



## Minutes

September 6, 2011

Present: Marianne Dickson, Stacey Christianson, Ros Heatherington, Deanna Tretiak, Naghmeh Hedley, Kate Tymstra, Greta Kubis, Sandra Oleskiw, Debbie-Layne MacLeod

1. Stacey called the meeting to order and introductions were made
2. Two additions to the agenda were made
  - a. (7. Chronic Disease Management – Ros Heatherington
  - b. (8). Strive Foundation – Deanna Tretiak

3. Round Table:

Everyone provided an update. Of note, the Parent Link Centre and the FCSS offices will be moving to the Charles Clark Medical Centre when it is opened. Date yet to be determined.

4. AGM

Stacey provided a reminder that the Annual General Meeting will be held in October and the following positions will be needed to be filled:

- a. Lead Agency
- b. Co Chair
- c. Chair
- d. Secretary
- e. Treasurer
- f. Communications

Please spread the word and please consider taking on a position. Your support is truly needed. Marianne Dickson agreed to take 4C information to the Spitzee School open house. We need to consider the Health Fair as well. It is being held in January 2012, ...do we want to have a table there?

5. Outdoor Fitness Stations:

Debbie-Layne updated us on this project. DL wrote a grant proposal to Cargill and it was accepted for funding (\$30,000.00). The Town of High River has committed \$12,000.00 as well as the land and the on going maintenance. DL will continue to secure funding by writing other grant proposals to service clubs. The total amount needed is \$60,000.00.

6. Action Group Reports:

- Awareness & Outreach
  - FaceBook Page was created and is being used! Discussion was held regarding strategies for spreading the word. We need an article in the paper about what 4C is, what it stands for, what we do and how people can get involved. Stacey and DL will discuss and try to get organized in the near future.
- Heart Healthy High River
  - stroke project has ended...action group will continue – group will discuss project chair and action group name

- \$4,350.00 left from the project and will use it to sponsor another year of free skating
- Community Choose well Workshop for Southern Alberta is being held in High River on Friday, September 16/11. *To register please go to <http://arpaonline.ca/choosewell/events> and fill out the short electronic form under the Forum heading. There is no fee to attend the forums*
- This group is working hard on organizing the 2012 GO<sub>2</sub> Community Wellness Challenge. It will be held in April, May and June of 2012 and will include learn at lunch sessions every Friday @ the Library.
- ECMAP Project
  - Debbie-Layne gave an update on the project. The Parent Surveys were distributed in a variety of ways over the summer and are currently being compiled. We have approximately 250 to date.
  - The results of the first round of Kindergarten screenings have been completed by FSD and CRSD and according to our ECMAP provincial coordinator we should have the results of the screenings late 2011 or early 2012.
  - Currently working on a communication plan
  - This project dovetails beautifully with the Foothills Children's Wellness Network

#### 7. Chronic Disease Management

Ros explained that CDM is taking a population health approach and is focusing on the following:

- Smoking Cessation
- Hypertension
- Nutrition
- Mental Health

Ros provided us with an update as to programs and services that are being offered:

- Better Choices, Better Health- formerly know as Row Your Own Boat
- Smoking Cessation Program

Ros will forward posters for each of these to Stacey so they can be included on our facebook page.

#### 8. Foothills STRIVE Foundation

Denna provided an overview of the Strive Foundation and also gave an update on Furry in the Foothills. The Strive Foundation is to build the self esteem and self worth of children and youth in the Foothills area by having them participate in volunteer or community service activities.

#### 9. Adjournment

The meeting was adjourned at 11:00 am. Our next meeting will be on Tuesday, October 4 at 9:30 in the High River Library. This is our **ANNUAL GENERAL MEETING** Everyone is to tell two people about 4C!