



MINUTES

MEETING DETAILS

Committee/Work Group	Wellness & Resilience Work Group
Chair(s)	Karynn von Cramon (temporary, acting chair)
Date	October 25 2023
Time	4:00 – 5:00
Location	Zoom
Attendees	Geraldine Slark; Jessica Parkinson; Melissa Leveck
Regrets	Genevieve Fincher; Tamara Baldwin

AGENDA ITEMS

Item	Owner	Date
1. Welcome & Introductions		
<p>2. Recruitment – For Discussion</p> <p>Karynn has reached out to Elaine Murkin at the Health Unit and Rob Adams at the YMCA to see if they have any staff who might join our work group. Any other ideas?</p> <p>Geraldine suggested Kimberley Marshall – Brockville Public Health – Health Unit</p> <p>Task(s):</p> <p>1. Karynn to continue recruitment efforts.</p>	Karynn	Nov. 22/23
<p>3. Co-chairs – For Discussion</p> <p>Our draft terms of reference & the practice of other work groups are to have 2 co-chairs. The coordinator (Karynn) does not play this role, but will provide all administrative support including the scheduling of meetings; preparation of Agendas & Minutes; etc. Much thanks to Geraldine Slark & Jessica Parkinson for volunteering!</p>		
<p>4. Work Plan – For Further Discussion & Finalization</p> <p>https://everykid.on.ca/wp-content/uploads/2023/10/WELLNESS-WORK-PLAN-2023-24-1.pdf</p>		

<p>Task(s):</p> <ol style="list-style-type: none"> 1. Karynn to complete 2nd draft & circulate for approval 2. Geraldine to bring to Lead Table for approval 	<p>Karynn Geraldine</p>	<p>Nov. 22/23 Dec. 6/23</p>
<p>5. Survey – For Discussion</p> <p>A number of ideas for possible Lunch & Learns were put forward for us to survey Lead Table partners on.</p> <p>Task(s):</p> <ol style="list-style-type: none"> 1. Karynn will draft survey for e-mail circulation & approval by work group members to allow for distribution by Nov. 1/23. 2. Karynn to circulate Survey Monkey to Lead Table members Nov. 1./23 with a closing date of Nov. 14. 3. Work group to review results and plan Lunch & Learns accordingly at Nov. 22/23 meeting. 	<p>Karynn Karynn Karynn & Work Group</p>	<p>Oct. 27/23 Nov. 1/23 Nov. 22/23</p>
<p>6. Next Meeting: November 22 4:00 – 5:00 by Zoom</p>		