



Community Network Monthly Meeting Minutes
Tuesday January 8, 2019, 1:00 – 3:00 PM
Fraser Room, Maple Ridge Library

ATTENDEES:

Aman Atwal – PLEA
Angie McLeod – Hip Strategic
Bev Schmahmann – RM Seniors Society
Carole Change – Fraser Health
Colene Thompson – Chair, CN
Don Mitchell – RM Seniors Society
Dorota Michalska – Fraser Health
Dorri Mahdariani – Fraser Health
Heather McBride – Woman Care
Jeannie Harnett – SD42
Jennifer Mallmes – End of Life Doula Assn
Kat Wahamaa – MSTH, RM CAT
Leanne Koehn – RMRS
Lisa Beare – MLA – Pitt Meadows Mission
Liza Morris – FVRL

Margaret Ikert – RMACL
Maria Perretta – RM Seniors Society
Mark Vosper – RM Hospice Society
Marlena Holynski – Westcoast Family Centres
Mason Meghji – PLEA
Petra Frederick – Parks, Rec and Culture
Rev. Roland Ziprick – St. Paul's Lutheran
Roger Ekman – MCFD / CYMH
Roy Leathem – Triangle Resources
Sharolyn Wandzura – Ears Forward Coaching
Stephanie Raposo – RMRS
Sunny Schiller – Coordinator, CN
Thyra Gillese – MLA Lisa Beare's Office
Veronica Wilson – FRANAS
Wendy Fitzjohn – Westcoast Family Centres

1. WELCOME

Chair Colene Thompson called the meeting to order at 1:08 p.m. and introductions were made.

2. TOONIE TUESDAY COMMUNITY CHEST FUNDRAISER: \$29.90

Jeannie Harnett shared how a recent Community Chest fund grant provided needed support to a family in the community.

3. AGENDA APPROVAL – January 8, 2019 – It was decided to adjust the agenda by moving the Networking Break and the Presentation up to follow Item 5.3. The agenda was then approved.

4. ADOPTION OF PREVIOUS MEETING MINUTES - November 13, 2018 – The minutes were adopted.

5. NEW AND UNFINISHED BUSINESS

5.1 Community Resource Listing Website Proposal

Sunny provided information on the proposed community resource website which will list the services of CN members. The website will be available to the general public as well as to GPs in the community. The proposal will be shared with the City of Maple Ridge Social Policy Advisory Committee on January 30 and a request will be made by the CN for funding to support the project. If approved the funding will provide additional hours to the CN Coordinator to support the setup of the website and to maintain it on an ongoing basis. CN members indicated that this type of website would be useful and that they use similar sites for other communities on a regular basis.

5.2 Social Policy Advisory Committee Overview / Report to SPAC

Sunny gave a brief overview of the role of Advisory Committees with the City of Maple Ridge. The CN has two representatives on the Social Policy Advisory Committee. CN members have the opportunity to suggest items to be shared as updates at SPAC meetings. SPAC updates will be a standing CN agenda item going forward.

5.3 ST.O.R.M. Presentation

Kat Wahamaa shared some of her experience with the opioid overdose crisis. Kat works with Moms Stop the Harm, a grass roots network of those who have lost loved ones to overdose as well as the Ridge Meadows Community Action Team / Stop Overdose Ridge Meadows group. Kat presented an update on work done by the Community Action Team / ST.O.R.M. during 2018, including hosting an event to acknowledge lives lost. Projects for 2019 include a coffee truck that will distribute free coffee and opioid information around the community, co-hosting a screening of the documentary “Painkiller: Inside the Opioid Crisis” with Cinema Politica on Jan 17 and a planning and hosting a “Partners in Resilience” conference planned for February.

6. * NETWORKING BREAK *******7. PRESENTATION: Surviving to Thriving for Non-Profits - Angie McLeod, Hip Strategic**

Angie McLeod’s presentation focused on how non-profits can shift from a scarcity to abundance mindset in their organizational culture. Angie shared some of her experiences working in the community in both the non-profit sector and as an entrepreneur and explored similarities and differences between the business and non-profit sectors. Angie highlighted some of the assumptions often made by non-profit organizations and challenged some long held beliefs. Angie encouraged attendees to consider ways to engage with the business community and to establish areas for collaboration.

8. UPDATES AND ROUNDTABLE

CN Working Table Updates - No updates.

CN Coordinator Update - Sunny reported on the Community Christmas Social hosted by the CN in December. The event came together very nicely with Colene Thompson, Jeanie Harnett, Bev Schmahmann, Tony Cotroneo, Petra Frederick, Heather Treleaven and Brenna Ayliffe helping out with event planning and setup. Elementary students from Eric Langton Elementary walked over and performed Christmas carols which was a great hit. It was agreed that this was a successful first year event and that the CN should plan to host the event again in the future.

CN Meeting Roundtable:

- St. Paul’s Lutheran Church - Pastor Ziprick shared details of dinners hosted by the church during Lent that allow individuals and organizations to share what they see happening in the community.
- MCFD / CYMH - Roger shared details of services provided by MCFD for the aboriginal community. His job is to connect youth with services in the community and he is currently accepting referrals.
- West Coast Family Centres - Wendy outlined some of the services offered by West Coast. Referrals from MCFD are required to participate.

- Fraser Health – Carole, a dietician with Fraser Health, works with community organizations including the school district and the local library to provide nutrition information. Carol has a list of low and no cost foods available in the community and welcomes information on any new programs.
- Fraser Health - Dorata is part of the Healthy Schools program which is working to develop breakfast programs for local schools and planning dialogue sessions.
- Ears Forward Coaching - Sharolyn provides therapy using animals including horses, cats and dogs.
- RMACL - Margaret explained RMACL provides services to all ages with developmental disabilities. The organization has a vibrant employment support team. A new music therapy program is just starting but has been very enthusiastic received.
- Maple Ridge Library - Liza shared new program guides which list free programs for all ages. The Winter Fun Fair is coming up in January.
- City of Maple Ridge - Petra provided info on the Choose to Move program for seniors. Information session coming up on Jan 21st.
- MLA Lisa Beare's Constituency office - Thyra explained the role of the office in the community. Staff like to do site visits at local offices.
- Kid Smart - Aman shared that the mentoring program is looking for volunteers to spend one on one time with youth in the community. The "Putting on the Glitz" program provides formal wear and support for secondary students to attend graduation and year end celebrations.
- Ridge Meadows Seniors Society - Maria explained the services and programs offered for those 55+ include a wellness clinic, meals, and social activities. The Society is working to reopen the Maple Ridge location soon.
- FRANAS - Veronica shared that FRANAS is now hosting workshops and community dinners. Open House planned for January 2019. FRANAS is open to partnerships!
- Ridge Meadows Hospice Society - Mark let the group know the Vistas Run is coming up in May and encouraged attendees to participate. The Society offers free end of life support and grief support to the community. The thrift store is currently looking for volunteers and will be holding the "Thrift Store Fashion Show" again this year.
- Triangle Resources - Roy is working to help folks turn their lives around and get work. Triangle is looking for opportunities for their clients to volunteer. They offer services to a wide range of people in the community and provide child care to those participating in the programs.
- Woman Care - Heather provided an overview of the maternity and pregnancy services provided by WomanCare in the community.
- SD42 - Jeannie is working on the Safe and Caring schools initiative.

9. CORRESPONDENCE - Nil

10. ADJOURNMENT