

**Carlton County
Administrator/HR Office**

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County-wide newsletter brought to you by the County Administrator's Office

Issue 02 July / August / September 2025

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Scholarship Program

***Employee
Service Awards***

Amy Olesen - Recorder's Office
10 Years

Becky Haass - Zoning Office
10 Years

Casey Johnson - PHHS
10 Years

Rebecca Hudson - PHHS
10 Years

Samantha Aman - Sheriff's Office
10 Years

Janessa Novak - PHHS
20 Years

Jason Warnygora - Sheriff's
Office
20 Years

Jason Wilmes - Sheriff's Office
20 Years

Kim Hedquist - PHHS
30 Years

Zoning Applications Now Online

Carlton County Zoning Office successfully secured grant dollars from the State through One Watershed One Plan to purchase a web-based permitting and application submittal system that allows you to apply and pay for licenses and permits applications all online with 24/7 access. This system allows our office to process permits and zoning approvals consistently, efficiently, and transparently, with a step-by-step process that is user-friendly and gives the applicant consistent communication throughout the process.

GeoPermits offers the following services:

- o Apply for zoning approvals (zoning permits, septic permits, and addresses)
- o All zoning applications are planned to go online by the end of 2025
- o Submit drawings, pictures, and other documents that correspond with the application
- o Pay for the applicable fees
- o Confirm parcel information through automated data entry (autofill)
- o 24/7 access to zoning applications and the ability to review and edit applications

To access GeoPermits, you must set up an initial account via your email. Once the account is registered, you will be able to apply for zoning permits, contractor licenses, and zoning approvals, as well as pay online, now and in the future. You will also be able to review your account to track completed applications and permits, payments, license updates and renewals, and any other transaction made through the system. This online service provides applicants with expedient and efficient service, which can be conducted from any location with internet access!

Employee Assistance Program

MCIT's Employee Assistance Program Partner Changes Its Name

Your mental health and well-being matter. That's why we offer the Employee Assistance Program. It provides support to you and your family for a range of challenges that may affect your personal or professional life.

The MCIT Employee Assistance Program (EAP) is a risk management tool designed to help employees of MCIT members identify and resolve challenges that may affect their personal life or performance at work. It is a voluntary program that can assist employees, their spouse and dependents with difficult personal issues through access to qualified counselors.

Our EAP partner, Sand Creek, recently announced that it is now doing business as AllOne Health, the name of its parent company. Access to services continue to be available through the same phone number, 800.550.6248, and website, SandCreekEAP.com. Availability of services also continue without interruption.

This voluntary program provides short-term, no-cost counseling services for: relationships, work-related concerns, family issues, stress, depression, anxiety, financial concerns, loss and grief, substance use, career concerns, and other personal concerns.

Review the [brochure](#) to learn more about the Employee Assistance Program and how it may be able to support you and your family.

**2025 Carlton County
Board of Commissioners**



Sarah Plante
Buhs
Member
218.576.3989

District 1
Sarah.PlanteBuhs@carltoncountymn.gov



Marv Bodie
Chairperson
218.879.2085

District 2
Marv.Bodie@carltoncountymn.gov



Thomas Proulx
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218.348.4288

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Susan Zmyslony
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218.380.2170

District 4
Susan.Zmyslony@carltoncountymn.gov



Dan Reed
Member
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District 5
Dan.Reed@carltoncountymn.gov

*Board meetings are held at the Transportation Building on the 2nd Tuesday of every month at 8:30 a.m. and the 4th Monday of every month at 4:00 p.m.

Veteran's Corner - Did You Know

The Department of Veterans Affairs today announced it will improve Veterans' access to health care by extending the length of new VA community care authorizations to one year for 30 standardized types of care.

The change means Veterans referred by VA to community care for eligible standardized types of care will receive 12 full months of uninterrupted treatment at VA expense before having to obtain a VA reauthorization.

Veterans will benefit from uninterrupted access to essential specialty services, allowing them to focus more on their health and less on navigating administrative requirements. Community providers will be empowered to manage care with fewer administrative barriers and greater flexibility.

Prior to the change announced today, some VA community care specialty referrals were reevaluated every 90 to 180 days, increasing the likelihood of interrupted or delayed care.

"No Veteran should have their health care disrupted by red tape," said VA Secretary Doug Collins. "This change means better continuity of care, which leads to better health outcomes. It also improves convenience for Veterans and cuts administrative work for VA staff and community care partners."

With today's announcement, VA is now offering year-long community care authorizations for the following standardized types of care:

- Cardiology
- Dermatology
- Endocrinology
- Neurology and Otology
- Otolaryngology or ENT
- Gastroenterology
- Urogynecology
- Addiction Psychiatry Outpatient
- Family & Couples Psychotherapy Outpatient
- Mental Health Outpatient
- Nephrology
- Neurology
- Nutrition Intervention Services
- Oncology and Hematology
- Neuro-Ophthalmology
- Oculoplastic
- Eye Care Examination
- Optometry Routine
- Orthopedic Hand
- Orthopedic General
- Orthopedic Spine
- Pain Management
- Podiatry
- Podiatry DS
- Addiction Medicine Outpatient
- Pulmonary
- Physical Medicine & Rehabilitation (Physiatry)
- Rheumatology
- Sleep Medicine
- Urology

Veterans are encouraged to contact their local VA Medical Center Community Care Office for questions to see how these new updates may affect their care.

Public Health In Action

Heart-to-Heart Nurse Home Visiting Program

Heart-to-Heart Nurse Home Visiting Program

Pregnancy can be a time of great excitement and anticipation—but for some mothers, it also comes with medical challenges that require extra care. One of the most common and potentially serious conditions is prenatal hypertension, or high blood pressure during pregnancy. Left untreated, this condition can lead to complications such as preeclampsia, preterm birth, or low birth weight. Fortunately, there's a successful intervention to help keep moms and babies safe: Heart-to-Heart home visits from Public Health Nurses.

The Heart-to-Heart program was developed in 2023 in St. Louis County Public Health. Seeing the need within our community, we worked together to expand funding through the MDH to Carlton County. Our strong partnerships with the Community Health Board, along with Aspirus—St. Lukes and Essentia Health, and local health departments have made this a successful addition to our home visiting services.



What is Prenatal Hypertension?

Prenatal hypertension is high blood pressure that develops during pregnancy. Hypertensive disorders in pregnancy (HDPs) including pregnancy-associated hypertension are the leading causes of pregnancy-related death in the United States. A Pregnancy Risk Assessment Monitoring System (PRAMS) self-report study completed from 2016-2021 found a prevalence of 1 in 8 women in Minnesota experience hypertension during pregnancy. Whereas, in the United States, it occurs at a rate of about 1 in 12 to 17 pregnancies.



How Public Health Nurses are Making a Difference

Once enrolled, a pregnant mom will receive home visits where a nurse will help to:

- Teach self-monitoring techniques and provide an accurate, well-fitting blood pressure cuff
- Suggest lifestyle changes
- Monitor blood pressure regularly
- Assess for warning signs of complications
- Support medication adherence
- Coordinate with OB providers and care team
- Connect families with community resources
- Support during the critical postpartum months

Why Nurse Home Visits Work

Research shows that this type of nurse home visiting can reduce hospital visits and improve pregnancy and birth outcomes. By developing trusted, long-term relationships, nurses empower mothers to take control of their health in a safe, familiar setting.

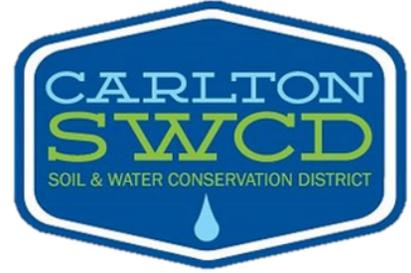
One local mom shared, “My nurse helps me to stay on top of my blood pressure. I would be so overwhelmed without her support. She reassures me and helps me take better care of myself, and my baby.”

Heart-to-Heart home visits are so valuable and critical to first-time moms, those in rural areas like ours, and moms with other health conditions. With continued grant funding and public health advocacy, we are hoping to reach the families in Carlton County that most need this support.

Your Conservation Partners - Carlton Soil and Water Conservation District

By Jenny Sherren, Conservation Technician

Carlton County leaders and residents take pride in their diverse landscape, which supports agriculture, forestry, wildlife, residential living, outdoor recreation, and beautiful lakes, wetlands, and streams. This variety presents unique challenges in balancing how we use the land with the conservation of these cherished natural resources. How the land is managed and maintained can leave a powerful impact on future generations. Luckily, Carlton County residents and leaders aren't alone in their efforts. Carlton Soil and Water Conservation District (SWCD) has a mission to partner with land stewards of all kinds to protect, enhance, and restore Carlton County's natural resources.



The Carlton SWCD was established in 1961 as a subdivision of the state government, created under state law, to carry out conservation programs at the local level. A board of five supervisors, elected at the general election, leads the district in policy and funding decisions. The supervisors also serve on watershed planning committees with SWCD staff across Carlton's four major watersheds. SWCD staff, with professional backgrounds in conservation, work with private landowners, farmers, schools, churches, cities, municipalities, and other land stewards, offering free technical assistance to protect, enhance, and restore natural resources.

Our conservation professionals at the SWCD offer a wide range of technical expertise. For those cultivating crops, produce, hay, and/or livestock, we can provide guidance on improving soil health, reducing erosion, and maintaining water quality while benefiting day-to-day operations. This includes specifics on no-till perennial pasture and hay plantings, heavy-use protection areas, cover crops, roof runoff management structures, fencing for rotational grazing, comprehensive nutrient management plans, stream crossings, and watering pipelines for livestock.

We can also assist in conserving other land uses. We can provide lakeshore and streambank owners with expertise in shoreline restoration and erosion management that will safeguard water quality. For those with a forest on their property, we help with woodland stewardship plans, outlining how to conserve your forest based on your specific goals and objectives. For residential areas, we provide guidance on increasing pollinator habitat, stormwater management, invasive species treatment and removal, and much more. This list goes on and on! Generally, if you have a conservation question, we're here to help!

In many circumstances, we can provide financial support for practices that address a resource concern. Common resource concerns include soil health degradation (including erosion), water quality, and vegetation. Funding sources for cost-share and SWCD operations include Carlton County, the Board of Water and Soil Resources, Clean Water Funds, One Watershed One Plan, Federal grants, and other grants that the SWCD applies for regularly. These funding sources have specific requirements for cost share. But leave that to us! In general, Carlton SWCD may help reimburse up to 75% of the costs associated with implementing conservation practices that address a resource concern.

The Carlton Soil and Water Conservation District is dedicated to conserving natural resources. Contact us or visit our website to discover how we can assist you in conserving the land you care for. We look forward to hearing from you!

Carlton Soil and Water Conservation District
808 3rd St, Carlton, MN 55718
218-384-3891
contact@carltonswcd.org
www.carltonswcd.org



Annual Native Plant Kit & Seed Mix Sale



Forestry Site Visit and Project Planning



Native Pollinator Raingarden at Carlton Fairgrounds

Carlton County Committee's

Building Committee -
Monthly - 2nd Wednesday at 1:00 p.m.
(Government Services Building -GSB)

Committee of the Whole -
Monthly - 1st Tuesday at 4:00 p.m.
(TB)

Diversity Committee -
Monthly - 4th Tuesday at 9:00 a.m.
(PH&HS)

Finance Committee -
Monthly - 1st Tuesday at 2:30 p.m.
(TB)

IT Committee -
Monthly - 3rd Wednesday at 8:30 a.m.
(GSB)

Management Team -
Monthly - 1st Tuesday at 8:30 a.m.
(GSB)

Safety Committee
Quarterly
(PHHS)

Wellness Committee -
Monthly - 2nd Wednesday at 8:30 a.m.
(Varies)

CARLTON COUNTY
MINNESOTA

Are you interested in submitting an article in the next Carlton County Newsletter? Email or mail your articles and pictures by the December 19, 2025 deadline to:

Shanny Hurst
Carlton County Administrator's Office
1307 Cloquet Avenue, Suite #1
Cloquet, MN 55720
shanny.hurst@carltoncountymn.gov

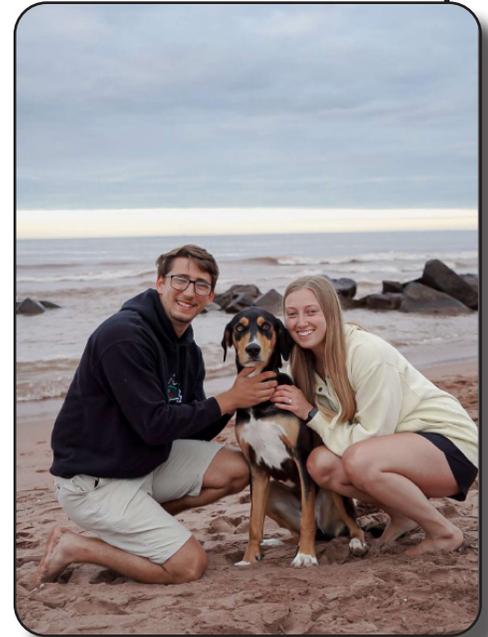
*Please note that all submissions are subject to editing, as needed.

Let's Get Acquainted With a Carlton County Family Home Visiting Nurse

Hello all, my name is Emma McCann! I recently joined the Family Home Visiting team as a nurse in June. I am so excited to be working with moms, babies, and families both prenatally and during the postpartum period. Supporting and promoting holistic health care to families throughout one of life's most pivotal times is so rewarding. Prior to this position I was a med/surg nurse at Essentia, and before that I was a part of the Behavioral Health Float Pool working on both the adult and child/adolescent units.

I currently live in Duluth, am newly engaged, and have a year-old rescue pup named Timber that I just adopted back in May! In my free time I love to be outdoors camping, hiking, or reading a book in a hammock. I also enjoy crocheting during football season and will take all the naps I can get. My favorite color is yellow, and I love all things pasta and bread!

I continue day after day to be so rewarded by this beautiful career of nursing, and I am so thankful for all the ups and downs it brings. I am looking forward to pursuing this career in yet another brand-new way through the lens of public health and family home visiting!



Minnesota Sheriff's Association Scholarship Program

Sheriff Kelly Lake announced the commencement of the Law Enforcement Scholarship Program for 2025. The MSA Board of Directors has established a scholarship fund for the awarding of up to 18 - \$2,000 scholarships for this year. These scholarships are due to the coordinated efforts of the 87 elected Sheriffs of the State of Minnesota.

The MSA gives special recognition to the financial needs of students attending the peace officer skills course or one of the two or four-year law enforcement degree programs around the state. "The MSA Board of Directors acknowledges the current challenges in recruiting and greatly appreciates the individuals who decide to serve others through a career in law enforcement. This is one way that we can support that honorable decision," said Executive Director James Stuart.

"This remains a noble profession and offering these scholarships is another way that we can promote the profession and support those who wish to serve and protect in our communities." said Sheriff Kelly Lake, Carlton County Sheriff.

The MSA Scholarship Committee, in making its selection of awards, intends to achieve representation from all geographical areas of the state. The scholarship deadline is November 28, 2025. Awards will be announced by December 30th of the same year. Application forms and a statement of procedures are available at the Carlton County Sheriff's office or online at www.mnsheriffs.org. Scholarships are only available to students currently enrolled in one of the following three categories:

1. Mandated POST Skills Program
2. In their second year of a two-year law enforcement program.
3. In their third or fourth year of a four-year college criminal justice program.

To qualify, students must have completed at least one year of the two-year program or two years of a four-year program.

"This institution is an equal opportunity provider and employer."