

SOCIAL PLANNING COUNCIL OF WILLIAMS LAKE & AREA COMMUNITY MEMBERS MEETING MINUTES - DRAFT

Date: October 24, 2022

Time: 11:30 am – 1:00 pm

Location: [Zoom](#)

Chair: Larry Stranberg

Minutes: Bree Odd

Present: Larry Stranberg, Bree Odd, Barb Jones, Carrie Julius, Kiley Green, Michele Bebault, Rosanna McGregor, Shannon Thom, Carla Bullinger, Eva Navrot (guest speaker), Stacey Miranda (guest speaker), Silvia Siebert-Dubray, Sherry Yonkman, Michael Moses, Stephanie Huska, Marvene Layte

Regrets: Laurie Walters, Rev. Nancy Colton, Marnie Brenner

Land Acknowledgement

The Social Planning Council of Williams Lake and Area would like to acknowledge this meeting is taking place on the traditional unceded territory of the Secwepemc Nation and the T'exelc people.

Review & Approve Agenda for October 24, 2022

Motion to accept agenda. Carla Bullinger. **Second** by Barb Jones. **Carried**

Review & Approve Minutes for September 26, 2022

Motion to accept minutes Shannon Thom. **Second** by Sherry Yonkman. **Carried**

Member Introductions: Members shared their names, and the organization represented

Guest Speaker(s): Eva Navrot, Seniors Advocate - Seniors Activity Centre

- Started position as seniors advocate in June 2022
- Funding provided by the Union of BC Municipalities (UBCM) through the City of Williams Lake
- Program based on priorities of action from the [Thrive Poverty Reduction Strategy](#)
- Partnership with the Cariboo Chilcotin Partners for Literacy ([CCPL](#))

- Providing free programs, Partner Assisted Learning (PAL), English as a Second Language (ESL), Settlement Services, Clear & Plain Language, Bright Red Bookshelf, Family Literacy
- Interesting Facts
 - The population of seniors in Williams Lake is increasing
 - 703 million persons aged 65 years or over in the world in 2019. This number projected to double to 1.5 billion in 2050
 - Seniors are living, on average, an additional 17 years
- Until this year, volunteers provided advocacy for seniors; there are now three paid staff Peggy Christianson, Tamara Bush and Eva Navrot. Volunteers are still needed.
- Volunteer packages are complete; volunteer recruitment is planned for December.
 - Volunteers will receive short training and orientation.
- Space for the program provided at the Seniors Activity Centre
- Assist seniors with:
 - Forms and paperwork for CCP, OAS, GIS, SAFER, and anything online
 - Housing - Tenant/Landlord issues, affordable housing options
 - Connection to community and government services
 - Income tax assistance referral to an in-house tax specialist
 - Lawyer-type assistance with land titles, wills, etc.
 - Handicap placards, now available in the office
- Tamara is instrumental in assisting seniors with medical forms for handyDART services
- A seniors grieving support group is in development
- In partnership with the church, we were successful in assisting with a housing application and found a suitable affordable apartment for senior
- Successful in building partnerships with the Social Planning and Research Council of BC (SPARC BC), the City of Williams Lake, seniors advocacy volunteers, Women's Contact Society, Cariboo Chilcotin Partners for Literacy, and many seniors
- Eva is the Williams Lake Community Response Network (CRN) Coordinator for stopping elder abuse. She presented on elder abuse on World Elder Abuse Awareness Day in June.
 - "See Something, Say Something – Reducing Risk for Older Adults" program
- Seniors advocacy services are available Tuesdays, Wednesdays, and Thursdays from 9:00 am – 3:00 pm. Home visits are possible

Question from Larry, is the housing market for seniors bad? **The answer**, there are waitlists for all senior housing, and the regular market rental rates are unaffordable. Please connect seniors to Eva if they require support and advocacy. Email Eva at evanavrot5@gmail.com

Guest Speaker: Stacey Miranda, Director of Community Services - City of Williams Lake

- Working to bring the Rec Centre to the forefront of everyone's mind – it is not just a sports complex!
- The rec centre is owned by the Cariboo Regional District and operated by the City of Williams Lake
 - The City's strategic plan dream is to be a city inside a park!
- There are five pillars of focus; we're working to align within them by
 - Providing great service
 - Offering rec programs outside the arena,
 - Building partnerships and relationships
 - Removing barriers to participation
 - Increasing social interaction; including spectators
- Innovation in building awareness of programs
- Playboxes are one of our greatest successes with partnerships between Communities That Care (CTC), Cariboo Memorial Complex, the City of Williams Lake, and the Canadian Royal Purple
 - The Rec centre maintains them refiling them as necessary
 - Placed in high-use areas
- Creating opportunities to use bike trails and hiking trails
- Working on Halloween Festival on October 29 – partnership with Realm of Toys
- We are partners on the Food Drive, The Banff Film Festival, Active Living Guide
- Working on the Boitano Frisbee Park; Rails Jam for snowboarders, for families; winter land-themed family activity; youth/teen engagement and programming
- We are facing hurdles in building partnerships and thinking beyond rec centre use, playbox wraps, multipurpose/sharing spaces and finding champions/volunteers for annual events

Comments: Carla, thank you. We often think of the rec centre as a building instead of what we can do outside the space. It is instrumental that you are at community tables like SPC, CTC, Early Years, and Baby Fest. To share information with families and how to register for programs. **Stacey**, this is the direction we are going, sharing where we are, what we are doing, engagement and getting back to community tables. **Larry**, it is nice to know about other things the rec centre does.

Lightning Round Organizational Updates: Remember you only have 2 minutes :)

Eva Navrot: Seniors Activity Centre: The Seniors Activity Centre is open Monday - Friday from 9:00 am – 3:00 pm. Submit information to our monthly newsletter and add us to your email lists.

Carrie Julius – Williams Lake Hospice Society: The 25th Annual Memory Tree Celebration, supported by City Hall chambers, is a public event. Staff hired to deliver hospice volunteer training to the CRD and community. Question by Carla is there training for people in communities outside Williams Lake? Carrie, Monique Goward is travelling to Red Stone to provide training for in-home support. Happy to hear about Denise's work on a seniors' grief group.

Bree Odd – Social Planning Council (SPC) & BC Schizophrenia Society (BCSS): nothing now

Rosanna McGregor – Cariboo Friendship Society (CFS) & Social Housing Society: BC Non-Profit Housing Association (BCNPHA) held virtually on Thursday, November 17, 2022, from 10:00 – 11:30. Aboriginal Overdose training programs

Michael Moses – Council Elect, Canadian Mental Health Association (CMHA), Cariboo Friendship Society (SFS), and Cariboo Chilcotin Conservation Society (CCCS).

Connected to Citizens on Patrol and Active Transportation Group: Attending CCCS weekly meetings and continued work on indigenizing programs. Active participation in the group peddle challenge, Bike swap at the Potato house was well attended and work on Pride Parade “What’s Up in the Puddle” saw 30-40 participants dress up and decorate their paddleboards in a witches theme. Tuesday, November 1, is the first Inaugural Meeting for him.

Silvia Siebert-Dubray – City of Williams Lake: Cariboo Chilcotin Acute Response Team (CCART) has responded to 208 situations to date. Approximately three situations are brought to the table per week; 65%-67% of those situations connect to community services. The Wellness and Safety Strategic Plan will be shared in November.

Marven Layte - Northern Interior Communities Association (NICA): Starting live webinars on October 27, 2:00 pm – 4:00 pm, November 5, 17, 24 and December 1 at differing times. Contact Marvene at facilitator@northernica.org if you are interested in attending.

Carla Bullinger – Cariboo Chilcotin Partners for Literacy (CCPL): SPC Annual General Meeting is on November 28. Brianna and Barb will share Food Hub and CTC info on how their work relates Thrive Poverty Reduction, success and challenges. SPC is looking for new members; speak with a board member if you are interested. The Early Years program is raising awareness on teaching good handwashing strategies to young children in community bathrooms when the sinks are too high; can bathroom stools be provided in community businesses?

CCPL Updates as provided via email

[Cariboo Chilcotin Partners for Literacy \(CCPL\) –Carla](#)

#302-172 Second Ave. Phone - 250-392-7833. All our programs are free

- **We are looking for volunteer tutors for adult learners. Training is provided.**
Contact Angelika Sellick angelika@caribooliteracy.com
- **English Learn & Play Family Group** – Fridays 9:15-11:00 am at the library. For English Language Learners caring for pre-school children. Email angelika@caribooliteracy.com
- **Partner Assisted Learning (PAL)** – For adults who want to improve their reading, writing, and math or require support for filling in government forms. We offer workshops and one-on-one support. Email: angelika@caribooliteracy.com
- **Computer Tech/Digital Literacy**- For adults who want to learn and improve how they use their computer or cell phone. One-on-on support provided. Email angelika@caribooliteracy.com
- **Financial Literacy Services** –workshops and one-on-one support for budgeting, income tax and government forms. Email suzanne@caribooliteracy.com
- **Literacy and Plain Language Support** –If you want to make your program or business more literacy friendly or get plain language support. Email: carla@caribooliteracy.com
- **Bright Red Bookshelf:** Red bookshelves located around Williams Lake featuring recycled children’s books that are free for families to take and add to their home libraries with. Books may be donated at any of the bookshelves or brought to the CCPL office. Email: suzanne@caribooliteracy.com
- **Immigration and Settlement Services and General Inquires** –we help clients navigate immigration processes and meet their settlement needs. Email: katya@caribooliteracy.com or suzanne@caribooliteracy.com
- **LINC (Language Instruction for Newcomers to Canada) Classes and English Practice Groups/Conversation Circles** –formal LINC classes (3 times/wk) and informal English Practice Groups/Conversation Circles for adults. Email angelika@caribooliteracy.com
- **Seniors Advocate Services** - Support for seniors to access online applications, complete government forms, and to assist with other issues such as finances, housing, loss of a spouse, wills, etc. Based out of the Seniors Activity Center. Email: evanavrot5@gmail.com

Stephanie Husk – Community Member: thank you, great presentations.

Shannon Thom – Horton Ventures (d.ba. WorkBC Centre Williams Lake): nothing new

Sheila Boehm – City of Williams Lake: Looking at stepping back from the SPC meetings to allow new council members to be a part of it and is still interested in the work SPC does. New members can learn what is going on concerning housing, the opioid crisis, homelessness, etc.

Michele Bebault – Thompson Rivers University (TRU): is busy with students on campus. The library and learning commons areas are well-used. Eleven students are in 1st year Education Assistant and Community Support program and are getting ready to start practicum. Bree provided a Mental Illness Partnership Presentation. Mike from Foundry provided a presentation. Michele to connect with Eva for a presentation on Seniors' Advocacy next semester.

Barb Jones – Communities That Care (CTC): CTC connects to the Thrive Poverty Reduction Strategy with all aspects of a children's life. The prevention needs assessment and community profile show how poverty level contributes to the success and well-being of youth and families. CTC provides awareness around Canada Learning Bonds and rental subsidies available. **Question from Carla,** can you share some info on the Pro-D event? The Community Wide Pro-D day was a great success. Over 100 people attended the morning and afternoon sessions. Dr. Larry Brendtro presented on the Circle of Courage at the morning session. The afternoon session allowed for discussion on community processes to increase awareness and build belonging based on the Circle of Courage model.

Sherry Yonkman – Downtown Business Improvement Association (BIA): Winter Lights and Plaid Friday is coming up, so stay tuned. BIA sponsored Hobby Home, who partnered to coordinate activities for the downtown Trick or Treat day; twenty businesses are involved and will stamp passports. Lindsey Sawchuk is planning a downtown business hiring fair. Contact Lindsey if you are looking for temporary or long-term staff.

Kylie Green – Community Health Worker: Appreciates listening to guest speakers and community updates. Kylie is looking for info on services providing support for those caring for a family member living with dementia to provide social and long-term care. Planning the next Grandparents Camp at Gavin Lake. No age limit for grandparents; grandkids aged 6-12

Larry Stranberg – Community Futures (CF): Open house at CF Tuesday to Friday from 8:30 am – 5:00 pm

Updates via Email

Krista Harvey – BGC (Boys and Girls Club) Williams Lake:

- Haunted house Oct 27 evening and Oct 28 evening Friday is family friendly and Saturday is full scare we are in need of volunteers
- We are doing our annual stocking drive to fill stockings. We are hoping to fill 40 stockings for youth. The items needed would be typical stocking stuffers, Hygiene items, games, etc.
- We are also in desperate need for food bank items and necessity nook items: items would include but not limited to snacks, easy open canned foods, hotel size hygiene items, soaps, body washes, toilet paper, wipes, hair brushes, deodorant, socks, underwear, mitts, toques, warm jackets, blankets, Kraft dinner, noodle cups, just to name a few things.

- We will be running a Basic Needs Brighter Futures “cooking” program at the Foundry Wednesdays starting the 26th 13+
- We have a calendar I will attach for activities for youth 12-18
- Hockey Program Fridays 3:30-4:45 rink 1 must wear full gear if they need help with transportation or gear contact BGC or Denisiqi

Meeting Adjourned: 12:42 pm Shannon Thom