



4C CARING CITIZENS COMMITTED TO HEALTHY COMMUNITIES

HIGH RIVER, ALBERTA

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

**2010 May 4
Minutes**

Attendance & introductions: Kim Rieger, Debbie-Layne MacLeod, Pam Groenveld, Kate Tymstra, Sandra Oleskw, Karen LaValley, Donna Large, Laverna LaFontaine-Sass, Cathie Dallas, Greta Kubis, Mary Ann Kylo, Stacey Christianson, Marianne Dickson

1. Review of April meeting minutes
2. Agenda additions
 - a. community resource fair
3. Program planning and evaluation-Debbie-Layne
 - Debbie-Layne emailed the health care foundations in Okotoks and High River to see if they would consider funding the program planning boot camp. Both organizations said they would be happy to consider this if an application is submitted by May 28, 2010. Kate also suggested approaching the MD FCSS for funding. **Pam** will look into the Highwood constituency as well as a consideration to approach for funding..
 - Debbie-Layne has also approached Community Spirit group and they would be able to facilitate for free but we would have to do the organizing and planning of the day.
 - Discussion that using the community spirit group would involve lots of leg work and time for this group **Motion made** by Marianne, that we will explore the possibilities of potential funding for a program planning boot camp with neighbouring coalitions, Karen 2nd motion. All in favour.-**ACTION: Debbie-Layne** will do the drafts for the Health foundations and **Marianne** will proof read. **Kate** will draft one for the MD.
4. Community wide fresh food boxes
 - Cathie Dallas, Donna Large, and Laverna Lafontaine-Sass, presented on the fresh food box program that had been offered to clients from healthy mom's healthy babies program Since November 2006.
 - HMHB program is a Canadian Prenatal Nutrition Program designed to prevent low birth weight babies. Many of the clients on this program have food insecurity issues. In order to meet this need the Healthy Mom's Healthy Babies Program partnered with the Good Food Box Program in Calgary, a division of the community Kitchen Program of Calgary. By partnering with the



2010-05-06

organization they received better buying power as they can purchase at direct wholesale prices because of the large quantities, at that time they were preparing over 1000 boxes per month. As a result the clients on the HMHB program were able to purchase fresh food boxes once per month. 20+ lbs for \$5 and 30+ lbs for 10\$ and the HMHB program subsidized each box by \$5.00, added 2 loaves of fresh bread and included a monthly newsletter and a recipe. They received funding from High River and Okotoks United Way and the Foothills Recycling Society to cover the costs of a coordinator, subsidy and bread. 2 volunteers picked up the boxes from a depot in southeast Calgary and delivered the boxes to the High River and Okotoks Health Units where the clients would pick them up. Because of loss of funding this program was stopped abruptly in January of 2010 which has had a large impact on the clientele, many depended on them as the only source of fresh produce they received. Up to 18 boxes were purchased each month.

- Laverna joined the HMHB program last Jan. 2009, her husband was recently unemployed and they struggle financially. They have daughter with some allergies and are using finances to purchase food for her special diet and depended on the food box for the fresh fruit and vegetables that they would otherwise not have. The Food bank is available but does not always have fresh fruit and vegetables, mostly canned and boxed goods. Laverna would be willing to pay the 20-25\$ for the fresh food box because it would cost more than that in the grocery store. The produce was always of good quality and allowed her family to have access to fruits and vegetables that she would have otherwise not been able to buy.
- Question by 4C if they have any ideas on how a community wide fresh food box program would work in High River. Community Kitchen program of Calgary good food box program would be willing to come to our community and do a presentation, They would still be the depot for the boxes but the community of High River would need to have a coordinator, get the boxes from the city and bring them to High River to be distributed.
- Discussion around approaching different churches in our community to support this program on a community wide basis to allow all community members access to these boxes.
- Agreement that 4C could definitely get behind supporting this initiative. **ACTION:** The next step would be to do a similar presentation to the ministerial committee and or the interfaith group through FCSS in town and then have Ian from the good food box program in Calgary come and do a presentation to both groups on the program and how we could set it up in our community. **Kate Tymstra** could organize a meeting with the interfaith group **Donna, Laverna** and **Cathie** would also participate and share information.

5. Action Team reports

AWARENESS AND OUTREACH

- Orientation pkgs were launched today and everyone in attendance was given one. Debbie-Layne would like to share with other coalitions this week. Kate would also like to have a few pkgs to distribute to people. Stacey to add a date to the letter in the package and assemble more packages to be distributed.
- Awareness and outreach group at this time has not had a chance to determine the next action. Karen suggested presenting at the Luncheon at the chamber of commerce. **Kim** will phone lynnette at the chamber to find out about picking a date for the presentation.
- We will look at putting 4C info on the kiosk, discovering foothills and rec center TV suggestion was to advertise in Early August in preparation for meetings starting again in September. **Stacey** will look into this.



- Community resource Fair/kids only resource fair On June 5 from 9-2. Non profits can have a booth for free at this event to promote their programs. 4C has reserved a booth at the community resource fair if we would like to do it. Marianne has volunteered to man the booth for some of the day but we would probably need 3-4 volunteers in total. In order for us to commit to this we need to have volunteers in place by May 21, 2010. **If you could spare a few hours on June 5, 2010 between 9&2 please contact Marianne 403-601-2910 or via email @ mtdickson@telus.net.**

HEART HEALTHY HIGH RIVER

a. Wellness challenge

- Thank you to Marianne Dickson, Marianne Kylo and Naghmeh and her daughter for launching the program at the Easter Egg hunt.
 - We have our winners for April about 50 participants in total. Winners of April got a health record book, GO2 t-shirt, free pass to a town offered program ie swimming, toning class etc.
 - Weekly articles have been in the paper and we have been promoting local services in our community.
 - Nursing students gave out 26 wellness cards, submitted article in the paper and did sodium initiative displays
 - The challenge for May is reduce stress have fun score cards have been distributed.
- ##### b. Science in the Cinema
- Diving Bell and the Butterfly postponed d/t scheduling.
- ##### c. **Nutrition seminars** @ library, lead by Greta have been completed. No further sessions planned.
- ##### d. **Big Cook #2** was held April 24 Please contact Colleen at colleen.bigcook@telus.net for more information. Attached is the information on the next big cook happening in May.
- ##### e. **Community garden** -Soil donated, equipment to be purchased with community stroke funds, letter drafted requesting donations. Work bees once weather warms up.
- ##### f. **Free skate** –ended March 31. Invoice received. Letter drafted to solicit community sponsorship for fall 2010.
- ##### g. **Evaluation** – funding body APSS (Alberta provincial stroke strategy) requires evaluation of the community stroke pilot project. What do we need to know to determine that the project is doing what it says?
- ##### h. **Accreditation** – both Carstairs and High River coordinators have been asked to participate in formal accreditation process, mid May.
- ##### i. **Next Meeting:** Tuesday May 25 1:30-3:00 SNAPS office across from Memorial Centre. Everyone welcome!!

6. New Info Kiosk information-Kate Tymstra

- Changes were made to make it simpler on the administrators, to make it simpler on the organizations, services and groups and more simple for the public
- The biggest change is that the info kiosk is now SELF SERVE. The organization, service groups, etc are responsible for creating their own account, creating and updating their own community listing (profile) and adding in and updating their own events.
- When community listings and events are submitted, an email will be sent confirming that the information has been received and then their info will be added in 1-2 business days (following an approval process)



- Organizations, service groups etc are only permitted to sign up under ONE category: group, non profit organization, society, team, club or government/other (Note we can add in definitions for these categories to assist in determining the best fit.
- For profit/businesses will be referred to Business & tourism E-Listing (which will be available at the end of the year) This is with the exception of Health practitioners which is proposed as the 6th category
- The Info Kiosk will go Live on May 10, 2010.

7. Adolescent wellness Youth outreach-Kim Reiger

- This group would like to thank 4C for their support and interest in the High River Youth Project
- The Youth project core group extended their gratitude to all those that participated in the January 29, 2010 meeting
- The core group made a decision to cancel the February 12 meeting with the wider group in favour of meeting together to address issues, concerns and ideas that came from our meeting with the wider group on January 29 in particular to develop a clearer direction regarding the project.
- The core group met on February 12 2010 and agreed we required youth input to provide us with valuable insight into the needs of youth. The core group also recognized the need to clarify the purpose
- The core group met again on March 11, 2010 with a few young people to glean their views. We agreed youth needed to be in partnership with the core group, and that a wider cross section of youth needed to be accessed.
- The core group met again on April 16, 2010 to further clarify our direction and identify tasks to be completed. It was agreed a questionnaire would be developed and disseminated to a large and varied cross section of youth through a variety of methods. The information would be assessed once completed.
- The project would be in partnership with several key youth to act as a voice for other youth to ensure a realistic, sustainable, affordable project be developed, that would meet the needs of youth in High River long term
- The core group wishes to extend an invitation to the wider group to participate in a variety of ways once we have established the questionnaire
- The core group will provide regular updates to the wider group and invite their views to ensure the success of this project.



The Big Cook by Colleen
Based on the recipe book "The Big Cook"

Have you ever felt that at the end of your workday, your day seems to be just starting? Again? Trying to get a nutritious dinner on the table and then rush out for the evening activities sometimes seems impossible...

There is hope...

Get together and meet new friends to prepare up to 18 nutritious meals for you and your family. All in ½ a day! Take the meals home and freeze. Then, take the meal out of freezer the night before or the morning of and put in a slow cooker or cook the meal in the oven or on the stove or barbeque. Add a couple of sides. And, finally, enjoy!

Details for the next Big Cook are:

Cook Date: Saturday, May 15, 2010
Cook Time: 10:00 am – 3:00 pm (**please note time changes!!**)
Cook Place: High River Full Gospel Church
1802 9 Avenue SE, High River
Organizer: Colleen 403-652-5280
colleen.bigcook@telus.net

Deadline for Registration & Payment of Deposit: May 7, 2010

The recipes selected for the next Big Cook are:

1. Beef Fajitas
2. Graham Cracker Meatloaf
3. Lazy Man's Lasagna
4. Chicken Chow Mein
5. Exuberant Chicken (light curry coated flavor)
6. Quebecois Chicken (maple flavor marinade)
7. Cranberry Pork Chops
8. Marinated Pork Chops
9. Rotisserie Pork Roast

More details:

1. Each recipe/meal serves 4-6 people.
2. Each participant can request either a single (9 meals) or a double (18 meals) portion.
3. Cost for 9 meals is approximately \$85 - \$120. Cost for 18 meals it is approximately \$170 – \$240. An additional fee for each recipe will be charged. This small fee will cover some of my costs, last minute purchases and additional cooking equipment for the kitchen.
4. For 9 meals, a \$50 cash deposit is required. For 18 meals a \$100 cash deposit is required. Remaining amounts are due day of the Big Cook.
5. Time commitment is approximately 4-5 hours on date indicated above.



6. Minimum of 8 participants required.

Participation is on a first come first serve basis (then you will put on a waiting list for current and/or next Big Cook).

Contact me if you would like to participate and let me know the number of portions you would like: Single (9) or Double (18)

I will then forward additional details.

Let me know if you have any further questions, concerns or if you would like to receive future Big Cook emails.

Colleen

403-652-5280

colleen.bigcook@telus.net

*** If you do not want to receive emails regarding the Big Cook, please contact me and I will remove you from the email list. ***

