelines. A community driven planning process was conducted to create the CMP and to establish a foundation for its implementation.



## Iron Range GIS



Beginning in April 2005, staff from ARDC inventoried the existing status of GIS technology in the communities of the Mesabi Iron Range. The findings show that only two communities, Hibbing and Grand Rapids, are using GIS to any extent. Many of these communities would benefit from GIS for their own planning and for cooperative planning through the Laurentian Vision Partnership. A process has begun to inform cities of the benefits of GIS and to develop a conceptual framework and definition for functional requirements of an internet-based GIS collaborative network on the Mesabi Range.

## Lake Vermilion Resource Inventory

ARDC coordinated a natural resources inventory for Lake Vermilion to assist the DNR and St. Louis County with habitat and land use planning. The inventory utilized citizen volunteers that delineated the locations of aquatic vegetation and lake bottom substrates on maps provided to them. The maps were then returned to ARDC for input to GIS formats.



DNR staff have been utilizing the information for permitting issues as well as muskie assessments. There has been interest on the part of the DNR and the Minnesota Lakes Association (MN Waters) to see if this type of project could be replicated on other Minnesota Lakes.



**Lester River**  
**Conceptual Design Project**

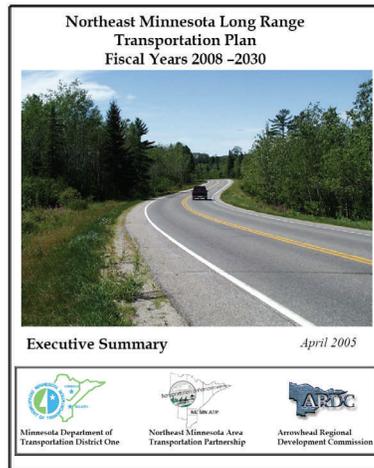
ARDC and the NSSD Council completed the Lester River conceptual design project in March 2005. After a year of community meetings the plan is now ready to be implemented.

Immediate improvements along this stretch of byway will include better access and amenities to Brighton Beach and Lake Superior. Other phases of the project include extending the Lakewalk to Brighton Beach, a visitors center, highway improvements, and improved accesses along the corridor.

ARDC worked closely with the University of Minnesota in developing this project.

**Northeast Minnesota**  
**Long-Range Transportation Plan**

ARDC worked closely with Mn/DOT District One in developing the Northeast Minnesota Long Range Transportation Plan. The plan helps sets priorities and funding guidelines for the region’s Trunk Highway System from 2008 through 2030. During this time the main focus of Mn/ DOT’s efforts will be on system



preservation. Unlike past long range plans the current edition looks beyond the Trunk Highway System to transit, freight, bicycle trail, and other forms of transportation.

**THE NORTH SHORE SCENIC DRIVE**  
**All-American Road**



Center for  
 CHANGING LANDSCAPES  
 UNIVERSITY  
 OF MINNESOTA

The Center For Changing Landscapes  
 College of Architecture and Landscape Architecture  
 College of Natural Resources

**North Shore**  
**Scenic Drive Interpretive Plan**

ARDC and the NSSD Council completed the NSSD Interpretive Plan in April 2005. This project is one of the largest projects the NSSD Council has completed to date. It encompasses the entire 156-mile drive. The plan provides guidelines to pursue several projects along the NSSD. Implementation of the plan has already begun with grant applications submitted for signage and way-finding.

## **Region 7E RDC GIS**

ARDC entered into an agreement with Region 7E, East Central RDC, to provide GIS Mapping Services after the ECRDC was forced to eliminate their GIS



Specialist Position. ARDC provided GIS services for several ECRDC projects, including Hazard Mitigation plans for three counties, Aging Services maps and analysis, FGDC metadata documentation for a number of ECRDC data holdings as well as miscellaneous mapping and data projects as needed

## **South Central Itasca County Wastewater Study**

ARDC assisted the South Central Itasca County Intergovernmental Planning Board with an examination into the options available to the area for increased wastewater management. The study document outlines the areas of highest septic density, recommended action steps, and public input. The next steps of the process are occurring in the spring of 2006.



## **Small Cities Development Program**

The City of Cloquet was awarded Small Cities Development Program Phase II funding in the amount of \$986,900 in 2004 to make improvements to commercial, owner-occupied and rental properties located within a prescribed area. The City of Aitkin was awarded \$902,600 in Small Cities Development Program funds in 2003 to make improvements to commercial, owner-occupied and rental properties in a targeted area of Aitkin.

ARDC promotes and markets the SCDP to property owners in the targeted areas on behalf of the MN DEED and the Cities of Cloquet and Aitkin. Our staff oversees and administers grant monies, provides financial, contract and records management and ensures compliance with federal, state and local requirements.

## **St. Louis River Trail Plan**

ARDC completed the St. Louis River Trail Plan in June 2005. The St. Louis River Trail Plan outlines the general alignment for a proposed trail connection between the City of Cloquet and the Willard Munger State Trail.

The plan also describes opportunities for trailhead facilities, interpretive sites, and recreational amenities. This plan is intended to be used as a tool for guiding the development of the first phases of the project and outlining a strategy for longer-term phases of the project. ARDC has also assisted Carlton County in obtaining \$1.2 million in federal enhancement dollars towards trail construction.



## **Two Harbors**

### **Planning Assistance 2005**

In addition to performing daily city planning functions for the City of Two Harbors, ARDC helped guide the City through a number of large planning projects in 2005. Under ARDC leadership the City adopted the Two Harbors Trail System Plan and was the recipient of nearly \$900,000 from the federal transportation bill for planning and construction of the trails envisioned in the plan.

ARDC also led the City Planning Commission through a comprehensive planning process that helped the City define its future vision for its Downtown Waterfront area. ARDC also helped the City complete a planned unit development agreement that will result in development of 18 single family homes and 28 town homes and developed a recently adopted park preserve ordinance that will preserve green space in the City.

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### **Ongoing Projects in 2006**

- ◆ *Regional Bike Connections Plan*

ARDC received \$81,000 of LCMR funding in June 2005 to complete the Arrowhead Regional Bike Trail Connections Plan. The project is being completed in two phases. Phase I (currently ongoing) will be a guide to long-term trail investments in the Arrowhead Region by recommending trail connections to communities and tourist facilities.
- ◆ *City of Biwabik*

ARDC will continue to assist Biwabik with regular planning duties as they arise and work with the planning commission as needed.
- ◆ *North Shore Management Board*

ARDC continued to assist the North Shore Management Board in 2005. The Board is currently working to implement the North Shore Management Plan Update by meeting with local entities to assist them with ordinance updates. The North Shore Management Board is also leading an examination of septic and sewer issues on the shore as part of the North Shore Wastewater Cooperative Study being conducted by ARDC.
- ◆ *North Shore Scenic Drive Council*

ARDC Staffs the North Shore Scenic Drive (NSSD) Council. The Council membership consists of residents, business owners, government officials, and tourism representatives along the Byway. The Council operates on a \$25,000 seed grant from the Federal Highways Administration. The mission of the NSSD Council is to cooperatively enhance the economic benefit of travel along Lake Superior's North Shore and improve the quality of the route, while preserving its cultural, social, and natural integrity.
- ◆ *Regional Transportation Advisory Committee*

As a sub-committee of ARDC, RTAC advises staff regarding transportation planning processes. The committee has members representing each county, MNDOT, transit systems, airports, regional rail authorities, reservations, chambers of commerce and others. It provides a forum for comprehensive and cooperative planning and leadership in the improvement of transportation in Northeast Minnesota.



## Duluth-Superior Metropolitan Interstate Council (MIC)

*Guiding the Future of Transportation  
for the Twin Ports Area*

### What is the MIC?

The MIC is the designated Metropolitan Planning Organization (MPO) for the Duluth-Superior area. MPOs were created by the federal government to ensure that infrastructure



investments are analyzed from a metropolitan-wide perspective. MPOs provide a comprehensive, cooperative, inter-agency transportation planning process for population areas over 50,000.

The Duluth-Superior MIC was created under a joint agreement between the Arrowhead Regional Development Commission (ARDC) in Minnesota and the Northwest Regional Planning Commission (NWRPC) in Wisconsin.

### METROPOLITAN INTERSTATE COUNCIL

- ◆ What is the MIC?
- ◆ History
- ◆ Council Structure
- ◆ From "Committee" to "Council"
- ◆ Harbor Planning/HTAC
- ◆ Recent Plans and Studies
- ◆ MIC Area Long Range Transportation Plan (2005)
- ◆ Safe Routes to School in Superior (2005)
- ◆ Duluth-Superior Port Land Use Plan (2005)
- ◆ Duluth Urban Area Growth Impact Study (2004)
  
- ◆ *Future Planning Efforts*

### History

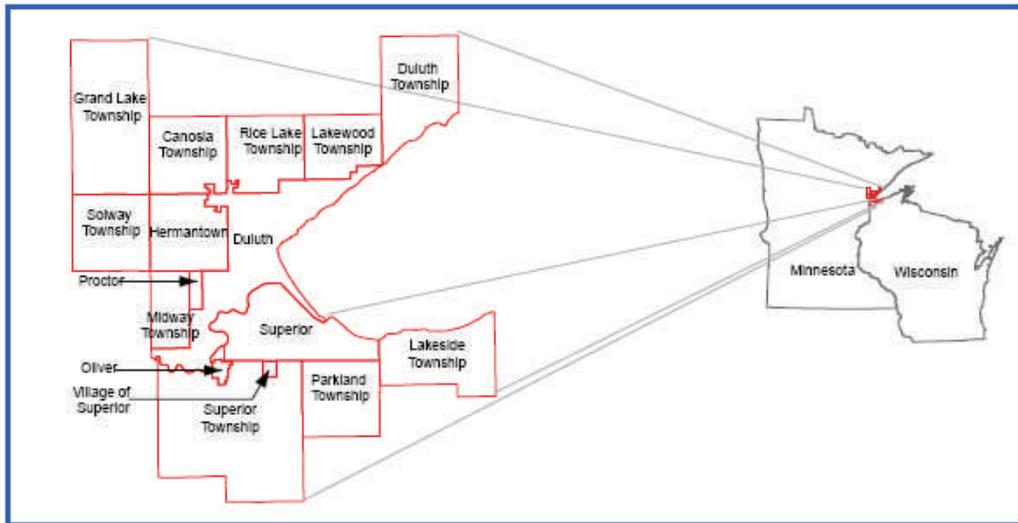
Under the Intermodal Surface Transportation Efficiency Act (ISTEA) of 1991, the Transportation Equity Act for the 21st Century (TEA-21) of 1996 and current federal SAFETEA-LU legislation, MPOs were given greater authority to fund and implement transportation projects in urban areas.



Each MPO funds an annual set of approved projects through its Long Range Transportation Plan and Transportation Improvement Program. MPOs also emphasize public participation in the development of these projects and programs.

## MIC Planning Area

The MIC provides leadership and technical support to all local jurisdictions within the metropolitan area, as shown:



## Council Structure

The Metropolitan Interstate Council Policy Board is comprised of elected officials and other representatives from local units of government. MIC membership is divided equally between the two states, with nine voting members each from the Duluth and Superior urbanized areas.

<b><i>Minnesota (9 votes)</i></b>	<b><i>Wisconsin (9 votes)</i></b>
4 City of Duluth representatives (1 citizen, 2 city councilors, 1 DTA Board member)	4 City of Superior representatives (1 citizen, 3 city councilors)
1 City of Hermantown representative (elected official)	4 Douglas County representatives (4 county board supervisors)
1 City of Proctor representative (elected official)	1 representative from the suburban villages and townships
3 St. Louis County representatives (1 county board member, 2 suburban township elected officials)	

## From “Committee” to “Council”

The MIC is now officially a *Council*. In July 2004, the ARDC and NWRPC Boards approved the name ‘Duluth-Superior Metropolitan Interstate Council’ as a way to better communicate the MIC’s planning authority for this area. Other changes to the name were considered by the MIC Policy Board, such as adding the word “planning” and/or dropping the word “interstate” to more accurately describe the MIC’s role and mission.

However, it was ultimately decided that it was valuable to preserve the **MIC** acronym, which after 28 years has good name recognition throughout the region. This name change is consistent with the MIC’s history—we began as the Head of the Lakes Council of Governments (HOTLCOG) when the Duluth-Superior Metropolitan Planning Organization was created in the 1970’s.



The Policy Board also agreed that the section of the bylaws, which describes the MIC’s focus should be broadened from “transportation” to “infrastructure” planning to better reflect current and anticipated projects such as the Duluth Urbanized Area Growth Impact Study and the Duluth and Superior Port Land Use Plans.

The MIC is increasingly involved in efforts to examine how growth impacts can be managed to protect taxpayers, help local governments plan for public facilities, and identify where growth should occur.



## Harbor Planning / HTAC



The Harbor Technical Advisory Committee (HTAC) is an active group of port stakeholders that advises the Metropolitan Interstate Council on harbor related issues. The HTAC, which originated in the late 1970s, meets quarterly and is unique in that it brings together interested parties from local, state and federal agencies along with citizen, environmental and industry representatives.

During a recent bylaws and membership review, MIC staff contacted a number of other Great Lakes and port-area MPOs to see if they had a similar organization serving this type of function. The overwhelming response was that no similar local group exists with a diverse representation that meets regularly to discuss common port and harbor issues.



The HTAC also forms ad-hoc subcommittees to address specialized issues such as dredging, modeling, hydrographic and weather information, and Great Lakes port advocacy.

## Recent Plans & Studies

The MIC provides a forum for issues of regional significance. General activities include neighborhood and corridor studies, regional impact studies, and involvement in harbor, transit and statewide planning initiatives. 2004 and 2005 saw the completion of a couple of major projects.

### Safe Routes to School in Superior (2005)

Of particular note was the Safe Routes to School (SR2S) Plan for Superior, WI, which was completed in January and provided the planning foundation for the City to be awarded (\$480,000) in SR2S implementation funds from the new SAFETEA-LU transportation bill.



Safe Routes to School projects identify key routes to school and propose measures to make them

more pedestrian and bicycle friendly.

This plan focused on six elementary and middle schools in the City of Superior with extensive input from a study advisory committee representing the School Board; City Council, Planning, Engineering and Police departments, the Douglas County Board and school Parent-Teacher Associations.

The Superior plan also laid the groundwork for a similar planning effort, begun in August 2005, for the Duluth School District.

## MIC-Area

### Long Range Transportation Plan (2005)

*Access and Mobility for People and Freight 2030* is the update of our Long Range Transportation Plan for the Duluth-Superior metropolitan area, offering planning initiatives and policy directives for all modes of transportation including air, bicycle, pedestrian, rail, roads, transit and waterways through the year 2030.

This plan provides tools and strategies for the area's jurisdictions to work cooperatively to provide a well-maintained, integrated and accessible transportation system that efficiently moves people and goods.



An important feature of this plan was a full update of the transportation model (TP+/Cube), which integrated Census 2000 data to more accurately establish a base level of service and forecasts 2030 traffic volume for area roadways.



One of three billboards co-sponsored by the MIC to raise public awareness about the importance of pedestrian safety in school zones



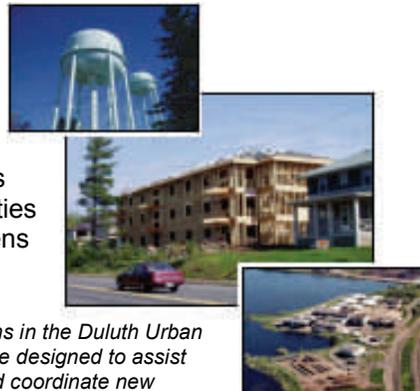
*The Duluth-Superior Port Land Use Plan provides guidance for future land use decisions to be made with consistency and continuity for both ports, recognizing that although the working waterfront is located in two states, it functions as a single harbor.*

## **Duluth - Superior Port Land Use Plan (2005)**

This comprehensive port development plan is the centerpiece of the HTAC's planning function. Developed over the course of three years, with extensive input from stakeholders on both sides of the bridge, the plan provides each City with a guide for future port land uses. It applies Geographic Information System (GIS) data to model land use suitability and presents future land use maps for both study areas.

## **Duluth Urban Area Growth Impact Study (2004)**

This plan examines how growth impacts can be managed to protect taxpayers, help local governments plan for public facilities, identify when and where facilities are needed, distribute facility costs according to burdens imposed and benefits received, and protect local and regional economic bases.



*Policies and recommendations in the Duluth Urban Area Growth Impact Study are designed to assist local communities to plan and coordinate new development and utility extensions.*

## **Future Planning Efforts**



*The MIC is working with the City of Duluth to identify possible on- and off-street routes to extend the popular Munger Trail from its current terminus at 59<sup>th</sup> Avenue West into the Canal Park area.*

A number of plans and studies are currently underway that will continue into 2006. We are working with the City of Duluth in determining an alignment for the extension of the Munger Trail into Canal Park and with the City of Proctor on its Master Trail Plan.

The new federal transportation bill, SAFETEA-LU, has new requirements concerning expanded consultation with area stakeholders, coordinating public transit services for the elderly and disabled, and other federal planning factors that will need to be amended into the Long Range Transportation Plan by July 1, 2007 in order to maintain a viable plan.



The **Arrowhead Area Agency on Aging** (AAAA) administers the Older Americans

Act (OAA) for the Arrowhead Region. OAA core services help people live at home by providing meals, respite for caregivers, chore service, transportation, caregiver support and legal services.

The *core functions* of the Arrowhead Area Agency on Aging are:

- ⇒ *Planning* for the development of comprehensive, community-based services for older persons,
- ⇒ *Interacting* with public and private organizations to increase *coordination*,
- ⇒ *Advocating* on behalf of older persons and coordinating and supporting efforts of other advocates, and
- ⇒ *Providing information* on available services, programs and policies that affect older persons.

## AREA AGENCY ON AGING

- ◆ Introduction
- ◆ 2005 Highlights-Medicare Part D
- ◆ 2005 White House Conference on Aging
- ◆ Aging Issues Study Trip to China
- ◆ In 2005, the AAAA...
- ◆ Caring for the Caregiver
- ◆ ElderCare Development (EDP) Partnership ion Services
- ◆ Faith Based Support
- ◆ Nutrition
- ◆ The Bundled Services Project
- ◆ Supportive Services and Health Promotion
- ◆ *Working Together* - Alzheimer's Demonstration Project
  
- ◆ *Challenges, Changes and Trends for 2006*

## Advisory Committee

The work of the AAAA is guided by a 16-member Advisory Committee - a group of citizen leaders developing policy and supporting services to help shape the future and improve the quality of life for older persons in the Arrowhead Region. Members of the committee are:

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| • Mary Andrews, St. Louis County  | • Jean Johnson, St. Louis County    |
| • Lowell Bartell, Aitkin County   | • Walt Mianowski, Cook County       |
| • Sharon Bloomquist, Cook County  | • Grace Miller, St. Louis County    |
| • Cheryl Blue, St. Louis County   | • Julie Myhre, Carlton County       |
| • Darlene Collins, Itasca County  | • Paula Stoddard, St. Louis County  |
| • Dennis Henkel, Lake County      | • Lance Sundquist, St. Louis County |
| • Bunny Husten, St. Louis County  | • Allen Willman, St. Louis County   |
| • Alice Johnson, St. Louis County | • Sherry Wold, Koochiching County   |

## 2005 Highlights

### Medicare Part D

Medicare's new prescription drug benefit was finally launched and the initial open enrollment period began November 15, 2005.

Open enrollment created a crush of calls to the Senior Linkage Line™. Average monthly call volume in July, August and September in 2005 was 285 calls. In October, the call volume rose to 998 calls; 1,697 calls in November and 2,342 calls in December.

Though staffing was not significantly increased to meet this demand as financial resources were simply not available, all AAA staff and volunteers were mobilized to meet the demand for this service and information about this new benefit and enrollment assistance.



### 2005 White House Conference on Aging

AAA Division Director, Catherine Sampson, was named as a delegate to the 2005 White House Conference on Aging by Minnesota 8<sup>th</sup> District Congressman James Oberstar. The conference was held in Washington, D. C. from December 10-14 and was the fifth in history. Its purpose is to make recommendations to the President and Coress to help guide national aging policies for the next ten years and beyond.

The 2005 conference focus was on the aging of today and tomorrow, including 78 million baby boomers. Tracks for delegate discussion were organized under

- 1) Planning Along the Lifespan
- 2) The Workplace of the Future
- 3) Our Community
- 4) Health and Long Term Living,
- 5) Civic and Social Engagement
- 6) Technology and Innovation in an Emerging Senior/Boomer Marketplace

### Aging Issues Study Trip to China

Thirty-three professionals in the field of aging from around the United States joined together in November 2005 - including AAA Division Director, Catherine Sampson - at the invitation of the American Society on Aging to participate in an aging issues study trip to China.



Aging of societies is a *global* phenomenon. China is a country of 1.3 billion people and an unprecedented rate of current economic growth. China's long history, complex social and political revolutions and its aging population are yet to be fully understood.



In the United States, we are challenged with the aging of our population as 77 million baby boomers come of age by 2010, while China's number of elders will outnumber the **total** U.S. population of all ages.

## In 2005, the Arrowhead Area Agency on Aging:

- ◆ Funded eight agencies to provide over **12,000 hours of respite care** to 112 caregivers.

These programs train volunteers or workers to serve as substitute caregivers, allowing the primary family caregiver to have a much-needed break. Funding came from Title III-E of the Older Americans Act

- ◆ Funded eight agencies to provide **1,300 group and individual education and counseling sessions** attended by 898 caregivers.

Group education topics included medication, stress and fall management, the basics of Parkinson's and Alzheimer's disease, how to make your life easier with assistive devices, to name a few. Four "caregiver consultants" were funded under this category to provide advice and guidance to caregivers on a one to one basis. Funding came from Title III-E of the Older Americans Act

- ◆ Launched a new campaign called "**Making the Link**".

Aimed at encouraging medical clinic staff to have a heightened awareness of the family caregivers in their medical practices and to refer their patients who are caregivers to local caregiver support programs. With financial support from the Northland Foundation, the AAAA provided referrals pads, posters, brochures and other educational materials to **52 clinic sites** in the region.

## Caring for the Caregiver

The Area Agency on Aging continued to promote programs and activities that sustain the important work of families who are caring for elderly loved ones with chronic, disabling health conditions. An estimated 31,000 households in the Arrowhead region are involved in unpaid family caregiving. While this work can be a rewarding labor of love, it can also be exhausting and even health threatening for those providing intense levels of care.



***"Support for family caregivers is not just nice, it has enormous economic ramifications".***

***"Each percentage point drop in family caregiving means an additional \$30 million that the public sector must bear."***

***January 2005 Report to MN Legislature  
"Financing Long Term Care: Options for MN"***

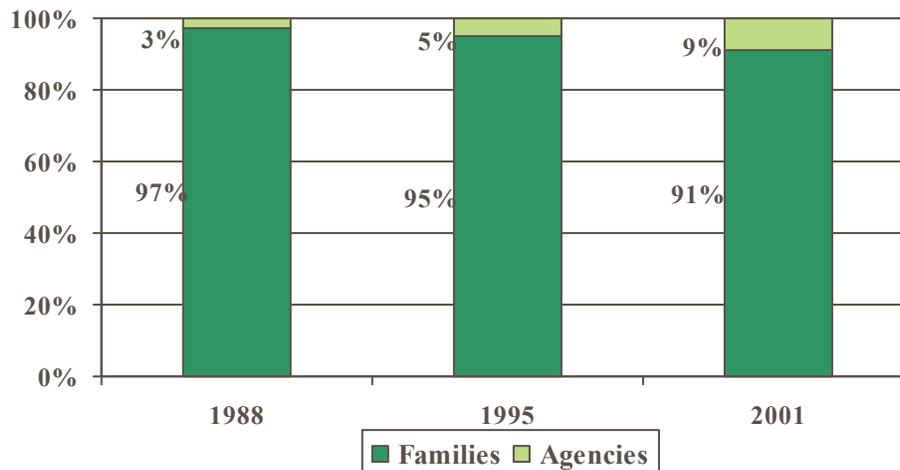
## ElderCare Development Partnership (EDP)

The Arrowhead Area Agency on Aging has partnered with county human service agencies and non-profit aging service providers in the Arrowhead Region on Senior's Agenda for Independent Living (SAIL) and ElderCare Development Partnership (EDP) projects for the past eight years. Funding was received in 2005 to:

- ⇒ expand outreach to and **partnerships with faith based organizations** to increase their capacity to support older adults (both their own members and others residing in the community);
- ⇒ **increase the use of technology (telehealth)** in underserved regions; and
- ⇒ **coordinate and expand transportation options** and other informal services supporting older adults.

EDP staff also provided technical assistance to applicants from the region seeking consumer support/service development grant funding from DHS. During 2005 assistance was provided to **13 applicants**. Ten **projects were funded and received a total of \$861,432** in 2005. For the period 1/1/2005 -12/31/05, **these projects served 1907 individuals**.

Who provides long-term care to Minnesota's elderly in the community?



Source: MN Dept. of Human Services

## **Faith Based Support**

The fundamental work of the Area Agency on Aging in 2005 with faith communities in the arrowhead region was to find out who they are, their general size, who the staff is and what denominations they are. After entering and verifying the data into a database, networking was able to begin.

Visiting with various groups of pastors has spurred interest in training and program development. The database information has allowed us to effectively get important information out to churches regarding issues for the seniors in their congregations. Continued database development, increased networking, program development, regular training and education will be work components in 2006.

- ◆ **Four hundred seventy (470) known faith communities** have been entered into a database with 75% of them verified.
- ◆ **Eight congregations have been formally trained to be effective visitors to the elderly.**
- ◆ **Between 30 and 40 congregations** have been educated on formal services in their given area for the seniors in their congregation.
- ◆ **Another four congregations** are beginning to develop programs for older adults in their church with technical assistance from the Arrowhead Area Agency on Aging.

## **Nutrition Services**

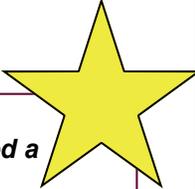
Three providers were awarded contracts in 2005 to provide meals in congregate settings and to homebound individuals.

Participants also receive nutrition education and other support services.

Meal services improve the nutrition status of older persons and reduce isolation- two important factors in helping maintain people in their homes.



*(Continued on page 23)*



***The Bundled Services project and AEOA received a Star Award from the National Association of Nutrition and Aging Service Providers at their annual conference held in Washington D.C.***

(Continued from page 22)

Through a collaborative effort between AEOA, Aitkin County Health and Human Services and AAA Eldercare Development Partnership program, a bundled services rural delivery program was developed to maximize the delivery of meals in a temperature controlled delivery vehicle. Along with a supply of nutritious frozen meals, seniors may arrange for the delivery of groceries, library materials, and drug store items.



The Bundled Services Model is being expanded in two other locations in the region. One program will use the delivery truck and the other is a volunteer based model.

- ◆ The City of Duluth's Park and Recreation department provided **73,338 meals in congregate settings to 1,067 seniors in the Duluth area.**
- ◆ St. Louis County's Public Health and Human Services Department delivered **38,313 meals to 214 homebound individuals living in southern St Louis County.**
- ◆ The Arrowhead Economic Opportunity Agency served **175,918 meals to 2,706 older persons in the Arrowhead region** in congregate settings in 2005. **124,402 meals were served to 965 homebound seniors in the region as well.**

"86% of older Americans have chronic conditions for which nutrition intervention have been shown to improve both health and quality of life."

Institute of Medicine 2000  
*Dietary Reference Intakes: Applications  
in Dietary Assessment*

## **Supportive Services and Health Promotion**

In 2005, the Arrowhead Area Agency funded 12 programs for a variety of supportive services including assisted transportation, chore service, grocery delivery, respite, telephone reassurance, visiting and ramp construction. The AAA also funded the mandated Senior LinkAge Line™ information and assistance program and the Senior Citizens Law Project.

These services help seniors throughout the region to maintain their independence to the greatest degree possible in the least restrictive environment. Two health

(Continued on page 24)

(Continued from page 23)

promotion projects were funded in 2005. The medication management program and the Fond du Lac elder exercise program provided service to nearly 700 people.

- The medication management project provided individual and group sessions to determine safe medication use, drug interactions and compliance.
- The elder exercise program provided a comprehensive exercise and health-screening program to Indian elders in Duluth through the Center for American Indian Resources.

**Title III Supportive Service projects provided over 26, 000 units of service to over 7,000 older adults in the Arrowhead Region.**

## Working Together

### Alzheimer's Demonstration Project

The Arrowhead Area Agency on Aging continued in 2005 to participate in a state-wide project aimed at enhancing the delivery of care to people suffering from memory loss and their families.

"*Minnesota Working Together*" is designed to ease barriers to accessing coordinated community care and medical services. It is the project goal, using a "no wrong door approach", that no matter where a person with memory loss or their family caregivers access services:

- ♦ Possible *memory loss* will be identified
- ♦ An *initial memory loss assessment* will be conducted by a medical provider in cooperation with community partners
- ♦ *Care management* will be provided that insures ongoing support that is customized to fit local resources.
- ♦ *Training and support* that allows the development of the skills and knowledge to provide the best care possible will be offered.

## Working Together continued

Under this program, in northeast Minnesota in 2006, over **160 community service providers received training** on the basics of dementia and dementia identification tools, over **350 memory loss informational packets** were provided to clinics and agencies to be distributed to individuals and families dealing with memory loss and **56 hours of care consultation** were provided to 72 individuals.

Minnesota's Alzheimer's Demonstration project is sponsored by the Minnesota Board on Aging and funded in part through the Administration on Aging's Alzheimer's Disease Grants to States. The Alzheimer's Association Minnesota North Dakota Chapter is also a key partner in the program.

### **Challenges, Changes and Trends for 2006**

We continue to confront changing demographics, increase in caregivers, the need for retirement and long term care planning, worker shortages, advances in the use of technology, an aging workforce and the increase of relatives, including grandparents, raising children. The AAA response has been and will continue to be

- To provide a vision of possibilities for services
- To provide services that “prevent” further decline or the need for more costly services
- To provide a collective voice from the region
- To develop and strengthen relations with providers and other partners
- To focus efforts toward what works
- To create high standards for services



### **Message from the Director**

#### **Michelle Johnson**

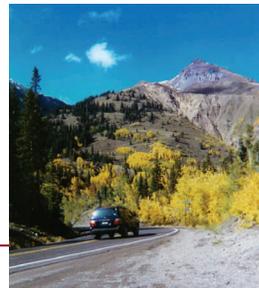
I'm pleased to report that 2005 was another successful year for the America's Byways® Resource Center. From a scenic conservation workshop demonstration in the spring, to a designation event in Washington, D.C., a national conference in Cleveland, and reauthorization in the fall, to serving 45 new byways or designations, it was a busy year, too!

We are looking forward to even more success in 2006, with new and exciting projects, partnerships and initiatives. Take a look at some of our major accomplishments in 2005, and explore some projects further by clicking on the links provided. As always, you can read about Resource Center happenings on the [www.bywaysonline.org](http://www.bywaysonline.org) home page, or you can e-mail me at [mjohnson@byways.org](mailto:mjohnson@byways.org).

### **AMERICA'S BYWAYS®**

### **RESOURCE CENTER**

- ◆ Message from the Director
- ◆ Introduction to Byways
- ◆ America's Byways® Resource Center
- ◆ Scenic Conservation Workshop
- ◆ Legislation
- ◆ U.S. Cultural & Heritage Tourism Summit
- ◆ 2005 Designation Event
- ◆ 2005 National Scenic Byways Conference
- ◆ Tele-Workshops and Fact Sheets
- ◆ Publications
  
- ◆ *2006 Plans and Projects*



### **Introduction to Byways**

The National Scenic Byways Program was established under the Intermodal Surface Transportation Efficiency Act of 1991. Under the Program, the U.S.



Secretary of Transportation recognizes certain roads as National Scenic Byways or All-American Roads based on their archaeological, cultural, historic, natural, recreational and scenic qualities. There are 126 such designated Byways in 44 States. The Federal Highway Administration promotes the collection as America's Byways®.

For information about the National Scenic Byways Program, visit [www.bywaysonline.org](http://www.bywaysonline.org). Byway information for the traveler is available at [www.byways.org](http://www.byways.org).

**America's Byways®**  
**Resource Center**



The America's Byways® Resource Center works to build successful National Scenic Byways through positive, proactive, hands-on assistance in planning, preserving, promoting and managing scenic byways.

Resource Center staff have expertise in the following areas:

- ⇒ Organizing leadership, volunteers and support
- ⇒ Developing organizational structures
- ⇒ Writing effective marketing and promotional plans
- ⇒ Seeking funding sources
- ⇒ Developing effective interpretive services to share a byway's story
- ⇒ Protecting intrinsic qualities and balancing growth

The Resource Center, established in 1999, is a joint venture of the Federal Highway Administration and the Arrowhead Regional Development Commission.

For more information about Resource Center staff, services and products, please visit <http://www.bywaysonline.org/center/>.



**Scenic Conservation Workshop**

America's Byways® Resource Center and Scenic America, which collaborated on the recent publication *Conserving Our Treasured Places: Managing Visual Quality on Scenic Byways*, conducted a scenic conservation demonstration workshop in May for the Northwest Passage Scenic Byway in Idaho.

The two-day workshop guided the group through the process of creating a scenic conservation plan for their byway by illustrating the process outlined in the publication.



## **Legislation**

On August 10, 2005, President George W. Bush signed the Safe, Accountable, Flexible, and Efficient Transportation Equity Act – A Legacy for Users (SAFETEA-LU), authorizing a total of \$175 million for technical assistance and grants to States and Indian tribes. The legislation reads as follows:

“The Center provides technical support and conducts educational activities for National Scenic Byways, All-American Roads, and America’s Byways®. Funds are available to provide proactive, technical and on-site assistance that includes training, communications, publications, conferences, meetings, and other appropriate assistance to local officials and organizations associated with the byways program. Funding provided by authorizations of \$1.5 M for FY 2005 and \$3 M for each FY 2006 – 2009. Funds are available until expended, and subject to the overall Federal-aid obligation limitation. Federal share is 100 percent. Funds are not transferable.”

## **2005 Designation Event**

The U.S. Secretary of Transportation announced 45 new designations for 2005, and the America’s Byways® Resource Center planned a two-day Designation Event in Washington, D.C., September 22-23. Day one consisted of informational sessions and one-on-one meetings between staff and new byway representatives, and the celebration took place on day two with a designation ceremony at the Columbus Club at Union Station. The Union Station event was attended by approximately 180 people, including byway delegations, government officials and Congressional representatives.



## **U.S. Cultural & Heritage Tourism Summit**

Michelle Johnson participated as an advisory committee member for the U.S. Cultural & Heritage Tourism Summit in Washington, D.C. in October. The event, presented by the U.S. Department of Commerce/Tourism Industries and the President’s Committee on the Arts and the Humanities, was designed to re-engage leaders in the travel, cultural and heritage sectors in developing new partnerships and strategies. The Resource Center also sponsored the Summit. New ideas and marketing opportunities were published in a white paper on Cultural & Heritage Tourism. The position paper can be downloaded at [http://www.uscht.com/WHCult.Tour\\_White-Paper.pdf](http://www.uscht.com/WHCult.Tour_White-Paper.pdf).

## **2005 National Scenic Byways Conference**



The 2005 National Scenic Byways Conference in Cleveland, Ohio, October 16-19, was a gathering of more than 400 people representing America's Byways®, State scenic byways, tourism and transportation officials, Federal Highway Administration division office staff, Federal land management agency staff, university faculty, and other agencies, organizations and consultants. Classroom-style educational sessions were offered on the topics of organizations, funding, visitor experience and corridor management. Attendees traveled by motor coach for day-long applied learning (mobile) workshops along Ohio byways. Buses toured various sites along the way where attendees could see the concepts in action.

Workshop presentations, the conference program and a special conference edition of *Vistas* are available for download at <http://www.bywaysonline.org/center/events/conferences/2005Cleveland/>.



## **Tele-Workshops and Fact Sheets**

The Resource Center invites Byway Leaders and State Scenic Byway Coordinators to participate in bimonthly workshops via telephone. Each Tele-Workshop focuses on a current topic of interest to the byway community and features one or more experts on the topic. Following the Tele-Workshop, the Resource Center produces a fact sheet that summarizes the call, provides biographical and contact information on the special guests and lists additional resources related to the topic.

View fact sheets from past Tele-Workshops at [http://www.bywaysonline.org/center/events/teleworkshops/reports.html?id=37253&label=Fact%20Sheets&display\\_mode=detail](http://www.bywaysonline.org/center/events/teleworkshops/reports.html?id=37253&label=Fact%20Sheets&display_mode=detail).

## **Publications    *Vistas***



The Resource Center publishes the bimonthly *Vistas* newsletter, containing news, training and resources of interest to the byway community. Six regular issues and a special issue were published in 2005. The newsletter is mailed to approximately 4,100 people, and additional copies are available upon request.

Current and past issues of *Vistas* are available for download at <http://www.bywaysonline.org/center/publications/vistas/>.



## **2006 Plans and Projects**

The year 2006 is shaping up to be one of the Resource Center's busiest yet. Here are a few projects in progress:

- ◆ Designing an awards program in partnership with the American Association of State Highway and Transportation Officials (AASHTO)
- ◆ Creating a Resource Center Advisory Committee
- ◆ Planning a State Coordinator and FHWA Division Contact Training Workshop
- ◆ Offering three-day training workshops in two regional locations
- ◆ Planning and designing educational sessions for the 2007 National Scenic Byways Conference
- ◆ Developing a new America's Byways® Resource Center Web site
- ◆ Publishing the bimonthly *Vistas* newsletter
- ◆ Offering bimonthly Tele-Workshops
- ◆ Selecting a site for the 2009 National Scenic Byways Conference

### **List of America's Byways®**

For a complete list of America's Byways®, please visit <http://www.byways.org/browse/byways/>.

**Summary of Revenues, Expenditures and Changes**  
**in Fund Balances - Unaudited**  
**Year Ended December 31, 2005**

	General Fund	Revolving Loan Fund	Grants & Contracts	Total
<b>Revenues</b>				
Tax Levy	\$ 433,643	\$ -	\$ -	\$ 433,643
Grants & Contracts	-	-	5,993,234	5,993,234
Program Income	-	300,664	-	300,664
Interest Earned	6,554	-	-	6,554
Miscellaneous	7,916	-	-	7,916
<b>Total Revenue</b>	<b>\$ 448,113</b>	<b>\$ 300,664</b>	<b>\$ 5,993,234</b>	<b>\$ 6,742,011</b>
<b>Expenditures</b>	<b>\$ 204,403</b>	<b>\$ 241,267</b>	<b>\$ 6,222,743</b>	<b>\$ 6,668,413</b>
<b>Revenue Expenditures Over/ (Under)</b>	<b>\$ 243,710</b>	<b>\$ 59,397</b>	<b>\$ (229,509)</b>	<b>\$ 73,598</b>
<b>Other Financing Sources (Uses)-Local Match</b>	<b>\$ (229,509)</b>	<b>-</b>	<b>\$ 229,509</b>	
<b>Revenue and Other Sources Over/(Under) Expenditures and Other Uses</b>	<b>\$ 14,201</b>	<b>\$ 59,397</b>	<b>-</b>	<b>\$ 73,598</b>
<b>Fund Balance 1/1/2005</b>	<b>\$ 382,012</b>	<b>\$ 497,228</b>	<b>-</b>	<b>\$ 879,240</b>
<b>Fund Balance 12/31/2005</b>	<b>\$ 396,213</b>	<b>\$ 556,625</b>	<b>-</b>	<b>\$ 952,838</b>

**ARDC Revolving Loan Fund**  
**Loans Approved and Disbursed in 2005**

The ARDC Revolving Loan Fund is a product of our federal designation as the region's Economic Development District. The revolving loan fund is managed by the Northspan Group and is available to start-up or expanding businesses. Two loans were disbursed in 2005.

*Barnes Care*                      \$100,000  
*MN Star Technologies*      \$100,000

**BOARD OF DIRECTORS**  
**2006-2008**

Chair-Dick Brenner  
Vice Chair—Clair Nelson  
Treasurer—Allen Rasmussen  
Secretary—Peg Sweeney

Member	Native American Tribal Council	Jason Hollinday
Member	At Large	Walt Mianowski
Member	At Large	Margaret Sherman
Member	At Large	Rev. Bogdan Zjalic
Member	County Commissioner	Robert Fenwick
Member	County Commissioner	Reggie Lee
Member	County Commissioner	Catherine McLynn
Member	County Commissioner	Wade Pavleck
Member	County Commissioner	Steve Raukar
Member	Advisory Committees	Earl Elde
Member	Advisory Committees	Dennis Henkel

**Commission Members 2006**

Native American Tribal Council

Jason Hollinday – *Fond du Lac Reservation*  
Vacant – *Grand Portage Reservation*  
Vacant – *Bois Forte Reservation*

At Large

Wayne Dupuis  
Walt Mianowski  
Merle Peterson  
Stephen Peterson, Sr.  
Allen Rasmussen  
Margaret Sherman  
Tom Wagner  
Rev. Bogdan Zjalic

County Commissioners

Dick Brenner – *Carlton*  
Robert Fenwick – *Cook*  
Reggie Lee - *Aitkin*  
Catherine McLynn - *Itasca*  
Clair Nelson - *Lake*

*(Continued on page 33)*

## Commission Members 2006

(Continued from page 32)

### County Commissioners

Wade Pavleck – *Koochiching*  
Steve Raukar – *St. Louis*  
Peg Sweeney – *St. Louis*

### Advisory Committees

Dennis Henkel – *Advisory Committee on Aging*  
Earl Elde – *Metropolitan Interstate Council*  
Catherine McLynn – *Regional Transportation  
Advisory Committee*

### School Boards

Phillip Powers – *ISD #99*  
Jim Knapp - *Hermantown School District #700*

### Communities over 10,000

Frank Bigelow – *Hibbing* – *St. Louis County*  
David Bjerkness - *Cloquet* – *Carlton County*  
Carolyn Gentilini – *Virginia* – *St. Louis County*  
Jim Stauber – *Duluth* – *St. Louis County*

### Communities under 10,000

Jerry Anderson – *Littlefork* – *Koochiching Cty*  
Charles Carlson – *Aurora* – *St. Louis County*  
Bruce Christensen – *Hill City* – *Aitkin County*  
Jon Jacoby – *Two Harbors* – *Lake County*  
David Lotti – *Marble* – *Itasca County*  
Dennis Randelin - *Carlton* – *Carlton County*  
Mark Sandbo – *Grand Marais* – *Cook County*

### Township Officials

Kevin Adee – *Koochiching County*  
Clayton Kauppila – *Blackhoof* – *Carlton County*  
Steven Kniefel – *Fayal* – *St. Louis County*  
John Lind – *Silver Creek* – *Lake County*  
Vernon Terry – *Logan* – *Aitkin County*  
Vacant – *Cook County*  
Vacant – *Itasca County*

**ARDC Staff**  
**2006**

**Executive Director**  
John Chell

**Area Agency on Aging**

*Catherine Sampson-Director*  
*Margaret Bisek-Planner*  
*Marjori Bottila-Program Coordinator*  
*Barb Caskey-Senior Planner*  
*Cindy Conkins-Planner*  
*Kara Edwards-Division Secretary*  
*Mary Hellman-Program Coordinator*

*Barb Highland-Program Coordinator*  
*Deb Laine-Program Coordinator*  
*Tricia Martin-Program Coordinator*  
*Bob Preston-Program Coordinator*  
*Sara Prosen-Associate Planner*  
*Karen Tveit-Program Coordinator*  
*Linda Vokes-Planner*

**America's Byways® Resource Center**

*Michelle Johnson-Director*  
*Jeannine Buck-Admin. Assistant*  
*Chel Ethun-Byways Resource Specialist*  
*Henry Hanka-Special Projects Manager*  
*Leah Kohlts-Events & Communications Manager*  
*Susan Koschak-Byways Resource Specialist*  
*Curt Pianalto-Byways Resource Specialist*  
*Jeff Plunkett-Technology Coordinator*

**Operations**

*Ron Nelson-Finance Director*  
*David Camp—Intern*  
*Crissy Eggert-Assistant Accountant*  
*Josh Halvorson-IS Technician*  
*Liz Sarabia-Support Specialist*

**Human Resources**

*Mary Zanoni-Manager*

**Metropolitan Interstate Council**

*Ron Chicka-Director*  
*Holly Butcher-Senior Planner*  
*Nick DeJulio-Intern*  
*Andrea Diamond-GIS Specialist*  
*James Gittemeier-Planner*  
*Andy McDonald-Principal Planner*  
*Rondi Watson-Division Secretary*

**Regional Planning**

*Andy Hubley-Director*  
*Bryan Anderson-Senior Planner*  
*Leah Berg-Division Secretary*  
*Josh Bergstad-Associate Planner*  
*Matt Gress-Intern*  
*Joan Hunn-Senior Planner*  
*Debi Shaff-Program Coordinator*  
*Dave Yapel-Senior GIS Specialist*