



# AGENDA

## MEETING DETAILS

<b>Committee/Work Group</b>	Wellness & Resilience Work Group
<b>Chair(s)</b>	Karynn von Cramon (Acting Chair)
<b>Date</b>	May 24, 2023
<b>Time</b>	3:30 – 4:30
<b>Location</b>	Zoom
<b>Attendees</b>	Genevieve Fincher; Geraldine Slark; Jessica Parkinson; Tamara Baldwin
<b>Regrets</b>	Melissa Leveck

## AGENDA ITEMS

Item	Owner	Date
<p><b>1. Welcome &amp; introductions</b></p> <p>Welcome to Tamara Baldwin. Tamara is the Board Chair of the Brockville &amp; Area Food Bank.</p>		
<p><b>2. Outcome of CSRF Application &amp; Planning for Wellness Day – For Discussion</b></p> <p>We were not successful in obtaining funding for a Staff Wellness Day through the Community Services Recovery Fund. In January 2023 EKIOC’s Lead Table set a “Connected &amp; Coordinated” priority, with the following initiatives articulated for 2023 – 25:</p> <ul style="list-style-type: none"> <li>- Establish Health &amp; Wellness work group.</li> <li>- Facilitate a partner agency forum for frontline staff.</li> <li>- Include a speaker to address service provider wellness.</li> </ul> <p>These initiatives were agreed to before we were aware of the CSRF. Therefore, we will regroup and begin planning differently. At Geraldine’s suggestion we agreed that a survey going out to Lead Table over the summer to clarify exactly what they are looking for and how many staff they would have attend would be helpful in us putting together a proposal and cost estimate for any large 1-day event.</p> <p><b>Task(s):</b></p> <ol style="list-style-type: none"> <li>1. Draft survey to circulate to work group</li> <li>2. Send survey to Lead Table</li> </ol>		

	Karynn Karynn	June 21/23 July 19/23
<p><b>3. Chairs &amp; additional members – Summer Recruitment – For Discussion</b></p> <p>Karynn is acting chair, but our goal is to have 2 members of the work group take on this role. We need to grow our work group. Over the summer Karynn will focus on work group recruitment, which will be aided by our recently approved terms of reference and our agreed to meeting times.</p> <p><b>Task(s):</b></p> <ol style="list-style-type: none"> <li><b>1. Work group recruitment</b></li> </ol>	Karynn	August 31/23
<p><b>4. Work Plan – For Discussion</b></p> <p>Our terms of reference require us to develop a work plan each September, which is approved by Lead Table. To this end we reviewed the work plan developed for 2022-23 by the Equity, Diversity &amp; Inclusion Work Group, which could be a model for how we might provide education on Health and Wellness to Lead Table. We may also wish to consider Lunch &amp; Learns as a different forum for reaching partner agency staff that may be less expensive and more accessible. Some of these questions can be pursued in the survey above.</p> <p><b>Task(s):</b></p> <ol style="list-style-type: none"> <li><b>1. Draft very preliminary work plan for circulation to work group</b></li> </ol>	Karynn	July 31/23
<p><b>5. TEND – For Information</b></p> <p>TEND is hosting a Care 4 You free virtual conference on Friday, June 16th that Tamara shared and that I think we should promote with Lead Table. Link: <a href="https://www.tendconferences.com/?mc_cid=900e7c170c&amp;mc_eid=545d5e051e">https://www.tendconferences.com/?mc_cid=900e7c170c&amp;mc_eid=545d5e051e</a></p> <p>We agreed to promote this within EKIOC as a Wellness Work Group initiative.</p> <p><b>Task(s):</b></p> <ol style="list-style-type: none"> <li><b>1. Circulate &amp; poste TEND Care 4 You free virtual conference</b></li> </ol>	Karynn	May 25/23

<p><b>6. Meetings 2023-24 – For Decision</b></p> <p>We agreed to keep our meetings on the 4th Wednesday of every month but to move them to 4:00.</p> <p><b>Task(s):</b></p> <ol style="list-style-type: none"> <li><b>1. Karynn to send out meeting invites for 2023-24</b></li> </ol>	<p><b>Karynn</b></p>	<p><b>May 25/23</b></p>
<p><b>7. Next Meeting: Wednesday September 27 at 4:00 by Zoom</b></p>		

