**Southwest Zone Zoom Meeting Notes**

**Monday, January 17th, 2022 10 a.m.**

**SW Zone Meeting dates:** generally the 3rd Monday every other month and subject to change as deemed appropriate or requested. Future 2022 dates: March 21st, May 16th, July 18th, September 19th, November 21st.

-19 members in attendance

**Welcome to new members attending for the first time today:**

* Katrina Clarke, ED from Rural Response
* Jen Proulx, Middlesex-London Health Unit

**Update from PHAC: Michelle Halket, PHAC/ASPC**

* PHAC continues to prioritize activities dealing with the Coronavirus and its current Omicron variant. This requires Program Consultants (PCs) to support and serve at Quarantine sites, Airports, and Land Borders.
* Annual Reporting Tools (ART) will be due April 30th.
* Financial Reports: If you wish to make a Budget transfer request and/or anticipate significant underspending, or roll-overs, speak to your PC and/or submit underspending notices by January 31st.
* If you are waiting for money, speak to your PC.
* Be sure you are receiving the weekly CAPC/CPNP Network News on Fridays each week. In it you will find information about our 4 learning circles, zone meetings, learning opportunities, and the link to the TRELLO calendar with registration and links for meetings and events. Don’t miss out! Contact Sydney ([sbell@carizon.ca](mailto:sbell@carizon.ca)) if you need to be added to the list! The Network Webconnects site is another good way to be informaed, and will soon be launching a new look with new features to help us all stay connected and share information and resources.

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**General Discussion:** Our current funding agreements end March 31st, 2024. We anticipate applications for another agreement to be made available in 2023. Now is a good time to be thinking about the various ways our projects contribute to the wellbeing of mothers, children and families living in Canada. Our usual activities and the ways we have provided services has been dramatically challenged during the current funding agreement period due to COVID19. For example, our projects have been serving during COVID-19 in some of the following extraordinary ways:

* Organizing, helping at, and providing space for immunization sites
* Providing reliable sources of information and accurate health teaching
* Being *very* creative in meeting the needs of the most vulnerable in our population

There was a recent article in a Toronto newspaper looking at how the pandemic has affected Post Partum Mood Disorders (PPMD). While 1 in 5 mothers were believed to suffer from a PPMD before COVID, it is now suggesting that numbers may have increased to about 1 in 3 new mothers.

Now is the time to be clear about the value of our projects, and how we continue to provide important services to those most vulnerable during exceedingly challenging times. One thought to consider is to ask for an “escalator clause”, so that funding increases to match the increases in inflation. Something like a postcard campaign to MPs was suggested, with potential support through the Coordinating Committee and/or Network.

**Coordinating Committee (CC) Update: Netti Wall, SW Zone Representative**

The committee tends to meet on the first Thursday of the month, but met on January 13th this month.

We are pleased to announce that Erin Young from Carizon has stepped forward as a SW Zone representative on the CC! Netti and Erin represent our CAPC & CPNP projects. *We are still in need of an Indigenous Project Representative to provide a full representation from our zone.* Speak to Netti, Ellen, Lori or Sydney if you are interested or would like to know more about the position.

The CC is also thinking forward to the ways they might provide support to projects when they reapply for funding, likely in 2023.

The Annual Network Conference will be held virtually on February 22nd, 23rd and 24th with the theme of *Resiliency: Adapting, Learning and Growing*. There is no cost to this conference. Registration will be open soon. The sessions may be recorded and archived for viewing by those unable to attend on those days. Watch for more information in the weekly Network Newsletter.

Racialized Maternal Health Training: *The Black Perinatal Health Workshop Series*. There are 4 dates beginnings February 4th, and each session is 2 hours in length. These sessions are *not* expected to be archived. Details can be found in the weekly Network Newsletter.

There will be an annual survey for projects to complete. Watch your emails and Network Newsletter for invite.

\*Although not in the current CC work plan, Netti will take the request back to the CC for support to promote CAPC/CPNP our projects and funding through something like a postcard campaign, or letter template projects can send to local MPs.

**Question:** Should there be a subcommittee of SW Zone members (or on a wider scale to invite all zones for larger impact) to work on activities such as “Impact Statements” that might give us a stronger voice to the Government? (Impact Statements were created in the past, and Ellen has some examples.) PCs may be able to help provide national statistics and information that may be helpful to capture the attention of the Government.

**General Discussions and Sharing:**

Jen Yates, Hamilton, Dietitian: Had 7 locations before COVID, now has shifted to on-line programming. Looking to build efficiencies on City of Hamilton website to post all resources. Considering on line registration, making it client-friendly, but also to gather the necessary information, and target the “right” people. Trying to limit admin time spent on helping clients get connected to services.

-Halton has on-line registration

Expects to keep at least 1 virtual group after in-person services have resumed.

Andrea Licursi, Halton PHU: Have had 1 weekly group online for a year. It requires admin time and can be very taxing. Would like to work towards an automated registration Of note, in 2021 they have noticed clients connecting early in pregnancy, sometimes at 6-10 weeks, and there are a large number of very committed working clients who actually schedule their lunch breaks during group time so the can still connect, even when they are at work!

**Question**: Has our target audience changed? Who is or target audience? For example, some Newcomers are highly educated, some people live in expensive homes but are suffering under the stress of debt and/or isolation… lots of things can make a person “vulnerable”… who decides who is in need, and who isn’t? Familiar addresses and the outward appearance of a home can be misleading and/or lead us to make a “judgement” about the family situation or financial need. During the intake conversation, Ellen has found it helpful to explain that the gift certificates are available, and asks them if they might have a hard time making ends meet? This allows the mother to make her own determination about need, her response is documented as a quote, and is used to guide who to send the certificates to. Other projects have questions moms might answer to help them “self screen”. For those who don’t seem to qualify or need the support from our programming, perhaps there is an opportunity to direct them to other resources such as EarlyON or Yomingo (an on-line pre- and post-natal program).

Ellen Bachtold, Windsor, Dietitian: Recognizes the importance of talking with clients on intake calls, and wouldn’t want to lose that precious time by moving to an electronic registration. They are currently tracking how many people they are mailing packages out to, dropping off program supplies to, how many FB posts they make… they are important activities of current service delivery, and also consume a good deal of time.

Jocelyn Wells, Guelph Community Health Centre : Has a Microsoft form that she can share to collect demographic information. They started first program in September 2021 and have seen increasing enrolment. They continue to partner with appropriate community partners in efforts to reach the most vulnerable people. A current focus is the homeless population, and those on the verge of homelessness.

Katrina Clarke, Rural Response: Recent *Walk’n’Talks* were offered, but no up-take, so cancelled in January. They plan to offer cookie decorating kits for pick-up in February and will re-visit the *Walk’n’Talks*  as nicer approaches.

Ellen Bachtold, Windsor, Dietitian: With cooking drop-off, they have sometimes provided the groceries and sometimes provide a grocery list of what they would need to make the recipe so the participants can cook simultaneously during the Zoom demonstration. Quite popular and good feedback from clients.

Gerri Catherwood, CAPC, London: Have provided grocery cards from other funding sources. Have provided porch drop-offs to families with COVID. Their project has created a cookbook that includes fun family activities and nutrition facts!

**New resource**: *Meal Plan Like A Pro*- a 20-page booklet available from the Egg Producers at:

Getcracking.ca/mealplan

Robyn McKenzie, CAPC, M’Wikwedong Friendship Centre, Owen Sound: Looking for help with a data collection tool. They continue to use an old data base system but looking for an easier-to-use and updated tool. This need has been brought forth before.

\*Netti offered to take this request back to the CC. Katrina is also looking for a data base system or tool.

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**Tabled Items to keep in mind: A skill development opportunity awaits!**

Are you looking for an opportunity to serve as a **SW Zone Chair or Co-Chair?** Ellen has generously given her time, talents, thoughts, experience, creativity, encouragement and fun sense of humour leading us through challenging and changing times for **5 + years!** If you feel motivated to step up to a Chair or Co-Chair position, as a voice and leader for the SW zone projects, please speak to Ellen or Lori. Everyone needs a break now and again, and it’s good for us to develop our talents, share the load, and try something new!

**Coordinating Committee (CC):** The CC is looking for **1** more representative from our zone! To provide a complete SW zone voice we need a representative from an Indigenous project. Contact Nettie (nettiw@mcson.org), or Sydney (sbell@carizon.ca) if you are interested or would like more information about the position. Generally a letter of commitment or assurance from your agency stating that you will be available for serving on the CC is requested.

**Land Acknowledgement Conversation:** Ongoing meeting item. If you have ideas to share, would like to volunteer to offer a land acknowledgement or teaching at a future SW Zone meeting, or would like to be part of an on-going conversation, please let either Ellen or Lori know. You may want to view this video designed for children from the TV show, *Look, Listen and Learn*: **What is a Land Acknowledgement?**  
[https://www.youtube.com/watch?v=lT3rYD6jUZA](https://carizon.us6.list-manage.com/track/click?u=9d77951b27624018f0b6a0612&id=d3a7bf0c21&e=37fc070ec6)

Next meeting: **Monday, March 21st, 2022 at 10 a.m.**

Respectfully Submitted by your SW Zone Co-Chairs,

Ellen Bachtold [bbbb@uwindsor.ca](mailto:bbbb@uwindsor.ca) and Lori Wilson [loriwilson@kcyfs.com](mailto:loriwilson@kcyfs.com)