

**Network Minutes**

**Thursday November 8, 2018 Ramada Silver Bridge- 5:45 pm**

**Present:** Rob Hutchins Chair, Denise Williams Co Chair, Cindy Lise Regional Facilitator, Rhoda Taylor, Denise McKinlay, Valorie Masuda, John Elzinga, Sheila Service, Vicki Holman, Christy Wood, Chris Hall, Arlene Robinson, Leslie Welin, Rosalie Sawrie, Amanda Marchand, Stacy Middlemiss

**Regrets:** David Robertson, Alice Gelpke, Jodie McDonald, Aimee Sherwood, Gretchen Hartley, Gus Williams, Addie Williams, Michelle Staples, Faye Gilbert, Alistair MacGregor, Jane Hope, Melaina Patenaude, Bob Day, Jessica Curtis, James Tousignant, Jan Tatlock, Jane Osborne, Linda Roseneck, Tara McCaffery, Diane Pope, Kate Marsh, Robin Routledge, Anita McLeod, Pam Alcorn, Lynn Weaver, Laurie Beverley, Douglas Hardie, Terri Mattin

**Guests:** Judy Stafford, Deb Cebula, Lorna Lawson, Laura Court, Elizabeth Croft, David Mitchell, Jennifer Lazenby, Chrissy Kemppi, Sandra Bjola

**On Leave**: Robert Calnan,

**Welcome to new members**: Rosalie Sawrie- Municipality of North Cowichan, Amanda Marchand Cowichan Caregivers Support Society, Stacy Middlemiss Canadian Mental Health Association, Christy Wood Ladysmith Resource Centre Association

* **Welcome and introductions.**
* **Adoption of Agenda Approved** Moved/second
* **Adoption of Financial Statement**

Moved/ second **Approved**

**Delegation 1 –** Our Cowichan welcomed Sandra Bjola from Island Health to provide a brief update on upcoming community engagement regarding Health and Wellness Planning in conjunction with the planning to take place regarding the building of the new Cowichan District Hospital. We are in a time where planning for the future of health care will look different in the future than it does today. The aim of the conversation is to promote the conversation of health that is broader than the services the hospital will provide. What will health care look like? Where will citizens access health care? How can we think differently about health and include community services in the conversation? Questions and comments from the members included considering opportunities to bring specialty services to our region instead of the complex and often difficult barriers individuals face to seek services outside of our region. We want to ensure that we support patients in their own communities.

**Delegation 2-** Our Cowichan welcomed Leslie Welin from Board Voice Society of BC to provide updates and activities of Board Voice. Community social benefit organizations (also known as not for profit) weave the social fabric and provide the most significant work in our communities. The organizations are run by boards who at the end of the day have the most profound impact and responsibilities for the health and wellbeing of citizens. “The buck stops with them”. There is a need for a provincial voice of the community governors who in the Cowichan Region, for example, are responsible for over 20 million dollars in programs. Boards want to be working with government and policy makers to improve decision making for social issues. The Social Policy Framework would provide a roadmap for how all government and sectors work together. It is through the social policy lens that all social ministries would use when deciding upon decisions for social issues. Leslie shared a Snapshot of local values that have been reported through numerous consultations. They include Transportation, and greater coordination between social organizations. Unique local values include: Youth engagement, clean water and environment over economic gain, supports that allow individuals to age in place, a sense of safety and the ability to pull together in times of distress and need. For more information on Board Voice you can go to [www.boardvoice.ca](http://www.boardvoice.ca)

**Spotlight Speakers- Celebration and Report Back of 2017 Small Grants**

1. **Canadian Mental Health Association- David Mitchell-** Funds from the small grant went to support the development of a senior’s residence that would house homeless seniors. The log home on the outskirts of Duncan is now the home to 5 seniors who would otherwise be homeless. The OCCHN grant helped to prepare the home to ensure it was safe to meet the needs of aging individuals. A safety audit, lighting, rails, stair treads and other safety measures were put in place. The seniors who are currently residing there are not forced to leave and can remain there for as long as they need. This home has provided dignity, safety and a home for our most vulnerable seniors. Canadian Mental Health Association is often faced with seniors who are dropped off or arrive at their door due to the inability to find affordable or adequate housing. The homeless shelter is not the best option. In addition to men there is a growing number of women who are also seniors who require the opportunity to age in a safe environment and not on the streets or shelter. Canadian Mental Health Association is currently seeking a similar kind of large home for senior women.
2. **Cowichan Valley Hospice Society-** The funds from the small grant went to support a video project that was designed to educate the Cowichan citizens about a Hospice House and the need for such a service. The video is one component of understanding of what a Hospice House is and what it can do for individuals who are facing the end of life. Plans are moving forward for the 10-bed facility to be located on the Cairnsmore Residential Care property on Cairnsmore Street. The Hospice House will meet the needs of all ages and cultures with dignity as they face the final days of life. Fundraising to date is up to 7.3 million dollars so the project is moving closer to becoming a reality.
3. **Cowichan Intercultural Society-** Growing in the Garden. The funds from the small grant went to support a special gardening project with new immigrant families from Syria. The garden brought together families and their children as they assimilated into living in the Cowichan region. The project was more than just growing a garden but included English instruction, social connections to others and the freedom of play for the children. Families were able to benefit beyond the collection of local fresh fruits and vegetables.
4. **Cowichan Neighbourhood House-** Funds from the small grant supported the Zero Food Waste program and provided fuel and transportation costs for volunteers and the collection of food from numerous Chemainus businesses such as 49th parallel, Utopia Bakery, and Russell Farms. Over 2000 lbs of food were collected each month. The food collected varied daily and was processed, preserved, stored and handed out for free to anyone who needs it. It is not a food bank but a food sharing program. Our Cowichan donated $900 and when tabulated brought in over $36,000.00 in food which is one incredible return on investment!

**Chemainus 5 km Walk and Run with proceeds going to Chemainus Neighbourhood House-** Takes place on Saturday November 10. The registration is sold out at 240 participants but a fun day in the park is open to all.

1. **Cowichan Seniors Community Foundation -**Funds from the small grant went to a pilot project that explored options for getting seniors to medical appointments in Nanaimo from Cowichan. There is currently no medical transportation options for those unable to drive to get to Nanaimo for specialist services or medical treatment. The project looked at the needs and how to do this on an ongoing basis. The outcome of the project determined that the need was greater than anyone could have imagined and that a number of clients required more than one ride or to be in Nanaimo for surgery at hours such as 6:30 am when no transportation options were possible. As an outcome of the project conversations are now underway with Island Health regarding the issue. It was also reiterated that as we develop our health and care plan and the new Cowichan District Hospital we need to consider bringing specialists and services to our citizens here at home.
2. **Growing Together Child and Parent Society-** Funds from the small grant went to a project that provided a meal, socialization, resources and take-home supplements for young parents and children over the 2-week Christmas break. Growing Together supports infants from birth to 5 years and their young parents who attend Cowichan Valley Open Learning Coop. It provided numerous wrap around services including two meals a day. Because the program is connected to the School District it closes during the Christmas break which is very difficult for young parents. The project included hosting a special meal with all children and families, take home staples including fruits and vegetables, children’s book, recipe cards, blankets, socks and teddy bear. A Cowichan elder joined in the meal celebration. The project reached all children and families and was a great success.
3. **Play Cowichan-** The small grant was used to host a special physical literacy symposium with Dr Dean Kriellaars and numerous experts in physical literacy. It covered the honorariums to bring the keynote and guest speakers to our region. The Cowichan Physical Literacy initiative is comprised of numerous community partners including health, education, local government, Our Cowichan and more. The combined efforts of the team are working to enhance physical literacy and physical activity in our region. It is through exposure, confidence and motivation that our children will be engaged in physical literacy throughout their life time further improving health outcomes over time. A question was posed regarding including children with diverse abilities. More work can be done to promote inclusion in our region. Ladysmith provides a great example of inclusive play spaces to emulate.
4. **Sundrops Child Development Centre-** The small grant was used to provide professional development for 17 of the child development specialists who provide services for children and families with disabilities or developmental delays. The opportunity for the staff to have joint training and engagement with Dr Vanessa Lapointe has a significant impact on how they work together as a team. Sundrops provides speech and language therapy, occupational therapy, physical therapy, child development services, child care resource and referral and more. Their team is grateful for the opportunity provide through the grant.
5. **Volunteer Cowichan-** The small grant was used to bring together seniors and volunteers from the Better at Home Program for a series of luncheons some with more than 70 participants. Social isolation plays a critical role in the health and wellbeing of seniors. Providing a means for seniors to come together with volunteers and peers has helped to build connections within the community. The conversations were endless and new friendships were established.

**New Business:**

* **Congratulations to Cowichan Housing Association and the community partners who worked hard to move the Housing Service Forward.** A successful referendum for a housing service was celebrated and congratulations was extended to the Cowichan Housing Association. The CVRD Board will be addressing the election results and passing a motion to approve on Wednesday November 14. There are new board members who may have varying opinions on the housing service so it continues to be important to talk to Directors about the importance of the housing service and the need for affordable housing in our region. Budget decisions will also be made by the Board in the amount of funding to be allocated to the service so ongoing support from community is important.
* **Us and Them Donations-** the January viewing of the Us and Them film brought in $1,977.35 in donations. It was determined that the donations would go to directly support individuals who were living rough or homeless and were struggling with substance use dependency. There is now a Street School that is working directly with these individuals.

It has been recommended that the funds held in trust at Our Cowichan be transferred to Canadian Mental Health Association to support the Street School program. Canadian Mental Health Association will submit an invoice and the funds will be transferred. Carried

**NEXT MEETING THURSDAY January 10, 5:45 pm Dinner served at 5:15**

Minutes taken by Cindy Lise- Meeting adjourned at 7:40 pm