



Community Network Monthly Meeting & NETWORKING

Tuesday April 11, 2017, 1:00 – 3:00 PM
Fraser Room, Maple Ridge Library

Minutes

Attendees: Kim Abram, Curtis Acton, Brenna Ayliffe, Leslie Billinton, Gail Finnsen, Wendy Fitzjohn, Petra Frederick, Candace Gordon, Peter Harnish, Dennis Hemminger, Brenda Hubbard, Leanne Koehn, Dorota Michalska, Darryl Pilgrim, Trish Salisbury, Christina Shearme, Kathryn Sim, Colene Thompson, Michelle Trent

Regrets: Roger Ekman, Roberta O'Brien

1. Welcome

2. **Agenda Approval – April 11, 2017 – adopted with 1 addition:** Presentation: *Leanne Koehn, Ridge Meadows Recycling Society, Earth Day*

3. **Adoption of March 14, 2017 Minutes – approved**

4. **Toonie Tuesday: Community Chest Week Fundraiser – \$13.35 collected**

5. **Presentation #1:** Peggy Lambert, Golden Seniors Wellness Clinic

- *Operates in the RMSS Activity Centre, Social Activity Room*
- *Open every Tuesday from 9am to 12pm*
- *A \$1 user fee is charged to ensure sustainability; fee can be waived*
- *Seniors 55+ are encouraged to drop in, meet new and old friends, have lunch; membership at RMSS **not** required*
- *One evaluator referred to the Clinic as “the jewel of Maple Ridge”*
- *Founded in 2002, by Peggy Lambert - RN, retired, in response to seniors whose basic care was “falling through the cracks”*
- *There are a series of caregivers on rotation*
 - *Dr. Hurlbert, Optometrist – first Tuesday of the month*
 - *Crystal Vision & Hearing – second Tuesday of the month*
 - *Elaine Cook, Pharmacist – third Tuesday of the month*
- *Nurses are on site every week to provide blood pressure checks, height checks (watch for osteoporosis) and basic health & wellness exams; they cannot offer treatment or prescriptions, so if concerns arise they recommend the senior see their doctor; they will call and make*



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appointments on their behalf and even drive seniors to their appointments is necessary.

- *Karen Wakita is available to provide dementia support*
- *Last year they introduced a foot clinic, and are now looking for a second nurse to support this*
- *In past years, they've had approximately 600 seniors "on the books"; that number has dropped as seniors are moving away, so they are recruiting!*
- *The Clinic is also recruiting volunteer nurses; can be retired*

6. **Presentation #2:** Leanne Koehn (Ridge Meadows Recycling Society), Earth Day

- *Earth Day celebrations are on April 22, 10am-2pm*
- *Check www.rmrecycling.org for all the details*
- *There is still time to register a booth, activity or as a performer*
- *This year's theme is "Back to Nature"*
- *There will be food trucks!*
- *Freecycle drop-off is the day before the event; there is a real magic in this program where people can pick up a book, clothing, etc for free*
- *HUB will be onsite with their Cycle Recycle, running a draw for tuned up bikes, getting people ON bikes and keeping bikes OUT of landfill*
- *Poetry and photo competition winners will be spotlighted on event day*

7. **Community Network Updates and Facilitators' Reports**

- **Community Superhero Sidekick appearances**
 - *Want to borrow the Community Superhero capes and buttons? Call or email Kathryn at 604.818.2591 or info@resourceyourcommunity.com*



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8. Roundtable

Brenda Hubbard, Triangle Community Resources

- A new 10-week session is about to begin; accepting applications until April 23
- This is a 10 week program: 6 weeks of personal development, and 4 weeks of job search support
- A free, government-funded program
- Numbers are low right now, so please refer!

Michelle Trent, Ridge Meadows Hospice

- A Child Grief Program begins May 17 – after school hours, for 6-12 year olds; play based
- The 20th Annual Vistas Run is on May 28th
- Do you know a creative youth under 19? Encourage them to join the fashion show competition! They get a \$10 gift card for the RMHS Thrift Store, and are expected to shop for and put together an outfit which they submit a photo of online (by April 21); top 3 looks will get to strut their stuff at the June 11 fashion show, in partnership with RM Seniors Society

Petra Fredrick, Parks, Recreation and Culture

- no update

Gail Finnon, Ridge Meadows Association for Community Living

- May 28th is the RMAACL Run in Osprey Village - see rmacl.org for details
 - It's a less competitive run than the Vistas Run 😊
- LAST held a very successful transition fair on April 4th 27+ service providers were on site
 - Feedback from parents was very positive
- Our community is becoming more open to inclusive hiring
- There are some great resources available on the LAST Facebook page for families and others who have people with disabilities in their lives



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Wendy Fitzjohn, Westcoast Family Centres

- All programs are by referral
- Offers Mother Goose and Nobody's Perfect
- Parenting Plus Program
 - For women in Alouette Correctional Centre, which is the designated centre for women who will give birth while incarcerated
 - The program allows moms to keep their babies with them while incarcerated
 - Also provides invaluable support to incarcerated mothers whose children are not with them, helping them understand what their children are feeling during their absence

Curtis Acton, Pitt Meadows Library

- First presenting on Sara's behalf in her absence
 - Did you know you can borrow ukuleles from the library?
 - Beginning April 30, there is a ukulele circle open to anyone, every Sunday, 2pm-4pm
- Toilet Tales is back on April 19 at 10:15am
 - this is an immensely popular program for moms in the thick of potty training
 - registration is strongly recommended
- The Cherry Blossom Festival is April 29, 2pm-4pm
- Thai Chi is on April 22
- Saturday afternoons are tax clinics – drop in or drop off!
- Dementia program on May 20
- Now for Pitt Meadows Announcements...
- Monday & Wednesday mornings are Baby Time Socials
- Saturday afternoons for Lego & Games
- There is an upcoming Self-care Series, poster to follow!
- Introducing a Conversation Circle, poster to follow!

Leanne Koehn, Ridge Meadows Recycling Society

- LAST Committee website is www.LastCommittee.org
- Transition Tuesdays Speakers Series now on. See the website for more details



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Brenna Ayliffe, Fraser Health

- Active Communities Grant – deadlines extended to May 15
- Plan H funding now available, details will be forwarded to CN via email

Dennis Hemminger – Youth Unlimited

- Supporting vulnerable youth in SD42 high schools
- In 5 of 7 local schools now, limited only by capacity
- There is no age limit, so they can foster long-term relationships with their youth into young adulthood
- The after-school community café pilot at Garibaldi has proven successful with 12-15 kids sticking around; once a week

Dorota Michalska, Public Health

- Immunization of grade 6 and 9 students in schools; please call the Health Unit if your child missed theirs
- Nurses are trained in Naloxone administration, and can provide kits to family and friends of those at risk of overdose

Kim Abram, Immigrant Services Society of BC

- Services are available to anyone who has immigrated to Canada
- Have settlement workers & a volunteer coordinator
- Offer field trips, conversation clinics, tax clinics, employment services, and language instruction

Peter Harnish, Work BC

- He connects job seekers with employers
- Approximately 900 job seekers using their services, with a range of ages and abilities
- They are planning a job fair, details to come
- Employment is on the rise right now
- A success to share: 100% of the youth who participated in a recent program found work!
- For more details: www.WorkBCMapleRidge.ca



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Darryl Pilgrim, Salvation Army

- Their temporary shelter reopened March 15
 - Opens at 8pm, guests can sleep until 10am, but must be out of the building at 1pm
- Seeing 15-17 guests per night; there's room for more
- They are seeing a few RainCity guests, but the transition is slow
- This winter they hosted 70 "extreme weather shelter" nights, vs the usual 30-ish
- They are hiring lots of new staff right now
- Tuesday and Thursday nights – community dinner; lunch is offered every other day
 - Seeing approx. 100-125 guests at each meal; max is 150
 - Seeing lots of seniors and a few families
- There are also weekly dinners at:
 - Community Church – Friday nights
 - Golden Ears United Church – Saturday nights
- Overdoes Response Team is doing effective work – overdose deaths in Maple Ridge are down
- Homeless Count numbers are out – Ridge Meadows numbers are up 48% over the last count, 3 years ago
- Camp registration is open
 - July 17-22 on the Sunshine Coast
 - \$330/week; subsidies are available
 - For 7-12 year olds
- Have received approval for two summer students
 - One will work on offering activities for residents
 - One will focus on camp registration and family services

Candace Gordon, Golden Ears FEAST

- Shared her calendar of events
- She is recruiting Community Kitchen participants

9. Correspondence – *no correspondence*



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10. Action Items

- a. Members wanting to reserve the Superhero capes and buttons will email or call Kathryn at info@resourceyourcommunity.com or 604.818.2591 with their event name, date, time and location

11. Next CN Meeting: June 13 @ 1 – 3 PM Fraser Room, Maple Ridge Library.
MARK your calendars!