





# 4C CARING CITIZENS COMMITTED TO HEALTHY COMMUNITIES

HIGH RIVER, ALBERTA

 **4C** *The Future, Have A Hand in Tomorrow* 

**4C Minutes – Tuesday, April 6, 2010**  
**High River Library 9:30-11:15 am**

*Attendees: Debbie-Layne, Elise, Sandra, Gil, Karen, Pam, Carmen, Greta, Stacey*

**1. Introduction and Easter sharing**

**2. Review of meeting minutes**

- Gil Motioned that the March meeting minutes be adopted as read, all in favour, minutes passed

**3. Additions**

- No additions to add to the agenda

**4. Evening Meetings**

- We have attempted to have 2 evening meetings the first was in October and the 2<sup>nd</sup> in March. Attendance was low at both meetings, we did not see a difference in community members attending.
- Decided we will not have regularly scheduled evening meetings but we will continue to monitor the need for evening meetings and review and revisit as necessary. Suggestion was made perhaps if we have an agenda item that would require more community input that we do some advertising in the community and hold an evening meeting specific for that item.



## 5. Program Planning Boot Camp

- Gave a brief overview of what this is for new people in attendance.
- Debbie-Layne approached High Country Wellness in Black Diamond and they felt it was a bit too expensive and suggested we explore a Government agency ie culture and Community spirit who will facilitate an event in a community for free. Debbie-Layne was in touch with this group and this is an option. We need to identify a very specific need and need to be involved in the setting of the outcomes and agenda for the day. Debbie-Layne will get in touch with them again and get more specific information on how they would suggest in organizing a day specific to program planning for the 3 difference community coalitions.
- Kate is going to explore options for funding if we decide to go through Ian Kershaw and pay for the facilitators.
- Everyone was in agreement that this would be a beneficial workshop in our community.

## 6. Community Wide Fresh Food Boxes

- Debbie-Layne raised the question if the High River community would be interested in having a fresh food box program. This is a program that allows people to order a fresh food box monthly for a very reasonable price. A similar program was offered through Public Health for the Healthy Mom's Healthy babies program but is no longer being offered because of budget constraints. This was a very well used service with this clientele and raises the question if more people in the community could use such a service.
- Greta shared that Strathmore has a similar program and she will try and find out how that program runs.

## 7. Claresholm Symposium

- Information was distributed electronically
- Debbie-Layne and Kate will be attending this symposium

## 8. Action Team reports

### Awareness and Outreach

- This group has been working on an orientation pkg for people who are interested in more information about 4C. A draft was circulated to the group. Everyone was very pleased with what has been developed so far.
- Group is wondering about ordering presentation folders and having stickers made of our logo to put on the front.



- Group in agreement to order yellow presentation folders, **Stacey** will do.
- **Karen LaValley** will check with a colleague and see about making stickers. Stacey to email logo to Karen
- Stacey will be attending the community garage sale in High River on April 17 on behalf of 4C. If anyone else is interested in helping out please get in touch with Stacey. We will be sharing basic 4C information and distributing information on the wellness challenge

### PCN

- Debbie Layne suggested this does not need to be a standing item on the agenda any longer. We can put on agenda as information arises.

### Heart Healthy Action Team

- **Science in the Cinema** - Partnered with PCN March 31 showing, **AWAY FROM HER at Wales Theatre**. (Alzheimer's theme) 47 people attended, excellent evaluations.. Thanks to Betty Macpherson-Veitch and Luella Wojcik for leading the post film discussion and bringing information on community resources. Thanks to Syed Kidway for donating the use of his Theatre. Diving Bell and the Butterfly (stroke theme) May 8. Watch for posters and flyers; plan on attending
- **Community wellness challenge** - Partnering with PCN and Town Recreation department for launch on April 3. Went very well many people in attendance. Challenge Runs from April - June 12 (Family fun triathlon. Nutrition article on Collective kitchen and Big Cook submitted to the Times for the April Eat Well/ Feel Well focus. The paper will also be looking for personal stories of people participating in the challenge. If you or anyone you know has a personal story please get in touch with our local paper. Debbie-Layne distributed information on the challenge at the meeting and it is available at a variety of locations in town. Debbie-Layne requested some help with the evaluation component of this initiative. Karen LaValley offered to help with this process.
- **Nutrition seminars** with Greta continuing at the library until end of March. Evaluations from previous seminars have been analyzed, well attended, many positive comments.
- **Big Cook #1** March 20, coordinated by Colleen Oliver @ Full Gospel Church had 12 participants! Please contact Colleen at [colleen.bigcook@telus.net](mailto:colleen.bigcook@telus.net) for more information and to register for the next event April 24.



- **Community garden** - Karen, Orvella meeting with Jane Janzen with FAS. Continue to move forward with the feasibility of a small plot in the backyard of the FAS office/house.
- **Free skate/swim** underway and stats continue to indicate increase in use. Skating ended March 31. Any suggestions for other organizations to take on free skate next year?
- **Next Meeting:** Tuesday April 20 1:30-3:00 SNAPS office across from Memorial Centre. Everyone welcome!!

#### Info Kiosk

- The town has been working on the kiosk and will be moving it onto a self service website such as discovering foothills. It was just not feasible to have a town staff member doing the inputting of this information. People will be able to go onto the site and enter their own information. Hopping site will be ready May 1, 2010.

#### 9. Cardiovascular Health and management program (CHAMP) Presentation

This is a Group of 3<sup>rd</sup> year nursing students working in our community from the University of Calgary. After interviewing some key informants and surveying our community they determined that High River has a strong interest in health. They have chosen a focus of sodium in foods in coordination with the community wellness challenge taking place. There will be an article in the High River Times the week of April 6 on sodium in foods. They have also developed a display which will be at Extra foods and Sobeys this week. They will be doing a few draws with donations from our community.

