



# MINUTES

## MEETING DETAILS

<b>Committee/Work Group</b>	Wellness & Resilience Work Group
<b>Chair(s)</b>	Geraldine Slark & Jessica Parkinson
<b>Date</b>	January 24, 2024
<b>Time</b>	4:00 – 5:00
<b>Location</b>	Zoom
<b>Attendees</b>	Jessica Parkinson; Melissa Leveck; Gwendy Lapp; Karynn von Cramon
<b>Regrets</b>	Genevieve Fincher; Geraldine Slark

## AGENDA ITEMS

Item	Owner	Date
<p><b>1. Meeting Times – For Discussion</b></p> <p>We had moved our meeting times to 4:00 at the request of Tamara Baldwin. Tamara, though, is no longer with the Food Bank, therefore should meeting times be revisited?</p> <p>Preference for earlier if possible.</p> <p><b>Action Item(s):</b></p> <p><b>1. Karynn will send out a scheduling poll.</b></p>	Karynn	Jan. 29/24
<p><b>2. Survey Results – For Discussion</b></p> <p><a href="https://www.surveymonkey.com/results/SM-h6PYP2_2FX3dn4RY86EVT6NA_3D_3D/">https://www.surveymonkey.com/results/SM-h6PYP2_2FX3dn4RY86EVT6NA_3D_3D/</a></p> <p>Based on the survey results we agreed to offer 2 Lunch &amp; Learns over the spring of 2024: Mental Health &amp; Well-being (to include work life balance &amp; coping) in April by Jessica &amp; Gwendy and Advocacy &amp; Social Change in June by Geraldine (does anyone else wish to join her?).</p>		
<p><b>3. Work Plan – For Further Discussion &amp; Finalization (to be brought to Lead Table by one of our Chairs for approval March 6/24)</b></p> <p>Wellness Work plan was discussed and revised as attached.</p>		

<p><a href="https://everykid.on.ca/wp-content/uploads/2024/01/WELLNESS-WORK-PLAN-2023-24.pdf">https://everykid.on.ca/wp-content/uploads/2024/01/WELLNESS-WORK-PLAN-2023-24.pdf</a></p> <p><b>Action Item(s):</b></p> <p><b>1. Presenters (Jessica, Gwendy &amp; Geraldine) to choose dates in April &amp; June for Lunch &amp; Learns and forward to Karynn</b></p> <p><b>2. Karynn to arrange Zoom platform and advertising of events</b></p>	<p>Jessida, Gwendy &amp; Geraldine</p> <p>Karynn</p>	<p>Jan. 31/24</p> <p>March/24</p>
<p><b>4. EKIOC 2024-25 Budget Requests – For Discussion</b></p> <p>Karynn explained plans at Lead Table to formulate a budget for 2024-25 and to determine how to fund it (ie. membership dues), therefore are asking work groups for budget requests. We agreed that a modest request of \$150 would make sense in the event that any additional needs for lunch and learns or for work group meetings are identified.</p> <p><b>Action Item(s):</b></p> <p><b>1. Karynn will bring this request back to the Planning and Coordination Committee</b></p>	<p>Karynn</p>	<p>March/24</p>
<p><b>Next Meeting: Feb. 28 4 – 5 By Zoom</b></p>		