

Carman Wellness Connections – Board Meeting

Box 1406 Carman, Manitoba R0G 0J0

Email: carmanwellnessconnections@gmail.com

Approved Minutes of Thursday, Oct. 7, 2021 1:00 – 2:30 pm

Location: Carman Crossroads United Church

COMMON VISION: Together, creating a community where everyone has the opportunity and supports to flourish where they live, learn, work and play.

COMMON VALUES: Common values will guide our behavior, inspire our actions, and encourage conversation within every component of this community initiative.

Empowerment

Sustainability

Accessibility

Best Practice

Respect

Shared Responsibility

“Nothing about us, without us”

“It takes a village”

Present: Lisa Lehmann (Cochair), Lorna George (Treasurer), Debbie Iverson (Secretary), Susan Wepler, Wendy Durand, Rachel Siemens, Darcy Redekopp, Allison Abbott Wiebe, Cecile Affleck
Regrets: Karen Tjaden (Cochair), Terra Huston, Beth Bartley, Louise Duncan, Nancy Clearwater, Colin Hay

1. Welcome:

- Land Acknowledgment: We acknowledge with respect the history, spirituality and culture of the Anishinaabe, Cree, Ojibway, Dakota and Dene Peoples with whom Treaty One was signed and the territory where we reside. We also honour the heritage and gifts of the Metis people. Under the terms of Treaty One, we now share the responsibility of caring for the earth, sky and water where we pledge to create a sacred space of welcome where all might find a home.
- Moment of Focus – Debbie: While distributing the 211 Manitoba information to local service organization, it was shared how this information was what they were looking for to assist an individual with their life needs and they would be sure to connect individuals to it. Just a reminder that what we are doing does make a difference, and hoping we can remain energized to keep going even when we face challenges.

2. Approval of Agenda

Motion: To approve the agenda

Moved/Seconded by: Cecile Affleck /Susan Wepler

CARRIED

3. Approval of CWC – Board Meeting – Sept. 9, 2021.

Motion: To approve the minutes of Sept. 9, 2021

Moved/Seconded by: Wendy Durand /Debbie Iverson

CARRIED

4. Working Group Reports: Written Reports circulated prior to the meeting and attached to minutes.

Questions/Comments from the Board:

4.1 Supporting Emotional Health – Wraparound project to be discussed as a separate agenda item.

4.2 Communication Support Team – Facebook/Instagram accounts – recommend have one contact to upload content.

5. High Fidelity Wraparound – Information was circulated prior to the Board meeting.

- School Division already has some individuals who have taken the training and have some understanding of the program already. Would be great to work together with the School and build upon what they are already doing.

- Need to see if there are Board members, working group members or other community members who might be interested in forming a Planning committee to work on this and/or take the facilitator training.
- CWC could consider covering the cost for individuals to take the facilitator training course which is being offered in Nov/Dec. 2021 in Altona.
- Board would like more information about the training sessions to distribute out to Working Groups and Community members who they think might be interested. Lisa will check with the Community Support Phone Line volunteers to see if they might be interested

Next Steps:

- ✓ **Lisa to get more information about the Facilitator training sessions and forward to Debbie to circulate to Board Members, Working Groups and Healthy Communities Network, etc. to see if anyone responds with interest in being on the committee and/or taking the facilitator training.**

Motion: To approve up to \$1000 to cover cost for Wraparound facilitator training for individuals

Moved /Seconded by: Cecile Affleck/ Lorna George

CARRIED

6. Make Poverty History Update – Lorna

Letter from them – Sept. 30 Truth & Reconciliation – Lorna will send the info to Deb to put in minutes.

7. Financial

7.1 Year to Date Financial Report – Lorna provided verbal report for this meeting.

Two cheques issued for Supporting Emotional Health Sessions. Will be invoicing DAS for these costs.

7.2 Monthly Website cost – There is a monthly website cost in range of \$20-\$25 /month.

Motion: To approve cost of monthly website cost in range of \$20 - \$25/month.

Motion: Rachel Siemens/ Cecile Affleck

CARRIED

8. CWC Admin:

8.1 Review of Executive Term Positions as per Bylaw 8.3

July 2021 – July 2023 (Cochairs, secretary, treasurer)

Candidates for appointment:

Co-chairs – Lisa Lehmann – 2 year term to 2023

Karen Tjaden – 1 year term to 2022

Treasure - Lorna George – 2 year term to 2023

Secretary - Debbie Iverson – 1 year term to 2022

Motion: To appoint the following individuals to the executive position terms as stated above.

Moved/Seconded by: Debbie Iverson /Rachel Siemens

CARRIED

8.2 Board appointment of Executive Committee positions (Bylaw 10.1)

Board would like to have the Grant Coordinator on the Executive Committee.

Wendy Durand is the current Grant Coordinator and willing to be on the Executive Committee for one year term.

Motion to have Grant Coordinator on the Executive Committee for a 1 year term to July 2022.

Moved /Seconded by: Lorna George/Susan Wepler

CARRIED

8.2 Charitable Status Update – Our initial request has been refused, and to be reconsidered, requires us to submit some clarifying information such as who and how individuals access our programs, and how do our programs meet the needs of individuals living in poverty.

Next Steps:

- ✓ **Lorna will be connecting with the Working Groups to gather some info specific to their group.**
- ✓ **Karen and Debbie will assist Lorna in drafting a letter of response with required information.**
- ✓ **Consider who might be able to assist us with this process – possibly the CAF Ex-Director**
- ✓ **Cecile will help with the wording of the response letter once it is drafted.**

8.3 Carman Area Foundation – Designated CWC fund Update

Response from the CAF Board – Foundation is supportive of us starting a fund, but felt establishing by the Sept 30 deadline was too rushed and more work was needed around fundraising campaign.

Board Chair wishes to meet with the group to make sure there is a good understanding about establishing a Fund. If we do not reach our \$10,000 target in 5 years, we will lose the existing funds. Need to have a fundraising plan developed.

Next steps:

- ✓ **Will defer our CAF designated Fund at this time and prioritize our Charitable status application, and then we will continue to look at the CAF – CWC designated fund.**
- ✓ **Will create a fundraising committee to begin to develop a fundraising plan, (will seek assistance from CAF for plan development - What is our profile of a donator look like for CWC, Assistance with our fundraising plan/campaign.**

8.4 Grants – Wendy

Need to get a letter in place for town/RM funding request before year end, and also CAF request.

Debbie to forward the CWC town/RM letter of request that was sent last year.

Need Working Groups to consider their projects and funding needs for next year Jan – Dec. 2022.

Debbie will send out action plan template to the Working Group Leaders to submit their plans for 2022.

9. Correspondence; Nothing to report.

10. Next Meeting: Nov. 18, 2021 7:00 – 8:30 pm

11. Adjournment: Meeting adjourned at 2:45 pm

Working Groups– Monthly Report Oct. 9, 2021

1. Supporting Emotional Health:

- Currently running:
 - Art Therapy with Chris Larsen – Free ZOOM course.
Thursdays Sept. 30 to Oct. 21, 2021
 - C4C Coaching for Confidence – Free ZOOM program for parents of children with anxiety in Carman & Area. Facilitated by Tami Giesbrecht - Anxiety Disorders Association of Manitoba (ADAM) Monday evenings Sept. 20 – Oct 25, 6:30 – 8:00 pm
 - Anxiety & Worry Support Program – Free online for Carman & Area residents
– Facilitated by Tami Giesbrecht, ADAM, Tuesday evenings Sept. 14 – Oct. 19 6:00 – 7:00 pm
- Upcoming:
 - Writing from the Wall with Heidi Hunter – Free ZOOM Course
Saturdays Nov. 6 – 27, 2021 10 am to noon.
Registration deadline is Thursday Nov. 4, 2021
- Reminder about the Community Connections Support Line – to encourage individuals if needing to talk to a caring volunteer. Phone: 204-750-8301.
- Information was emailed to Board members about the High Fidelity Wraparound Concept and School based implementation. Planning is underway for a *4 day Facilitator training for High Fidelity Wraparound This training is designed for those who intend to facilitate High Fidelity Wraparound teams, and participants will follow up with coaching for two teams through all four phases of wraparound to obtain High Fidelity certification. **The dates will be November 3, 4, 30 & December 1.** There will be a fee (to cover the cost of training materials and food).*
Question to the Board: Having reviewed the information previously circulated, does the Board wish to pursue this for our community? If yes, what might this look like for our community? How do we begin? How can we work together with the School Division on this, as they do have some trained individuals already? Do we have individuals interested in taking the facilitator training? Can we support individuals financially to cover cost of training?

2. Food Security:

- Produce Stand has still be well used for month of Sept. Will be closing it down soon.
- Working Group will be meeting soon for ongoing planning.

3. Education & Employment:

- Our Working Group has been struggling to move forward for a few reasons. The restrictions of Covid have certainly hampered our efforts to plan but the busyness of our group members has also proved a stumbling block to making plans and beginning projects. To that end, each member of the Education and Employment Working Group has been tasked with providing the names of 5 other people, they will approach and invite their participation on this group. It's hoped that if we are able to increase our numbers, we should be able to initiate and complete some of the ideas the current members have determined to be goals.

4. Affordable Recreation & Leisure:

- The Working Group has not organized any activities since August.
- Thank you cards have been sent to the Carman Area Foundation and Carman Dufferin Recreation for their partnership with CWC to rent and secure funding through The Linear Grain Fund grant. The grants covered the cost of four pool rental sessions for families who have less access to the pool.
- I have contacted Rikki Derksen who has expressed interest in participating with this Working Group.
- Carman/Dufferin Rec Commission did not get approved for the funding for the multisport outdoor arena (Susan completed previous community survey for this on behalf of CWC.) For now, they will be proceeding with making a basketball court where the old skateboard park was.

5. Affordable Housing: No report.

6. Community Resources:

- In contact with 211 Manitoba for digital 211 posters in JPG format that we can send to Carman Community Health Center for the waiting room TV monitor.
- Distribution of 211 Manitoba postcards and business cards – Carman Community Clinic was appreciative as the physicians were looking for this kind of info just recently to assist some individuals in their care.
- Will be connecting with Central Station re: their new local Community Resource Guide for Winkler and Area to see if they would be willing to share some of their learning and guide format information.

7. Communication Support Team:

- Webpage Development: Matt Kenyon continuing to volunteer to help create it. Will be a monthly cost of \$20 - \$25 /month. Working Groups presently asked to do a brief write up for their respective working group. **Debbie is meeting with Matt on Friday morning to work on it, anyone welcome to attend to learn as we go. Will need some individuals to keep the website updated once it is set up. Still needing some of the working group write ups for the webpage.**
- Facebook and Instagram Accounts; Will wait until we have the CWC logo to launch them. **Question for the Board: How do we want to post things to the Facebook and Instagram accounts, one person contact or do we want each working group to be able to post on them?**
- CWC Logo: Jackie provided revised logo options with the addition of Addressing Poverty in the text. Communication Support team/and Executive Committee continuing to finalize, awaiting a final revision from Jackie for option 3 before final decision is made between Option 2 or 3.
- Any posters or information we want to post on the Carman Community Health Centre – Waiting Room TV monitor, need to be sent in a **JPG format**. Continue to send your info to Debbie in this format and she will forward to the clinic.