

TOWN OF COCHRANE
Community Service

COCHRANE FAMILY & COMMUNITY SUPPORT SERVICES ADVISORY BOARD

MINUTES

DATE: May 1, 2019
TIME: 5:30pm – Board Orientation (Optional for Existing Members)
6:30pm – FCSS Advisory Board Meeting
PLACE: The 'Stable' Meeting Room, Cochrane FCSS

Chairperson & United Way Rep: Margaret Stevens
Vice Chairperson & Rural Rep: Rick Lancaster
Members: Valerie Borsos
Ryan Koudys-Stone
Jill Ransom
Gresal Tapulao

FCSS Staff: Kim Krawec, Manager, FCSS
Cindy Adekat, FCSS Coordinator
Cory Lahoda, Administrative Assistant

Regrets: Councilor Marni Fedeyko
Lyle Balmer

Start: 5:30pm

- 1. Call to Order – Margaret Stevens, Chair**
 - (a) Welcome
 - (b) Introductions
 - i. Marg shared a bit about how the FCSS Advisory Board runs and shared her background.
 - ii. Everyone went around the table and did introductions and shared a bit about their staff position or background for the board.
- 2. Board Orientation**
 - (a) Kim and Cindy showed a power point and gave a quick overview of what FCSS, the Resource Centre, Parent Link Centre and affordable housing does.
 - (b) Distributed the FCSS Advisory Board binders to the new members.
- 3. Funded Group Presentations – 6:35pm**
 - (a) Big Brothers Big Sisters – Leila Maillot
 - i. Leila runs 70 matches in the Cochrane area, with 4 in school teen programs and a community program with 12 matches. The teen program has nearly doubled from last year and she's now monitoring 50 teens.
 - ii. They are approaching the one year mark of their new survey tools. This includes monitoring social emotional development in every child, a pre and post survey and the FCSS survey.

- iii. Leila shared a couple of impactful stories and talked about how much her volunteers love the opportunity.
- iv. Their screen process includes volunteers applying online, then they get in contact with the intake team. They do one full day or a couple of evenings of training and there is an interview with Leila once the paperwork gets processed.
- v. BBBS does Mentoring Mondays on their Facebook page. Cory will share the page with the Board if anyone is interested in checking it out:
<https://www.facebook.com/BBBSCalgary/>

(b) Helping Hands Society of Cochrane and Area – Jackie Shier

- i. Jackie shared the mission and vision of Helping Hands and how they share the office space with FCSS. They help clients with a lower income who struggle with needs that are not being met by the larger programs, such as, visitation for seniors, moves, rides for appointments, newcomers to the community who may have language barriers, they have a meal teams that prepare meals in a commercial kitchen and get disbursed through the resource workers and Helping Hands, as well as mowing lawns, snow shoveling and now a bed program.
- ii. They have 160 volunteers registered and manage it all through a software where they can fan requests out anonymously. They have various levels of screening depending on what tasks the volunteer will be involved with and include a confidentiality policy.
- iii. Helping Hands organizes the semi-annual food drive in Cochrane and Western Rocky View area. Their spring (April) food drive was the biggest ever with close to 800 volunteers. They were hoping for 1200 cases of food and managed to collect 1400.
- iv. Jackie shared a few impactful stories from their various programs. They often work in collaboration with the Resource Centre.
- v. Awareness of their programs and what they offer have grown and more and more volunteers are building relationships/friendships with the people their helping and their seeing longer matches.

(c) Seniors for Kids Society – Lynn Noble & Nadine Eichinger

- i. Lynn and Nadine shared they are in their 22nd year of their intergenerational program offering in school mentoring.
- ii. They currently have 44 mentors and 4 are in the paperwork process. The number of youths involved, including those students that visit seniors at the Bethany, are over 100 students with 13 programs and in 10 schools.
- iii. They shared a few impactful stories.
- iv. They have several volunteers who have been part of the program from anywhere from 6 to 20 years! They receive positive feedback from the students, families, schools and senior volunteers on how the program benefits them all.
- v. Discussion on matching process and how they do evaluations with the families, volunteers and the schools.
- vi. Their appreciation dinner is coming up on June 8, the Board is invited.

End presentations: 7:23pm

3. Agenda

- (a) Agenda Additions/Deletions
- (b) Adoption of the Agenda

MOTION: Moved by Jill Ransom and second by Rick Lancaster, that the FCSS Advisory Board adopt the Agenda for the May 1, 2019, Regular Board Meeting. All in favor.

CARRIED

4. Adoption of Minutes from Previous Meetings

- (a) April 3, 2019 – Regular Meeting

MOTION: Moved by Rick Lancaster and second by Lyle Balmer, that the FCSS Advisory Board adopt the Minutes from the April 3, 2019, Regular Meeting. All in favor.

CARRIED

5. Delegations/Committee Reports

- (a) Town Council Report –
 - i. No report from Councilor Fedeyko at this time.
 - ii. Kim shared Town Council, ELT and SLT created a vision for our community. They are looking for public feedback on the plan. They will share it at the Trade Show and the public can provide their feedback online at Let's Talk Cochrane. There are other topics you can provide feedback as well.
Community Vision: <http://www.letstalkcochrane.ca/vision/>
Let's Talk Cochrane: <http://www.letstalkcochrane.ca/>
- (b) Manager's Report – Kim Krawec (verbal)
 - i. The Trade Show is May 4 & 5. Our team has 2 areas at the trade show – 1 featuring the PLC, Neighbourhood Programming and the new Block Party Trailer and the other featuring the supports available through FCSS, the Resource Centre and the PLC.
 - ii. Bighorn Council Presentation and Community Services Board presentation – June 11.
 - 1. FCSS and the Parent Link Centre have been invited to the MD of Bighorn to present to Council and the Community Services Board. Laurie Bourdage, Wendy Farnsworth and Kim will be presenting.
 - iii. FCSS Calgary Bow River Regional Spring Meeting is being held on May 24 in Chestermere.
 - iv. Reception Centre – April 27. Our team initiated a Reception Centre on April 27 in response to the snow storm. We helped 13 people – 12 of which spent the night at the Centre. Our team did exceptionally well – it was a great learning exercise.

6. New Business

- (a) Family & Community Support Services Association of Alberta (FCSSAA) Conference, Nov 27-29, 2019 - Kim
 - 1. This is a three day provincial conference for the association held in Edmonton at the Fantasyland Hotel. There are different speakers and meetings and it's a chance for the membership to network and share ideas. Sessions usually include

FCSS 101 which is a great overview, poverty reduction, outcome measures etc. We usually leave two spots open for Board members if anyone is interested and it's a chance for staff to attend as well.

2. The speaker list doesn't usually get released until September. We can share it when it comes out and then discuss at our October meeting. We must decide early, so we can release any extra rooms in mid to late October. We also plan to carpool.
 3. The theme is usually the Power of Prevention with a focus anywhere from mental health to rural and variety of initiatives including housing and homelessness.
 4. There's usually a breakfast opportunity to mingle with the MLAs and a couple of Ministers as well.
- (b) Mingle with FCSS Team – Kim
- i. We usually try to organize an opportunity to connect and get to know the FCSS team.
 - ii. Discussed and decided on a casual setting with no formal presentations where Board and staff can mingle for one hour prior to the June meeting.
 - iii. We will schedule it for 5:30pm on Wed, June 5, just before our next Board meeting.
 - iv. That night we have four internal presentations scheduled as well.

7. Ongoing Business

- (a) Trade Show Update – Kim
- i. We are part of the Town pavilion, which includes Council, fire, municipal enforcement, water, Eco-Centre, FCSS, PLC, our Neighbourhood team with the block party trailer. The PLC and Neighbourhood group will have children's activities as well. We have a new prize wheel with various social issues to help raise awareness.
 - ii. The Town is doing a passport/bus pass where participants must visit all the Town sections in the pavilion (which is a small area) to collect a stamp and then they can get entered for a prize. With our new transportation system starting up in the fall, the theme has a transit focus.
 - iii. We usually all take turns so the shifts are short, and we have ordered some new swag for the event.
 - iv. Four members signed up for shifts over the weekend.
- (b) Grant Presentation to Council – Update – Kim
- i. We do need to consider the purpose of the presentation and pros and cons of a 10 minute formal delegation to Council vs. inviting Council to FCSS for dinner.
 - ii. We could look at something for the fall before they go into budget deliberations.
 - iii. We would need to invite them soon, so they can get it into their calendars.
 - iv. Discussed something a little more informal like a cocktail party vs. a restaurant. Looking at October.
 - v. Council is also invited to our last Lunch n' Learn in June.
 - vi. We've already talked to them about the grants we've already funded.
 - vii. The goal is to educate them about the groups we offer and raise awareness of the Board and social issues in Cochrane.
 - viii. We also want to educate them on the fundraisers we do and how much money we raise to put in the grant pot.

- ix. It would be nice to do something like some of the info that was related to the Tri Site Committee. Perhaps some infographics about impact and maybe a spreadsheet about what's been funded and the benefits, so you can get a better overview of it all.
 - x. We will bring it forward again for discussion. We want to be clear on the purpose, what outcome we're looking for, the process and impact.
 - xi. It was suggested maybe we could look at another facility such as the Clubhouse.
 - xii. We'll make sure we have specific talking points as well and work on the format and visual aids.
 - xiii. The front admin stats from March that are mentioned on page four of the April minutes will also be shared in the CAO Digest and Council will get a copy of that as well.
- (c) Cochrane Cares (Standing Item) – Kim/Cindy
- a. Nothing new at this time
 - b. Cindy shared some background on the needs assessment that was completed in 2017. The document provides us with input from community on what was challenging and what was going well. This document guides our work and would ideally get renewed every 3-4yrs.
 - c. Discussed how we've been addressing a few concerns through presentations to Council and through funding. Shared how we gathered the feedback.
 - d. It is posted on the website, Cory will include a link:
cochrane.ca/cares
- (d) United Way Update – Margaret
- a. No new update from the Calgary and Area United Way.
 - b. Margaret shared the two recent fundraisers. McDonalds has made a commitment for this year in November as well, if they don't have any major changes.
 - c. We can explore a possible Jail and Bail again for the fall.
 - d. Margaret shared about the United Way Area Partnership meeting at the United Way in Calgary that brings other surrounding municipalities together. This includes Airdrie, Chestermere, High River and Okotoks. The last meeting included Lethbridge as well. It's all the municipalities that have an agreement with the Calgary United Way for funding. It's great to network and brainstorm what's working in other communities.
 - e. Margaret also attends their AGM.
 - f. At this time, Kim hasn't been informed about a new representative yet.
 - g. Our focus isn't just fundraising but also to raise awareness of what the United Way supports in our community.
- (e) Rural Update – Rick / Margaret
- a. Nothing new to report from Rick's area.
 - b. Margaret shared it's been calmer to the north. There are big concerns about the lack of moisture so far this year.
- (f) Caregiver Support Update (Standing Item) – Rick
- a. Rick shared some background on the COMPASS for the Caregiver Program and how many facilitators they've had.
 - b. The program is 9 modules, 8 weeks in a row and a last module one month later to follow up.

- c. Cindy shared they are waiting for the next training session and have secured some spots when the opportunity arises.

8. Round Table Items

(a) Board members information sharing

- a. Margaret shared the Walk for Hospice is this Sunday. The event will include a BBQ and the hope is to raise awareness and perhaps collect donations in support of our Cochrane Hospice Society. There are volunteer opportunities within the organization. Their focus is to keep people in their home if possible. They are still cultivating a potential partnership with the Bethany. They are there for any age group and there are different ways to support the organization. They will provide volunteer training as well. Cory will share the Hike for Hospice poster.
- b. Gresal shared he's read Cochrane Cares and has been working with the local Pilipino community. He's an advisor for them and hopes that one day they can come meet with FCSS and present about what they're doing.
- c. Cindy loves to hear all the board learnings and hopes that maybe the new members can have board buddies to help and maybe they can get together outside of meetings. There was a discussion about potentially reviving the Board coffee dates at Noble Fox or Coffee Traders. Margaret agreed to book some coffee dates.
- d. Ryan shared his experience since moving to Cochrane and some events he hopes to organize.
- e. Kim shared the upcoming movie in celebration of Mental Health Awareness Week, called Miss Representation on May 8th.
- f. Valerie shared her previous respiratory health experience. They have a lung support group in Calgary, as well as a retreat day coming up on June 8th. (Cory will share the posters as well as with Team Health) Their focus is on positive living with a chronic disease. There is an enormous umbrella under 'respiratory health'. They are sponsored by the Lung Association.
- g. We have two Blanket Exercises coming up in May and June. We'll attach the poster for that as well. They are an interactive learning experience that teaches the Indigenous rights history over 500 years in on workshop.

9. Correspondence

- (a) None

10. Next Meeting: June 5, Time 5:30PM

11. Adjournment: 8:50pm

Sept 4, 2019
Date

June 6, 2019
Date



Margaret Stevens, Chair



Cory Lahoda, Recording Secretary