

**TOWN OF COCHRANE**  
**Community Service**

**COCHRANE FAMILY & COMMUNITY SUPPORT SERVICES ADVISORY BOARD**

**MINUTES**

**DATE:** June 5, 2019  
**TIME:** 5:30pm – Meet & Mingle with Staff  
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  
**Town Council Rep:** Councilor Marni Fedeyko  
**Members:** Lyle Balmer  
Valerie Borsos  
Ryan Koudys-Stone  
Jill Ransom  
Gresal Tapulao

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

**Regrets:**

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1. **Call to Order – Margaret Stevens, Chair**
    - (a) Welcome
      - a. Margret called to order at 6:36pm
      - b. Margret thanked everyone for coming to the meet and greet with the FCSS staff
      - c. Everyone went around the table and did introductions
  
  2. **Funded Group Presentations- 6:35**
    - (a) PLC Counselling – Laurie Bourdage
      - I. Laurie shared two impactful success stories from the Parent Link Centre counseling program. The counseling program is with a registered psychologist. Clients are referred through the Resource Centre and the staff at the Parent Link Centre.
      - II. There has been an increase in people coming into the Parent Link Centre and accessing the programs. One of the trends that our psychologist is seeing is around separation and divorce and second is grief and loss.
      - III. The clients that come in are required to fill out a questionnaire before they meet with the psychologist and at the end of the sessions. Typically, she sees clients for a couple months.
      - IV. The clients that access the counseling program generally don't have other health benefits. This year they increased the psychologist's hours to help accommodate the Post-Partum Depression and Anxiety program.

(b) Roots of Empathy – Melissa Sawatzky

- I. Roots of Empathy is an international, evidence-based classroom program that has shown significant effect in reducing levels of aggression among school children by raising social/emotional competence and increasing empathy. A Roots of Empathy Instructor delivers all aspects of the Roots of Empathy curriculum in the classroom and builds respectful relationships with the participating family, classroom teacher and students.
- II. A Roots of Empathy family volunteers in the classroom with their baby who is between two to four months old at the beginning of the program. Families commit to visiting the classroom once every three weeks during the program year.
- III. In Alberta there are programs running in 140 schools within 44 school districts reaching over 125,000 students. In Cochrane the program is running in 4 classrooms within three schools.
- IV. Melissa shared a story of success from the Roots of Empathy Program that ran this past school year in Cochrane. Melissa mentioned that they tend to see a big shift from the beginning of the program to the end with the kids who have more complex needs in the classroom.
- V. Discussion on what the biggest barrier is in the program.

(c) Community Support Program – Wendy Farnsworth

- I. Wendy shared a few success stories from the FIRM program and the rural outreach program.
- II. Discussion on the rural programs, locations and the Resource Centre team and how they work together to provide support.

(d) CAR Program – Annemarie Tocher

- I. Annemarie shared a few impactful stories from the CAR program. The demand for the program has increased over the last year. The CAR program had 226 people enrolled in the in 2018. If they are accessing the program, they either have limited access or no access to transportation. The Resource Centre will evaluate the program when transit becomes available in Cochrane.
- II. Helping Hands Society will also take people around the town and into the city. They do however charge a fee. The Resource Centre works with them to organize rides outside the town for situations, particularly when they have high medical needs and need to get into the city for treatment.

End presentations: 7:23pm

**3. Agenda**

- (a) Agenda Additions/Deletions
  - I. Add a round table to introductions
  - II. Add a debrief about the trade show
- (b) Adoption of the Agenda

**MOTION: Moved by Valerie Borsos that the FCSS Advisory Board adopt the Agenda with the additions for the June 5, 2019, Regular Board Meeting. All in favor.**

**CARRIED**

**4. Adoption of Minutes from Previous Meetings**

- (a) May 1, 2019 – Regular Meeting
- I. Jill would like AB Works taken out of the minutes.

**MOTION: Moved by Jill Ransom that the FCSS Advisory Board adopt the Minutes from the May 1, 2019, Regular Meeting with corrections. All in favor.**

**CARRIED**

**5. Delegations/Committee Reports**

- (a) Town Council Report – Councillor Fedeyko (verbal)
- I. There have been a couple of things coming up with the groups asking for fundraising. There may be some changes coming forward as council has had more requests than they can fund. They are hoping they can ask more questions and possibly have a max that the groups would get.
  - II. Council was presented with a long-term plan on what the recreation space up by Heritage Hills could look like; the group has done a good job in their planning.
  - III. The Trade Show was packed, and the feedback was all very positive. The public had lots of questions about transit and what the bus will look like as well as the routes and cost.
  - IV. There is a Let's Talk BBQ for the long-term vision of what Cochrane will be like. There is a community survey online where you can give your feedback on the plan, [Cochrane.ca/letstalk.ca](http://Cochrane.ca/letstalk.ca).
  - V. It is likely Cochrane will grow to 60,000 people within a 25-year window, this will be economy driven.
  - VI. Jill mentioned that she likes the openness of this council and mayor, Lyle agreed and mentioned that he believes it is one of Cochrane's strengths.
  - VII. Discussion on the grants that groups receive and the process of their reporting.
  - VIII. Cindy shared that she has heard from two of the groups that received grants and they were thrilled.
  - IX. Discussion on the groups that apply for the council grants and the FCSS grants.
- (b) Manager's Report – Kim Krawec (verbal)
- I. Senior's Week is June 3 – 9. Senior's Week has been incredibly successful under Brenda Dennis and Hillary Cornelius-Stormon's leadership. A full week of celebration has been planned to celebrate the senior's in our community.
  - II. Great Neighbours Week is June 15-22. This week is a full week of activities to celebrate the strong community spirit of Cochrane and connect with your neighbours. Festivities include: Kids Can Catch, the Cochrane Community Association Spring Gathering and a travelling Neighbourhood Block Party Tour.
  - III. Trade Show was incredibly successful! Thank you to our Board Members who volunteered their time.
  - IV. Discussion on the Trade Show. It was noted that we would like a bigger space and it would be great to have Seniors on the Bow closer to us next year. We need more candy and swag to give away next year. The bus stop idea was great

as it helps tie FCSS to the town and brought people to our booth that generally wouldn't stop by.

- V. On May 8 Kim presented 2 staffing requests: A Summer Program Leader (2020) and a Fund Development Position (2022).
- VI. We have had a few staffing changes. Val MacGillivray has moved to BC. We are currently recruiting for an Administrative Assistant. Brenda Dennis and Sharon McDonald have also resigned, and we are hiring for their positions as well.
- VII. Attended 2019 FCSS Calgary Bow River Regional Spring Meeting on May 24 in Chestermere.
- VIII. Final Lunch and Learn scheduled for June 10.
- IX. Bighorn Council Presentation on June 11.
- X. World Elder Abuse Awareness Day is Friday June 14.
- XI. FCSS team will be attending a 1 day retreat – to learn and connect on June 17. The offices will be closed so all staff are able to participate.
- XII. Discussion on how many grants we have coming into FCSS yearly. There are about 30 grants every year, some with quarterly reporting, some 6 month reporting a few annual reports. There are outcomes that must be achieved with each grant.

## 6. Ongoing Business

### (a) 2020 Grant Process update - Cindy

- I. We have changed a few things regarding the grant recipients. The date the applications are due has changed and we changed the outcome measures training for the organizations. We changed this on the advice of Kim Kuber. The training will take place on September 5, here at FCSS. The requirement that all organizations must take the training has changed do only new groups or new staff are required to take the outcome training.
- II. When we are closer to the application time, we will set up a small orientation for the outcome training for the board, specifically the newer members.
- III. The deadline to apply for the grants will be September 27.
- IV. Kim mentioned that the new groups who apply should present ahead of the final grant decision night, we can have another meeting in October? The board all agreed and a meeting date of October 23 at 6:30pm was added.
- V. The grant decision night is November 6.
- VI. It was discussed if we can have an electronic process to enter the grant recipient amounts into the sheets with an anonymous component.

### (b) Cochrane Cares (Standing Item) – Kim/Cindy

- I. We are at two years within the process. There will be a few more copies made and left at FCSS if you would like to have re-read/read the report.
- II. FCSS added a question into the Town of Cochrane resident survey that will be sent out.

(c) United Way Update – Margaret

- I. We currently don't have a United Way representative. We have left a few messages and have yet to hear back.
- II. No other updates at this time.

(d) Rural Update – Rick

- I. Rocky View County has had some challenges with the Bearspaw Golf Course as it will be going through a bankruptcy process and is in big debt. There could be a developer that may step in to develop the property. The golf course was an income generator that will be taken away from the county.

(e) Caregiver Support Update (Standing Item) – Rick

- I. The last session was really great. Rick noted that it was probably the best group they have had to date.
- II. Caregivers Alberta has been struggling to train facilitators for the COMPASS program. Janny the co-facilitator from the last session has stepped up to help the province create a manual. Janny also mentioned that she would even be a train the trainer for this course.
- III. The Caregiver Strategies for Dementia was a course that took place with the Alzheimer's Society; it was two evenings and was full. Deb Demars with AHS was able to set up another session in the fall and has contacted the waitlist that the session had.

**7. Round Table Items**

(a) Board members information sharing

- I. Ryan shared his suggestion for next year's Trade Show; he would like to have a fun fact for the kids that stop by the booth. It would be great to have age appropriate facts.
- II. Cindy shared information on the new summer programming. The Block Party Tour and the Park n' Play Program. These programs will help build connection with neighbours which will make neighborhoods safer.
- III. Lyle shared that he is excited about the new board members, we have some great people and we are all glad they can join our board. Remember to follow up with Marni's suggestion and go to the Let's Talk website and complete the surveys for the land use bylaw as it will decisions that are made. Lyle shared a feel-good story about Cochrane.
- IV. Cory shared that the funded group presentations at the beginning of each meeting will be summarized in the minutes and will be cut down to approximately 5 bullets.
- V. Jill will be attending the block party event on Saturday.
- VI. Val will try to attend the block party event Val also mentioned that she only moved to Cochrane a year ago and loves the town.
- VII. Marni will be attending the survivor event Stranded in Water Valley. It is a fundraiser for Kids Up Front. Marni will also be attending a fundraiser for Big Hill Haven at the Cochrane Hotel the theme is back in the old west. She is intending to do another Jail and Bail in December as a United Way fundraiser.

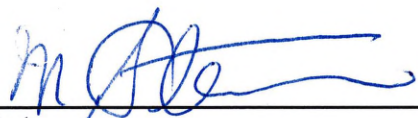
- VIII. Gresal went to the last Interagency meeting and it was a great chance to hear the passionate people of Cochrane. He noted that he would like to see something done with the congestion of traffic around Cochrane and in the downtown area, he came from a very congested place and does not want to see Cochrane become like that. Gresal feels that we should not allow cars in the downtown area and promote the west theme. Cochrane is a peaceful and a quiet area, that's why they moved here. Cochrane needs to protect that.
- IX. Rick had nothing to report.
- X. Margret shared that she is on the board for Hospice Society; they are changing the name to Cochrane and Area Hospice Society. The next meeting is June 13. They had a walk for hospice in May and it was one of the coldest weekends in May. The Hospice Society has the Comfort Kits ready so if you know any families let them know to call. Each Comfort Kit will be tailored to the person that is going through the terminal illness and their families. If you have any questions let Margret know. Things are going well for the society, she has submitted the annual return and they have had great success fundraising. Jill suggested they have something at the library saying what the kits are.

8. **Correspondence**

(a) None

9. **Next Meeting:** Sept 4, 6:30pm

10. **Adjournment:** 9:08pm

  
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Date

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Oct 2, 2019  
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Margaret Stevens, Chair

Oct 2, 2019  
\_\_\_\_\_  
Date

Nicole Copses  
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Nicole Copses, Recording Secretary