



HEALTHIER COMMUNITIES COMMITTEE NORTH CARIBOO

Promoting healthy eating & local food security

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North Cariboo P4HC MINUTES September 13, 2018 10:00 am – noon Location City Hall – CD Hoy Room

In attendance: Lynnette Winsor, Susan MacNeill, Wilma Watkin, Lori Fogarty

Regrets: Director John Massier, Laurey-Anne Roodenburg, Tara Johima, Heloise Dixon-Warren, Lynda Atkinson, Cathy Juric, Sue Myles, Lynne Postnikoff,

1. Welcome and introductions: Chair: Lynnette Winsor
2. Updates from Steering Committee:

Susan MacNeill of the Seniors Advocacy Service provided an update on a proposed program they are initiating. Please note this information is for the committee only and is not approved for dissemination to the media, including social media.

The program is called “Life after 60” and would be modelled after the Children’s Charity – Variety. The program would be used as a fund raiser for seniors who might be in the situation where their pensions remain the same, but costs increase due to inflation over time, especially medical expenses such as dental, eye and hearing care. Providing this pro-active care for seniors in need, may help and extend their quality of life. Another focus of the program would be for the cost of palliative care. Currently a person pays \$30-40 per day to die in palliative care, which can impact a partner or family on a fixed income.

They will start the program in Quesnel, with the hopes of eventually going provincial. They are working with grassroots groups and engaging them in the Life after 60’s program and encouraging youth with a passion for helping seniors to be ambassadors for the program. They have a steering committee of 5 and are taking donations from various groups to get a fund raiser established. Many companies and health care providers are donating time or services to the program.

How can the NC P4HC support the initiative? It was suggested the committee could provide a letter of support. Lori will prepare a letter for approval at the next P4HC

meeting. The group also looked at the Terms of Reference to determine if there was an opportunity to include this initiative in an Imagine grant application.

3. P4HC: NC grant application to Northern Health

- 2017 grant reporting completed in March 2018
- Progress report on 2018 P4HC: NC grant application to Imagine grant
 - Carson Elementary: Lynne reported that the purchase of the tool shed and supplies was completed and the invoices will be submitted to the P4HC treasurer for re-imburement. The garden was planted but there were some challenges due to the hot conditions and access to water.
 - Barlow Creek Elementary: The grow lights were purchased and will be in use in the classrooms in early 2019 to grow seeds for the garden boxes. Volunteers provided supplies and time to construct 6 large garden boxes in the back of the school – one for each grade to plant in the spring.
- Next funding intake in September 1 to 30, 2018 – Workshops on Cheese making and Garden Box Seed Starting were recommended at March meeting; There were no submissions to the Request for Proposals sent out in May. While a grant application for the workshops could be put together by the Sept. 30 deadline, it would require a commitment from committee members to implement the workshops. At this time that is not in place, so the group decided to hold a P4HC meeting in November to discuss options for the spring intake of the Imagine grant funding.

4. Upcoming dates:

- September 30, 2018 – Imagine Grant application due

5. Other:

6. NEXT MEETINGS:

NC P4HC Committee – In mid-October, Lori will send out a “Doodle” for potential meeting dates and times in the first 2 weeks of November and see which dates work best for committee members.

North Cariboo P4HC Working Group

Name	Position	Organization
John Massier	Co-chair	CRD-North Cariboo Representative
Lynnette Winsor	Co-chair	NH - Public Health Protection
Heloise Dixon Warren		Growing North Cariboo Society
Lynda Atkinson		Kersley Farmers Institute Growing North Cariboo Society
Lori Fogarty	Secretary	FARMED; Growing North Cariboo Society
Sue Myles		Bouchie Lake Community
Cathy Juric		North Cariboo Aboriginal Family Program Society (dba Longname Society)
Wylie Bystedt		Quesnel Farmers' Market / Wells Marketing
Susan MacNeill		Seniors Advocacy Service
Laurey-Anne Roodenburg		City of Quesnel
Tara Johima		Parkland Community Association
Janet Knopp		Growing North Cariboo Society / FARMED
Wilma Watkin		FARMED / Growing North Cariboo Society
Lynne Postnikoff		Quarter Acre Farm
Sharon Primeau		Wild 'n Crafty
Sheila Gibbons		Baker Creek Community
Melanie Dydynsky		Nazko