



Carman Wellness Connections

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Carman Wellness Connections – Board Meeting (Approved) Minutes of Thursday, April 21, 2022 7:00 – 8:30 pm

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 (Co-chair), Debbie Iverson (Secretary), Wendy Durand (Grant Coordinator), Susan Wepler, Allison Abbott-Wiebe, Colin Hay, Terra Huston, Janet Fowler, Darcy Redekopp, Chantal Chevalier – SH-SS (ex-officio),.

Guests: Mychaela Lehmann, Emily Taylor

Regrets: Karen Tjaden, Cecile Affleck, Rachel Siemens, Amy Johnson, Nancy Clearwater, Lorna George

1. Welcome: Welcome guests, and roundtable introductions.
 - 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 – Board member shared a story about local church that had a group that made prayer shawls and baby blankets. A young single expectant mom with her pre schooler came to the church as she needed living supports. She was given a baby blanket for her unborn child as well as other supports she needed. The next day she had her baby and sent a picture to the church of her baby wrapped in the blanket. Reminder of the importance of showing kindness and respect to everyone. We do not always know the impact our acts of kindness have on others.

2. Approval of Agenda

Motion: To approve the agenda as circulated:

Moved/Seconded by: Debbie Iverson/ Wendy Durand **CARRIED**

3. Approval of CWC – Board Meeting Minutes of Mar 10, 2022.

Motion: To approve the minutes of Mar. 10, 2022 as circulated.

Moved/Seconded by: Lisa Lehmann/Susan Wepler **CARRIED**

4. Working Group Reports:

4.1 Supporting Emotional Health (SEH)

- Carman Fair - DAS Truck Pull – Carman fair is on again this year. DAS and community people have worked to put on a human truck pull, – fundraiser through team registration. They have raised up to \$10,000 in the past. In previous years, funds were designated to support local mental health programs through the Supporting Emotional Health Working Group. Wondering about approaching DAS to be part of it again, and the Working Group is willing to help. Next Steps: Lisa will connect with Wendy for further discussion about fundraising partnership.

4.2 Food Security:

- Just had a meeting to regroup, meeting again next week.
- Planning on 2 Vegetable stands this summer.
- Will continue the Food Currency Program again this summer.
- Will be using a different approach from the container/tire gardens – will focus on approaching people to find out what they need and providing them with support/resources to be able to have a garden either in their own yard or accessing space at the community garden.

4.2 Affordable Recreation & Leisure:

- Pilot Project – March: A sled and saucer were left in a wooden stand at the Toboggan slide in King's Park, Carman. It was called The Little Sled Library. This project was done in cooperation with Carman Dufferin Recreation (CDR) The sled and saucer were donated and offered to the community for use. About 2 weeks after set up, the items were gone and the sled stand was smashed. This was reported to CDR.
- A Drop In Art Class is being offered for free at GPAC on Saturday afternoons, 1pm - 2:30pm. This is presented in partnership with CWC and GPAC. Nigel Bart is facilitating these sessions which started April 2. Have taken 5 children to the class. There needs to be more advertising for these free classes. (April 2, there was no volunteer. April 9 - 5 children plus 2 others. April 16 - no class due to Easter weekend)
- Plan for spring - basic bicycle maintenance and repair sessions at local schools and possibly on video
- Have had some discussion with Sandy McKnight (Linear Grain Fund) about how to distribute the funds for swimming passes this summer.

5. Community Resource Centre

5.1 Pilot Project Update – The Pilot Project began in mid December 2021 at CUC Hall.

- There are a dedicated group of volunteers who we are calling hosts. They arrive at 1pm to review the plans for the afternoon. The Drop In begins at 1:30pm. There are stations and educational displays which include the Boyne Regional Library and community resource pamphlets.
- There is also a cubicle set up to offer privacy for 1 on 1 support and educational sessions. One of our hosts picks up several Chrome Books from BRL to allow attendees to the Drop In access to online services.
- Now that Public Health restrictions for Covid 19 have been lifted, a snack is offered. Our hosts help to prepare snacks.
- Offering “Meals in a Bag” for \$2 or a donation. The two meals are Chicken Linguine and Vegetarian Chili (contents are canned ingredients and dried pasta). Veggies and dip/hummus have also been given out.
- Haver purchased some small cars, a car mat and skipping ropes for children's activities if young

kids drop in with a parent. There is also a crokinole board set up as an activity to promote social interaction. The goal is to provide a safe, friendly and supportive community space.

- Attendance has been low during the first few months. However, the number of participants is increasing. On April 12, there were about 12 people and about 9 food vouchers were given out through the Carman Grocery Assistance Program (Carman Ministerial). There were 5 people who dropped in on April 19th with two Public Health Nurses available and assisted some individuals attending the drop in.
- The Drop In ends at 3:30pm and the hosts assess how the time was positive/negative. What worked/didn't work.
- The Resource Drop In is being promoted through Carman Chat and the CWC website. A sign has been placed outside of the church to announce the Drop In during Drop In hours. Discussion is continuing with Country Signs to purchase signs to advertise the Drop In when the location moves to Carman Memorial Hall.
- There is ongoing discussion as to the best date to transition to the Memorial Hall basement space, possibly August 2022.
- Training sessions are being planned for training of the hosts.
- Within this pilot project Karen Tjaden is providing direction and oversight which will be the future role of the Community Resource Navigator upon completion of this pilot project.

5.2 Community Navigator Funding update:

- Continuing to explore possible funding options for a Community Resource Navigator together with SH-SS. Hoping to have a follow up meeting in early May
- In consultation with other community resource programs in other communities, they have funded part-time coordinator positions through sponsorship and donations. Suggest considering developing a sponsorship/donation campaign to explore local funding support for this position. **This will require further discussion.**

6. Make Poverty History Update – Highlighted the website for everyone to keep checking on.

7. Financial

7.1 Year to Date Financial Report – reviewed as circulated.

Motion: To approve the financial report as circulated.

Moved/Seconded by: Lisa Lehmann/Susan Wepler

CARRIED

7.2 Discussion acknowledging donations, sponsors on website.

- Communication Support Team will discuss what this might look like on the website and report back at next Board meeting for further discussion.
- Will be acknowledging funding and inkind sources in the annual report.
- Working Groups should also display any sponsors/or organizations that have provided inkind support for any of their planned activities, workshops, etc. Important for Working Groups to report any inkind donations in their monthly reports, so that they can be included in the annual report.

7.2.1 Donation information on website – Creating a donation tab on the Website will be too much of a cost for CWC to manage at this point in time.

- 8 Grants/Funding request updates – Wendy
Some Surplus furniture donated from an organization for our office space as we transition to the lower level space of the Memorial Hall.
- 8.1 Carman Area Foundation request – Put in a grant application in Feb – will probably hear response at the CAF granting night next Friday.
- 8.2 Southern Health Mental Well Being grant – Communities in Bloom Carman Garden Club, and Community Garden Club did a joint application under CIB – Received a grant for \$2000. Grant project will include renting two garden plots and hiring a project coordinator to oversee the project. Will have learning and other workshops on site, and in fall will distribute some of the products through the Vegetable stands and then have an educational community gathering with focus on making a meal, soup together. CWC will play a role in connecting people to this project.
- 9 CWC Admin:
- 9.1 Funding and Grants Committee - Lorna/ Wendy updates
- 9.2 Coop gift card fundraiser – Lorna has purchased a membership for CWC. To run a gift card fundraiser, will probably need a specific project to put the funds towards.
Two other opportunities to promote resource centre or a fundraiser:
- Can apply to set up a Table display at a local business - Mayghan McEachern
 - Carman Farmers Market – always have a spot once a week for a nonprofit, could we set up at the Farmers Market – to increase awareness of CWC and our projects.
 - Carman Fair may be another opportunity to increase awareness.
- 9.3 2021 Annual Report Planning – Draft report circulated. Board members to review and provide feedback as soon as possible. Full report will be presented at the May Board meeting for approval.
- 9.4 Annual Meeting Planning – June 2022
- 9.4.1 When, where, what and how - planning group and invitations
- AGM Subcommittee needed – Colin Hay, Susan Weppler, Terra Huston – Food Security Working group. Darcy available to help where needed. (Contact Karen, Debbie and Lisa if need help with anything).
 - Date - June 16, 2022 will be the date, Lisa to confirm date with Karen.
- 9.5 Board Recruitment – Debbie Iverson is stepping down from the Board. Will also be filling a co- chair and the secretary executive positions. If anyone knows of someone interested in being on the Board, contact Lisa, Karen or Debbie. If anyone is interested in shadowing Debbie or a co-chair to see what the role involves, that too is welcomed and encouraged.
- 9.6 Tamarack Institute: Lisa meeting with Maureen Owens and Alison Homer April 27 from 2-3 via Teams. Will be talking about how to get more people with lived experience involved and how to empower people and make it a safe place for people at this table. Anyone else who would like to participate can contact Lisa. See link
<https://www.tamarackcommunity.ca/hubfs/2022%20CEP%20Membership%20Brochure%20EN.pdf?hsCtaTracking=4e8ad388-9271-49ca-ba05-23071a48bb63%7Ca03be0b4-44dc-4831-9fa5-7a8d6bc942e8>
- 10 Next Meeting: Thursday 3:30 – 5:00 pm May 19, 2022
Location: Lower level, Will have ZOOM option available.

11 Adjournment: Debbie Iverson moved to adjourn 8:40 pm

Working Groups Monthly Report - April 21, 2022

1. Supporting Emotional Health:

- Currently partnering up with different organizations to support and help promote a variety of programs:
 - ADAM: Anxiety Disorders Association of Manitoba
 - Coping with Anxiety CBT Program - 6 weeks online starting May 3 12-2:00
 - AWSP Anxiety and Worry Support - for Carman and Area - 4 week online Program starting May 9 12-1:30
 - C4C Coaching for Confidence - dates to be announced - but it fills up fast so sign up early
 - GPAC - Journaling with Nigel Bart - we will take registration and promote
 - Safe Communities Carman/Dufferin – Has been approved for a \$2000 grant from SH-SS to host “Resilience Training & Stress Management for Mental Emotional Health with Stress Experts. 4 sessions – May 3, 5, 10 & 12 from 7:00-8:30pm at Carman Community Hall. SEH working group has offered to help as needed.
- Considering for Summer and Fall:
 - Partnering with Boyne Regional Library - Book Club over the Summer - perhaps meeting in person in the park
 - Approach CWC/ Fundraising Committee about a plan to approach DAS regarding the Carman Fair this year and the Truck Pull - SEH is willing to gather people to work at it - if it is a go. **Would like to discuss on the agenda.**
 - Partnering with Prairie Rose School Division in the fall - Circle of Security with Julie McNeil Terry Warburton Sessions ADAM
- Drafting a template to share with Communication Committee to aid in the process of collecting required information from presenters/ facilitators that we advertise for. Will bring to the Communication Support Team mtg.

2. Food Security:

- Communities in Bloom (CIB) has been approved for a \$2000 grant from SH-SS for promoting Mental Wellness project. Will be working with CIB on a Community Garden Project – with produce being shared with community through the CWC vegetable stand this summer.
- Will provide a verbal report at the Board meeting.

3. Education & Employment: Nothing to report.

- The working Group will not be meeting again until Aug/Sept.

4. Affordable Recreation & Leisure:

- Free Drop In Art classes at GPAC have started in April on Saturdays from 1- 2:30 p.m. Maximum of 10 participants.

5. Affordable Housing: No report

6. Transportation:

Transportation Working Group – Kathie Findlay (Carman Handi Van), Nancy McFarlane (Carman Seniors Resource Council), Evelyn Rempel Petkau (Carman Green Team), Karen Tjaden (CWC contact and Carman Green Team)

- We have reviewed the Community Round Table Transportation notes and CWC Vision and Values. We have shared Information with one another about existing services and a number of significant gaps in service have been identified.
- In addition to the work that each member is already involved in to address particular transportation needs, we have committed to explore how the Boyne Lodge van might be better utilized by our community to address current transportation needs.
- We have identified several funding sources which we will share with Wendy Durand for further consideration and discussion.
- In addition the Carman Green Team will explore options for ride sharing programs that might suit our needs now and in the future.
- We meet again May 30.

7. Communication Support Team:

- Webpage Development: www.carmanwellnessconnections.ca Matt has provided some initial training for Debbie and Diane re: website upkeep, which will take some practice to master, so we ask for patience and sufficient lead time to post items as it may not be a quick upload while we are learning. Matt has made a user guide with some instructional videos as a reference and for orientation and learning for anyone else who would like to take on this role in the future.
- Check out the website as we have uploaded two additional resources under “Resources” on the homepage menu bar.
 - Added a link to a resource for mental health and substance use - Wellness Together Canada
 - Added a link to a resource from the WRHA around health management for a wide variety of health topics which also lists online and other educational workshops for individuals to attend.

Just a reminder that there are chrome books at the library for individuals to use at the library or can access at the Community Resource Centre Drop In on Tuesday afternoons if they do not have access at home.

- **Please continue to send any information/posters to Debbie that you would like distributed via email through our current distribution list, and for uploading on the website.**

Communication Support Team will be meeting on Tues. April 26, 2022. Still needing more individuals on this team who have an interest in social media/website