**Southwest Zone Zoom Meeting Notes**

**Monday, June 20th, 2022 10 a.m.**

-15 members in attendance

-No new members today

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**Update from PHAC: Michelle Halket: See separate report**

**Q:** How does PHAC want us to “count” participants who attend more than one CAPC/CPNP program or activity within the same project?

**A:** If an individual is participating in more than one program/activity within the same project, they count as

**1 person.**

**Other issues and discussions:**

* Revised ART/CPPMT Meeting on May 9th: It was explained that there was a privacy breach and therefore, it is not currently available for sharing. It is expected that there will be more information and training sessions in the future.
* Renewals for 2024: Funding for all projects ends March 31 2024. Generally there are 2 options for renewing contracts/agreements: 1. Soliciting, potentially opening applications to new agencies/reapplying for funding (a very lengthy process) or 2. Extending current agreements with existing agencies for another multi-year agreement. The process for 2024 is unclear at this point.
* No word that funding is ending or going away for CAPC and/or CPNP. However, if there are no increases to funding, will projects be sustainable? It seems that we are being asked to do more with the same dollars, and many projects do “make it work” through creativity and sacrifices, such as staff not having increases in pay, for many years. Michelle and other PCs are aware of the challenges, and will take concerns back to PHAC meetings. There are no answers right now, but one might anticipate changes for 2024.
* Historically, our project funding has been static and we have not even received increases to account for the basic inflation rate. We are being asked to expand our reach to diverse populations and reality is that it is expensive to do this work. Cleaning costs during COVID were very high, yet necessary, and there was no additional money given to deal with this extra expense. Target populations have changed to include Newcomer families (some who require interpretation services), and many families who may not have accessed our services in the past, are under new stresses and strains financially and socially during COVID, including food insecurity.
* *Always spend your money!* Some projects are in a position to receive additional financial support from municipalities or other funding streams so the pressure to make due with what is given from PHAC is not such an issue. Yet many projects make regular sacrifices to serve the growing number of families accessing their programs.

**Reminder:** Be sure you are receiving the weekly CAPC/CPNP Network News from Sydney Bell on Fridays. In the newsletter 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 (including zone meeting zoom links!) and events. Don’t miss out! Contact Sydney (sbell@carizon.ca) if you need to be added to the mailing list! The Network Webconnects site is another good way to be informed, and will soon be launching a new look with new features to help us all stay connected and share information and resources.

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**Coordinating Committee (CC) Update: Netti Wall and Erin Young, SW Zone Representatives**

|  |  |
| --- | --- |
| **How to RSVP: Etiquette & Advice for Guests & Hosts | Southern LivingThursday, June 23rd** will be the last CC meeting before taking a summer break. And here’s some *good news*! **YOU ARE INVITED!** The meeting starts at 9:30. If you are curious about what happens at a CC meeting, here is a perfect opportunity to step in for a visit! Contact Sydney Bell for Zoom invitation.

|  |
| --- |
| * The Annual CC meeting took place virtually on May 25 & 26. There was a recorded presentation from this meeting and a link is available on the Trello calendar. Or, contact Sydney Bell for more information.

Network Summer Activity Survey: Each year we engage in evaluation activities that include two survey opportunities for Network members to offer feedback.  The first is the Summer Activity Survey and the second is a January Annual Member Survey.  Please see below the link to the 2022 Summary Activity Survey.  Your responses to this short survey are ****anonymous**** and will help us evaluate the Network's activities and determine how to better meet your needs.  Summer Activity Survey - June 2022[https://www.surveymonkey.com/r/DNZRS8B](https://carizon.us6.list-manage.com/track/click?u=9d77951b27624018f0b6a0612&id=dcbf14542e&e=37fc070ec6) |

 |

**Q: What is the CC?** The CC is made up of representatives from CAPC, CPNP, and Indigenous Projects from each of the 5 zones, forming a Provincial Committee. It gives a closer connection to PHAC, and the overall Provincial and National direction. It can be eye-opening to a broader perspective and vision for how the work of our projects fit into the “Big Picture”. Sydney Bell is our Network Lead for CAPC & CPNP Projects in Ontario. It’s a great spot for a new member, or one with experience, and there is a project honorarium for standing on the committee. They meet (virtually for now) about once a month.

**Note:** There is a current position available for a representative from an Indigenous project, and Netti’s term will end in the fall, which will open another position for either a CAPC or CPNP representative.

**Questions?** Contact Netti (nettiw@mcson.org), Erin, or Sydney (sbell@carizon.ca).

**General Discussions and Sharing:**

Sylvia, Chatham-Kent, CPNP: Partnering with Parks & Recreation this summer for “Party in the Park” events in 8 different areas. They will invite families from their project to attend the one in their area… They will offer a “Glitter Calm Down” jar activity and a Fruit & Veggie Scavenger Hunt.

Ellen Bachtold, Windsor, Building Blocks for Better Babies (BBBB), CPNP:

Offered 2 park groups. They were well attended! One group had 16 preschoolers for a total of 35 participants! At the in-city group there were 19 in attendance. They offered some teaching and fun activities, including giving out jars in preparation for doing the recipes in a jar from the Dairy Farmers of Canada resource. <https://dairynutrition.ca/en/educational-resources/on>

Jan Tomlinson, London-Middlesex Public Health Unit, CPNP: Their RD is wondering what recipes and cook books do projects use? They are down to the last of their “Basic Shelf” supply. Suggestions from the group included “Yum & Yummer” by Canadian Greta Podleski… contact author… may get a discounted price ($10 ea)… Windsor BBBB gives it out to all CPNP moms… Another Canadian author, Sandi Richards, The Healthy Family: Start Eating Forward… may get a discounted price… Some projects share recipes, food demonstrations, or video links with a “Food Focus” of in-season foods… or include a recipe, or newsletter with a recipe when mailing out monthly food certificates/vouchers/cards… trying to balance how to share information… on paper or electronically, knowing that not all have access to (reliable) internet… lots search on line for recipes or from our own tried & true recipes… Some highlight something from Foodland Ontario, Dairy Farmers of Canada, Dietitians of Canada, or other reputable sources.

Wanda Nahdee, Windsor, CAPC: Also meeting in the park. Once a month offer a food box, which is well received and much appreciated! Families come and pick it up or will deliver to those who can’t pick it up.

Offering food support to those who need it most: Some projects ask participants, “Do you need food vouchers this month?” Even those who may not take the vouchers sometimes take a free food box when it’s available, and free food seems to be genuinely appreciated across all socioeconomic groups.

Andrea Licursi, Halton Region (Burlington & Oakville) PHU, CPNP: Used to have “Halton Food Box”, but now working with Longo’s. Their Food Facilitator works with each family to tailor the food to their needs, and it is delivered by Longo’s. It is very appreciated, especially by those moms in the early Post partum period who may find it difficult to get out for groceries.

Jan, update on hybrid group, simultaneous online and in-person groups programming: Groups are happening… working on problem solving sound issues… truly like running 2 groups at the same time, and definitely take 2 staff, one to monitoring the online conversation and chat, and one dealing with the in-person happenings. Child minding has been very much appreciated.

Lori Wilson, Keystone Child, Youth & Family Services, Owen Sound, CAPC & CPNP: CAPC groups in person going well, with larger numbers of participants. Some children seem to be anxious around leaving home, seeing new faces, not being with their moms for brief periods of time. Have resumed outdoor visits in CAPC home visiting program with nurses and volunteers, masked. Masking by families is optional. Will continue to offer CPNP virtually over the summer, cooking one group on zoom (groceries purchased and delivered to families beforehand) and a guest speaker or teaching/activity time for the second group of the month.

Vitamin distribution: Some projects are connected to PHUs who can work under a medical directive and dispense the actual Prenatal vitamins (PNV) and Vitamin D Supplements. Other projects have other ways of providing vitamins.

Andrea Licursi: Sobey’s Pharmacy will provide free prenatal vitamins (30 days at a time) through their program called, *“Baby Be Healthy”*. For PNV, asks if they are in need of support around the cost/affordability of them. If they need help, they are provided with enough to get them through their pregnancy and about 2 months post partum. For Post Partum moms, asks about breastfeeding, and if they are, it opens the conversation to discuss Vit D supplementation. Tries to avoid stocking up large quantities to avoid vitamins expiring before being given out. Provides vitamins with food boxes. Also provides an information sheet.

Erin Young, Carizon, Kitchener-Waterloo, CAPC & CPNP: Their RD has a form that is signed by the client after some discussion/health teaching before receiving vitamins. Vitamins can also be obtained through their Sexual Health Clinic.

Jan Tomlinson: They acquire free vitamins from *“Vitamin Angels”* program, and has been working well for some time.

Jen Andrews, Healthy Families Public Health Services, Hamilton: They distribute up to three $20 Shopper’s Drug Mart Gift Cards for clients to purchase PNV. They also provide a fact sheet to clients.

\*\*For some populations, it is important to provide gelatin-free vitamins, and the vitamins mentioned through these free programs seem to offer gelatin-free, Halal vitamins.

**Please Note!** Some vitamins that are marketed *looking* like good choices for a complete PNV, such as gummies and some brands found at Big Box stores that may have little to no iron in them, far below what is recommended and provided by a true PNV (27 mg)!!!

\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

**Tabled Items and Things to Keep in Mind:**

**Upcoming 2022 SW Zone meetings, 10 a.m.:** July 18th, September 19th, November 21st

**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!

**Land Acknowledgement Conversations:** 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. Of note, one of our learning circles is focused on Indigenous Teachings (dates in the weekly newsletter).

**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 helpful information that may capture the attention of the Government.

The topic of asking how the CC might support projects in awareness raising and funding challenges

Next meeting: **Monday, July 18th, 2022 at 10 a.m.**

Respectfully Submitted by your SW Zone Co-Chairs,

Ellen Bachtold bbbb@uwindsor.ca and Lori Wilson loriwilson@kcyfs.com