

# **COMMUNITY FIRST HEALTH CO-OP (CFHC)**

[www.healthco-op.ca](http://www.healthco-op.ca)

## **MINUTES OF THE 18TH ANNUAL GENERAL MEETING HELD VIA ZOOM SEPTEMBER 1, 2020, 7:00 PM**

**Registration-** Commenced at 7:00 pm seventeen members registered to constitute a quorum. 3 corporate and 14 regular members.

**Commencement of Annual General Meeting-** A quorum was confirmed with 17 members.

**Appointment of recording secretary-** Board member Madeline Collins was appointed to record minutes. The meeting was recorded.

**Adoption of Agenda-** The September 1, 2020, AGM agenda was accepted as circulated.

**Approval of Minutes of last AGM-** The minutes of the June 18, 2019, AGM were accepted as circulated.

**Nominees for Directors** – Slate of nominations for CFHC board members was circulated, with no further nominations requested during the AGM. Sarah Popoff, Doug Stoddart and Deb Zeeben accepted by acclamation to continue as a board members by the CFHC members in attendance.

**2019-2020 Highlights-** Deb Zeeben reported the following highlights to those in attendance:

**CFHC Membership-** over 1,500 voices with founding, individual, joint, and corporate memberships. The board values every voice and their work creating solutions for wellness.

**CFCH Partners-** The Center has seen all its partners creatively find solutions during the pandemic to support residents in the area. We are grateful for the services they provide in the face of these challenges and continue to support their work. Joining the CFHC at the Center for Wellness includes: Nelson and District Hospice Society, West Kootenay Care Giver Support Program, Nelson District Teachers Association, Community and Education Support services, Dr Martha Wilson, Foot Care with Amy Veal, additional counselling services offering a sliding scale by Lauren Heckley, additional working group- Mount Saint Francis Health Village Advocacy Group.

**Apple Tree Maternity Centre-** Expand services offering additional women's health practices, including a physiotherapist with specialization in pelvic floor and RMT that specializes in perinatal massage and lymphatic drainage.

**Perinatal Mental Health and Breastfeeding support program** – CFHC continues to invest in health for babies, mums, and families with 92 breastfeeding groups in Nelson and 36 in Castlegar. Over 270 clients have been seen in Nelson, 48 in Castlegar and 112 families served. Education and support for maternity nurses at Kootenay Lake was provided especially for diagnosis of tongue tied. Support for perinatal mental health was provided across the region with 157 counselling sessions and 33 pregnant and or post-partum individuals were served. Feedback received is that families feel held and listened to.

**British Columbia Association of Community Health Centres (BCACHC)-** CFHC continues to support advocacy for national pharma care and universal dental care through membership with BCACHC.

**TEETH-** Toronto-Dominion Bank's donation of \$1m to support community based COVID responses enabled local dentists, dental staff and volunteers across the region to provide 117 Nelson and area patients emergency and urgent dental care with 251 separate treatments and over 170 people were helped with

dental concerns while dental offices were closed in phase 1 of the pandemic. CFHC thanks all dentists and dental staff for offering their services during this time

**Community Wellness (community activity)**- over 1.5 million community member minutes of physical Activity were recorded by Community First Health Co-op 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. Thanks to the health promotion committee- Marion Hunter, Sarah Popoff and Cathy Foxcroft for their work in bringing together the groups that participated.

**HVAC**- After 12 years of saving the HVAC system has been replaced, with over 50 new filters, the 1952 building is now classified as a superior building.

**Financial Report** – The financial report to March 31, 2019, was accepted as circulated. Sharon indicated to the CFHC members in attendance that as of March 31, 2019 the CFHC had \$398,000 however the HVAC system cost close to \$200,000. There is still an adequate amount to update the elevator and possibly replace the boiler.

**Auditor** - Resolved as a Special Resolution by members of the Community First Health Co-op at the Annual General Meeting held September 1, 2020, that pursuant to section 109 of the Cooperative Association Act, the Co-op hereby waives the appointment of an auditor. A notice to reader will be prepared next year.

The meeting was adjourned with a statutory meeting of the Board members to be held on September 9, 2020.