



Community Network Monthly Meeting Minutes
Tuesday April 9, 2019, 1:00 – 3:00 PM
Fraser Room, Maple Ridge Library

ATTENDEES:

Bee Schroeder – Salvation Army
Brenna Ayliffe – Fraser Health / CN Co-Chair
Carole Chang – Fraser Health
Colene Thompson – CN Co-Chair
Curtis Pendleton – The ACT Arts Centre
Dorata Michalska – Fraser Health
Dorri Mahdaviani – Fraser Health
Dr. Ingrid Tyler – Fraser Health
Elaine Yamamoto – CLC / HIVE
Heidi Smith – Coast Mental Health
Jennifer Mallmes – End of Life Doula Assoc.

Judith Macrae – Community Response Network
Karen Hendrickson – End of Life Doula Assoc.
Kim Dumore – RM CAT
Kristy Rogge – MRPMCS
Laura Butler – RMH Foundation
Latifa Jawansheer – ISS of BC
Lindsay Zylstra – Maple Ridge Seniors Village
Rev. Roland Ziprick – St. Paul's Lutheran Church
Sean Ince – Coast Mental Health
Sunny Schiller – CN Coordinator

1. WELCOME

Chair Colene Thompson called the meeting to order at 1:03 p.m. and introductions were made.

2. TOONIE TUESDAY COMMUNITY CHEST FUNDRAISER: \$35.10

3. AGENDA APPROVAL – April 9, 2019 – The agenda was approved.

4. ADOPTION OF PREVIOUS MEETING MINUTES – March 12, 2019 – The minutes were adopted.

5. NEW BUSINESS

5.1 Co-Chair Appointment

Colene announced the appointment of Brenna Ayliffe as CN Co-Chair. Brenna has been very active with the Community Network over the last couple of years and brings to the Network a wealth of knowledge and resources via her work as a Community Health Specialist with Fraser Health. Brenna will take over as Chair of the CN in early 2020.

6. PRESENTATIONS

6.1 End of Life Doula Association of Canada – Jennifer Mallmes and Karen Hendrickson

Jennifer explained how she came to work as an End of Life Doula and what that involves. Jennifer provided information on the Canadian Association, how the group was formed and how they have developed a training course for Douglas College. The vision of the group is to raise the standard of end of life care in Canada. Both Karen and Jennifer support individuals in planning for end of life by explaining different options and assisting with preparations. They shared the benefits of beginning this process while people are still in good health. Jennifer and Karen shared some important questions to

use as a starting point in having conversations with loved ones and provided additional resources: www2.gov.bc.ca and www.advancecareplanning.ca

6.2 Fraser Health: Local Health Data – Dr. Ingrid Tyler

Dr. Tyler, Medical Health Officer with Fraser Health, shared health data from the local community. Over 35% of the current population of Ridge Meadows is between the age of 40 – 64 years old. Dr. Tyler identified this as a great opportunity to enact preventative measures to reduce chronic diseases. Dr. Tyler shared that health care actually has a relatively small (less than 25%) influence on health and well being, with other factors playing a more impactful role. Some specific findings were shared. Food insecurity is quite high in Ridge Meadows (compared to other municipalities where Fraser Health operates). Overall social connectedness is above average, although specifically for those aged 65+ it's below average. Provincial targets have been set in three categories: consuming 5+ fruits / veggies per day, levels of physical activity and the percentage of the population that smokes. Consuming fruits and vegetables and being physically active has many health benefits. In Ridge Meadows we have an opportunity to target increased consumption of fruits and vegetables and physical activities to those aged 40 – 64 years old. This will reduce health problems in the community in the future.

Vaping and changes in parenting practices were discussed. Dr. Tyler explained that the goal of the those working in public health is to make the healthy choice the easy choice. The role of public policies on health outcomes was raised and examples of municipal policies that could be examined were shared.

Decreasing food wastage was identified as a method of improving community food security, although this doesn't necessarily benefit individuals. Adding food gardens in schools was suggested as a way to increase food knowledge and security.

7. *** NETWORKING BREAK ***

8. COMMUNITY NETWORK UPDATES

8.1 CN Working Table Updates

Community Literacy Committee / HIVE – Elaine reported a new Adult Literacy Coordinator has been hired. ESL programs are currently running in the library, as well as a drop in conversation circle for women. The Food Skills program is running at the HIVE and the HIVE MOU with the School District is being renewed.

Community Action Team: Kim shared that the Humans of Maple Ridge Gallery is offering a variety of community workshops, including a recent Naloxone training. The Stop Overdose Ridge Meadows Coffee Van is and about in the community providing free coffee and harm reduction information. The Compassion Campaign for service providers is currently underway.

Youth Planning Table: Brenna reported the Youth Planning Table is a very active and engaged group.

8.2 SPAC Update

Brenna reported the Social Policy Advisory Committee is developing a work plan for the upcoming year which will address health related topics including binge drinking.

8.3 CN Coordinator Update

Sunny reported on her activities during March:

- March Facilitators meeting
- March Community Network meeting
- Discussions and research into options for the Food Security table
- Year end reporting submitted to the City of Maple Ridge, and finalization of the CN / CMR Memorandum of Understanding, providing three years of stable funding for the CN Coordinator position, including support of the PATHWAYS project
- Planning for monthly NEWS articles for April and May
- Weekly CN newsletters and FB page maintenance
- Meeting of CN members with MLAs Beare and D'Eith to discuss provincial policies relating to social services in the community
- Planning for the April 16 presentation from the Ministry of Social Development and Poverty Reduction
- Hand over of responsibility for the PATHWAYS project from the Division of Family Practice to the CN complete
- PATHWAYS content research and plans for public PATHWAYS roll out underway
- Participation and support for two Youth Planning Group meetings – a Working Table meeting and a meeting of the larger table

9. CORRESPONDENCE - Nil

10. ADJOURNMENT – 3:05 p.m.