

COMMUNITY FIRST HEALTH CO-OP (CFHC)

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MINUTES OF THE 17TH ANNUAL GENERAL MEETING HELD AT 518 LAKE STREET, NELSON ON JUNE 18, 2019. 7:00 PM

Registration - Commenced at 6:30 pm. Twenty-two members registered to constitute a quorum. Two guests were also in attendance.

Presenter – Stephanie Lagace led a demonstration of National Acupuncture Detoxification Association (NADA) Circles- group ear acupuncture. Stephanie informed the group of NADA's origins and its role in community wellness, particularly for addiction, mental health, disaster and emotional trauma. Ear acupuncture was offered to all of those in attendance with many of the members choosing to participate.

Intermission – At 8:00 pm the members were invited to enjoy refreshments before the start of the Annual General Meeting that commenced at 8:15 pm.

Commencement of Annual General Meeting - A quorum was confirmed with twenty-two members.

Appointment of recording secretary- Board member Madeline Collins was appointed to record minutes.

Adoption of Agenda - The June 18, 2019, AGM agenda was accepted as circulated.

Approval of Minutes of last AGM – The minutes of the June 19, 2018, AGM were read aloud and approved.

Board Members – Continuing volunteer board members present were introduced- Deb Zeeben, Pegasis McGauley, Sarah Popoff and Madeline Collins as well as Eric Ramsden and Doug Stoddart, who were unable to attend.

Nominees for Directors – Sharon Browning was accepted by acclamation to continue as a board members by the CFHC members in attendance.

2018-2019 Highlights- Deb Zeeben reported the following highlights to those in attendance:.

CFHC Visits- Over 60,000 visits to the CFHC, with many services also providing community outreach support

Perinatal Mental Health and Breastfeeding support program- Three-year transitional funding received from the Provincial Government went to support The RN Leader and volunteers' Perinatal Mental Health and Breastfeeding support program. 153 families have been supported within the first 6 months, 46 breastfeeding support groups have taken place allowing for the development of peer support networks and informal support groups to create a community of new families. Community volunteers have been trained to provide supports to new families to reduce stress and isolation, improve attachment and the long-term mental health of both mothers and children.

Self- Management Chronic Pain Outreach Programs- Self-Management of Chronic Pain 6 Week Outreach programs using an integrative approach that is facilitated by community volunteers and funded by Regional Districts and Municipalities through the Columbia Basin Community Initiative Program, were offered to residents in Salmo, Fruitvale, Silverton and surrounding area, in addition to Community First Health Co-op in Nelson.

Community Wellness (community activity)- 1,332,520 of community member Minutes of physical Activity were recorded by Community First Health Co-op and over 500 pedometers were enthusiastically received in Nelson from May 31 to June 16, as part of the Nelson in Motion Health Promotion for increasing activity levels

for all community members. Nelson was the 6th most active community of those participating in BC and 11th in Western Canada.

Solar Panel- CFHC solar panel in the community solar garden is projected to provide 178 kWhs resulting in a credit of \$18.44 to \$21.64 for the period of July 5th, 2018 to March 29th, 2019.

TEETH- Increased Access to Dental and Oral Health for residents of three months or more in Central and Kootenay Boundary Regional Districts with a net annual income of \$30,000 or less. Around 1400 residents have received services, including 35 with dentures thanks to the work of 12 Dentists, 25 CDA's, chairside assistants and receptionist and countless volunteer hours. The community TEETH clinic at 632 Front street has now been open for 5 months and runs three days a week, with the hope to make this 3.5 days soon. However, in order to increase treatment days, there is a need to increase the number of patients being seen. Budget is currently being developed, but reports indicate that the clinic is currently breaking even.

Financial Report – The financial report to March 31, 2019, was accepted. Sharon indicated to the CFHC members in attendance that cash assets had gone from \$144,169 in 2018 to \$317,409 in 2019. This is due to a three-year grant for Apple Tree Maternity and community health initiatives, \$10,000 from Grand Forks Credit Union, renegotiating the mortgage repayments, and rental income with all rooms currently being rented. CFHC is currently saving for a new HVAC system.

Auditor - Resolved as a Special Resolution by members of the Community First Health Co-op at the Annual General Meeting held June 18, 2019, that pursuant to section 109 of the Cooperative Association Act, the Co-op hereby waives the appointment of an auditor.

The meeting was adjourned with the statutory meeting of the Board members immediately following.