



**Healthy Communities Partnership
Stewardship Committee
Date: January 11 2012
Time: 09:30 AM
Location: Health Unit Office
25 Johnston St. SMITHS FALLS
MINUTES**

Present: Dr. Paula Stewart, Mona Wynn, Lois Dewey, Bonnie Schnittker, Beth Collins, Jane Torrance, Carole Chang, Paula Davio

Regrets: Suzanne Rivard, Margaret Fancy, Sharon Proulx, Elaine Mallory

1. Welcome and Introductions: Dr. Paula welcomed all
2. Approval/Additions to Agenda: Approved as circulated with addition 9.1 to 9.4
3. Approval of previous minutes – November 9 2011: Approved as circulated
4. Action Items/Business Arising (under Items #6, 11):
All action items complete.
5. Working Groups:
 - 5.1. Newsletter: Mona to update the newsletter and will contact Lois
 - 5.2. Web Site: Lois is working on adding further information which would be of use to organizations planning to submit a proposal for the HC Fund – will set up meeting with Margaret and possibly Keith, when complete
6. Constellations:
 - 6.1. Physical Activity, Sport and Recreation
 - 6.1.1. – Recreation Summit
 - Debrief/Evaluation: Review of the evaluation
 - 33 evaluations completed
 - Only half of attendees present at the end
 - Students from Gananoque Secondary School did not do evaluations
 - 'Making Connections' - 85% stated they made a new contact
 - 81% would like to have an opportunity to participate in breakout sessions.
 - Lois shared the newspaper articles from the day, there were four different write-ups on the day.
 - Next Steps: Have had a meeting to plan for initial gathering where we will:
 - review the summit and plan for the next one

- share vision of a Regional Physical Activity Network – which would become the constellation for Physical Activity/Recreation
- establish steering committee and survey re: forming working groups, e.g. Active and Safe Routes to School,
- to be held March 2nd Health Unit – Smiths Falls office
- Dr. Paula enquired re: Health Unit representation on the next steps committee and also representation from the Stewardship Group – both represented

ACTION: Bonnie to contact Health Unit staff to participate

6.1.2. Mississippi Mills Bicycle Month proposal:

- Jeff mills would like to host a Bicycle Month / Healthy Communities Summit –
- A yearly Silver Chain Challenge between Renfrew County and Lanark County - considering taking this initiative to a national level.
- Question is how to support his initiative.
- Mississippi Mills Bike Month has had a message of Healthy Living, speakers address healthy lifestyle, sponsor table with foods that sustain you while cycling. Bike month may focus on cycling but the main intent is to promote healthy lifestyles.

ACTION: Lois to contact Jeff and inquire exactly how we can support this initiative.

Jane suggested a meeting of those interested in asset mapping, to ensure we are all collecting the same relevant data

ACTION: Need to have a meeting to determine who is involved in Asset Mapping (Mona, Emily Cassell, Suzanne, Tawnya Boileau, Jeff Mills).

- 6.1.3. Strategic plan for trails in Leeds, Grenville and Frontenac Counties. Arch biosphere has a Healthy Communities grant for the above area. Paula and Lois have met with the committee; they would like big initiative for trails. Paula brought up the issue of trails for the people who live here not just to bring in tourism dollars. They would like to model a Trail Summit after the Recreation Summit. Develop strategic plan to consult with people involved and make trails more accessible. Lanark Trails meets actively, Trans Canada Trails Corporation, survey to connect with all the people who use the trails and are actively involved. What are the issues and what should be in the plan? Plan for the community not only the Arch Biosphere.

ACTION: Lois to broach the subject at the Mental Health Initiative meeting next week.

Find out within each municipality who is the planner. What are the issues that need to be part of the Trails Summit in March and Bicycle Summit in June
Attendance brought a new perspective to the table.

7. STRETCH BREAK:

8. Constellations (cont'd):

8.1. Mental Well Being and Resiliency

8.1.1. MHI LLG: Initiative is planning to go through the process of appreciative inquiry. This will assist in the identification of vision and goals.

Ontario Injury Prevention centre is sponsoring a day on Developmental Assets and Resiliency in Toronto on February 29th. Lois has spoken to Jane Hess about bringing the initiative to the Local area. Dr. Wayne Hammond is the speaker.

ACTION: Lois to speak to Tawnya Boileau about contacting Dr. Hammond about doing a conference here.

Support given for attendance at the conference.

LGL Mental Health & Addictions Coalition meets bi-monthly -includes adult mental health, has requested that Lois speak. At the time she will point out the links between mental health and physical activity.

8.1.2. Ontario Injury Prevention Resource Centre Workshop – as above

8.2. Healthy Community Charter

8.2.1. Queen's Graduate Students – waiting to hear from the students, need to bring the Charter group together to discuss the progress.

9. HCP Banner:

9.1. United Counties' ICSP presentation: Consultants putting together community meetings for United Counties of Leeds & Grenville and the impact on the sustainability program. Lois to speak to them three times and also to send the invitation to the committee. **See KSP worksheet.** From the viewpoint of the CHC good health is sustainable but health care in unsustainable. Mona and Lois to coordinate what they are presenting. Lois to include the KSP worksheet as a handout for the people at the community meetings. Lois to consult the focus group discussions. Carole emphasized the shift away from the focus of healthy weight to the goal of Healthy bodies. FOCUS ON Health and the sustainability plan.

ACTION: Lois and Mona to work together and coordinate the effort.

9.2. CARP new visions of Age Friendly Community - want to start a Lanark Chapter. Very Influential

9.3. Sustainable Happiness Workshops: Green communities Canada walks. March 1st and 20th. 4 workshops to be done in the province of Ontario.

ACTION: Lois to send to contacts - someone should apply.

10. Ministry:

10.1. Update

Lois has contacted Sharon Proulx from the ministry and there has not been any information as yet.

ACTION: Lois to contact Andrea Bodkin and Dr. Paula to contact Michael Jiggins (representative for Steve Clark) re: any news of HCP funding.

10.2. Mona has discovered Grants Ontario, which is an online system: standardized application forms, timelines accountability and reporting requirements across ministries.

<http://www.mhp.gov.on.ca/en/healthy-communities/grants-ontario/default.asp>

Coordinator's Report:

11. Partner Round Table:

- Carole: hold a conference on Food Deserts, on May 30th, Gardening workshop on March 22nd in Brockville. This is to be a pilot project if there is enough interest they may have a workshop in Smiths Falls.
- Mona (Smiths Falls CHC) is working with REAL and Healthy Living by the Rideau, target youth, healthy lunch, opportunity to do healthy eating quiz, in the afternoon art therapy, can accommodate 28 people at a time and participation is too low. Perhaps not promoting enough - is it the age group? Drawback is target audience and parents who do not show an interest. Just completed strategic direction planning to engage individuals and communities in Health Promotion another to promote access to service.
- Jane: Student support Leadership initiative, wrapping up projects during the last six months of funding, pilot project ran at St. Luke's in Smiths Falls and is now in Duncan J. Schoular. Sponsored by Lanark Community Programs. Supported by RNJ Youth Services incorporating REBOUND - aimed at youth who are heading in the wrong direction, clinical support from Tri CAS, aimed at 12 to 18 year olds.
- Paula explained the restructuring process that the Health Unit - is actively engaged in, and the process over the next 6 months in order to implement the plan of meeting our mandate.
- Bonnie is planning the next MDS Network Day for February 24th, 2012

12. Time and Date of next meeting: February 8th, 2012

LD/pd