

SRCHN VISION: *Healthy thriving communities within the Sooke Region.*

SRCHN MISSION: *To support healthy lives in healthy communities through innovative, collaborative development and improvement of services for everyone.*

Annual General Meeting



June 20th, 2019

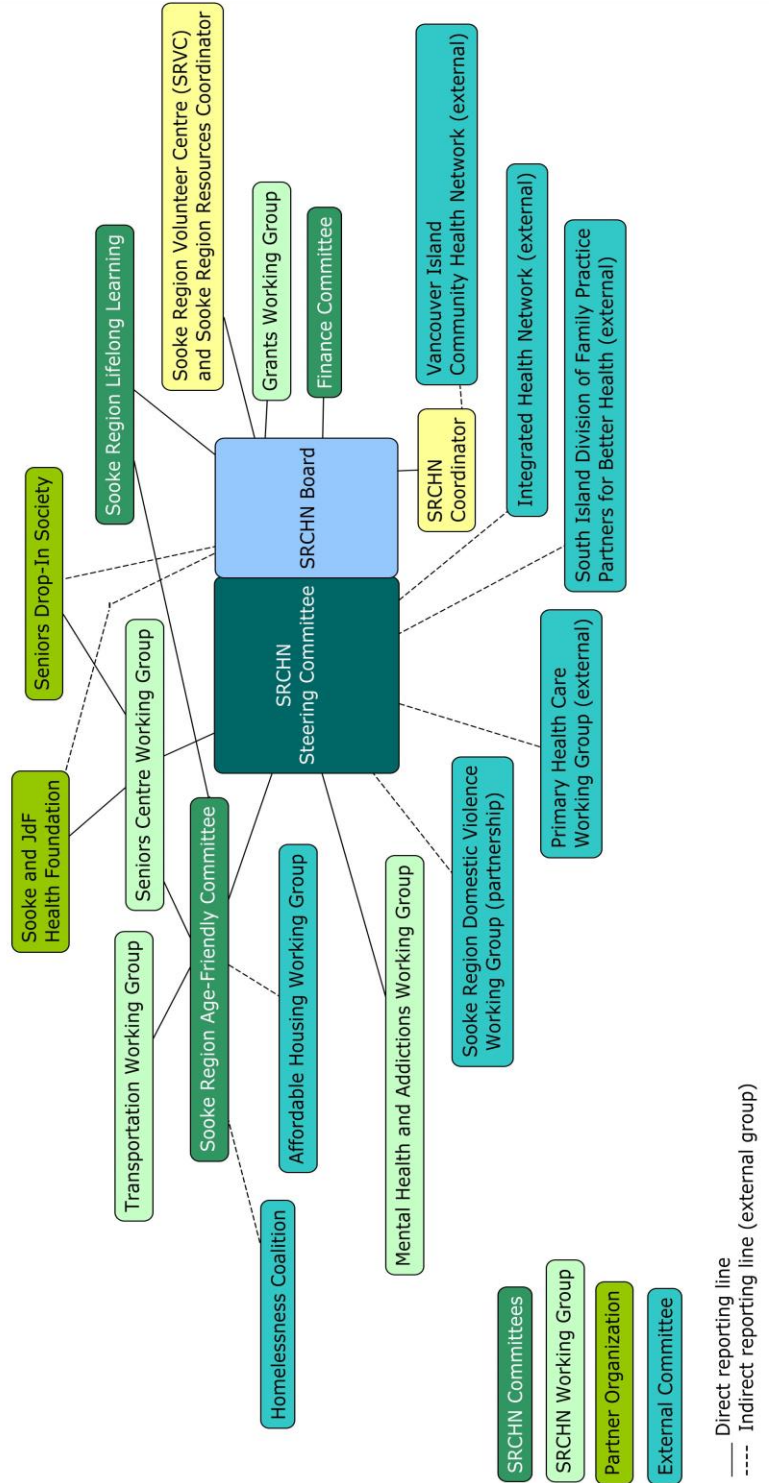
Sooke Region Communities Health Network would like to acknowledge the traditional territories of the Coast Salish, SCIA'NEW Nation and T'Sou-ke Nation, and Nuu-chah-nulth Pacheedaht Nation to the west, upon which we work together to improve health and wellbeing for

Board Members

Mary Dunn (Chair)
 Rick Robinson (Past Chair)
 Layton Engwer (Treasurer)
 Sally Mclean (Secretary)
 Roy Brown (Director)
 Anne Bell (Director)

Hermione Jefferis (Director)
 Bob Stamp (Director)
 Jane Birkbeck (Director)
 Nicky Logins (Director)
 Rebecca George (Director)

**Sooke Region Communities Health Network
 (May 2019)**





Sooke, June 20th, 2019

Word from the Chair

Thanks to a very active board as well as all the work the SRCHN (Christine) and SRVC (Agnes) coordinators and all of our volunteers have put in, we have had an amazing year.

We were successful in getting 3 more years of funding for the SRCHN coordinator position from Island Health. We received the same amount as in previous years and have been told that this will not increase.

The Board is planning to update the organization's strategic plan this summer. We will be inviting key community stakeholders to assist us in the refresh.

A lot of the work this year has focused on services for seniors. Without a seniors centre in Sooke, the Age Friendly committee has been focusing on ways to support the Sooke Seniors Drop In Centre maintain membership and activity. We continue to partner with the Sooke Region Lifelong Learning Program, and support to a new Seniors Centre with affordable housing.

With information gathered for the Aging in Place study done a few years ago, Christine applied for and was very successful in obtaining the following grants:

- New Horizons for friendly visiting to isolated seniors and music program for people dealing with dementia as well as other components. This grant is being administered through the Volunteer Centre.
- Island Health Wellness grant that will focus on nutrition and cooking for seniors. Mellissa Pepper has been hired as the contractor to run this program.
- UBCM grant for a Falls Prevention program. Melody Kimmell has been hired as the contract worker to run this program.

We were also successful in obtaining a grant from the District of Sooke to carry out a survey of the Mental Health Services in Sooke and surrounding area. We are looking at what is available, what the waiting lists and criteria are, and where the services are offered. We are currently seeking funding for phase 2 of this project which will be to survey users of mental health services to see what gaps and barriers there are to assess these services. In the end we hope to present this information to service providers and have a discussion about existing access issues and service gaps, so that we can encourage service providers to embrace best practices.

United Way granted us another small grant to support the work of the Volunteer Center.

We will be supporting the Sooke Seniors Drop in Centre and the Sooke Seniors Bus in a merger of their organizations in order to achieve sustainability of the Senior's Bus and ensure its viability.

The ElderConnect HUB was launched, but continues to work on getting the site ready for public to use.

Sooke has been chosen for the Better at Home Program. A consultation will be occurring soon which will determine the agency that will host the program. SRCHN continues to advocate to have the program. It fits well with the volunteer centre as well as the new programs we have just developed.

Primary Health Services:

Rick and Mary continue to sit on the District of Sooke Primary Health Care Working Group. This group is actively working towards an increase in Primary Health services in Sooke. A stake holders forum was held, and most recently a community information session. Rick Robinson also sits on the Sooke Primary Healthcare Executive Steering Committee with VIHA and DoS. Through the work of these committees, the Premier John Horgan recently announced funding for Sooke to increase its Primary Health services with the addition of 2 doctors, a nurse practitioner and 2 nurses as well as expansion of the office to accommodate these increases. We are still working towards a long-term goal of integrated, co-located services, likely in the form of a new Health Centre.

Other Primary Health Collaborations include:

South Island Division of Family Practice, Partners for Better Health

Western Communities Primary Healthcare Steering Committee

Western Communities Patient Care Network Communications Working Group

Urgent Primary Care Centre Development - Western Communities

Regional Community Health & Care Directors Committee (island-wide)

The board is collaborating on work to get supportive housing for the homeless in Sooke. This year there was success in getting an extreme weather shelter which operated out of the CRD building. We are working towards having a seasonal shelter and/or housing with supports in place for those who would like to get off the streets and work towards becoming permanently housed.

Another program fledged this year! Congratulations to the Sooke and Juan de Fuca Health Foundation for gaining charitable status. They are off at full speed looking at how to support the fundraising for all the projects on the go such as the new centre for seniors and possibly youth, and a Primary Health Care Centre.

Thank you to all staff and volunteers for your dedication to working towards better health for those living in the area from East Sooke to Port Renfrew.

Sincerely,
Mary Dunn,
Board Chair

Sooke Region Volunteer Center (SRVC)

2019 AGM Coordinator's Report

Sooke Region Volunteer Center is run from a part-time office (2 afternoons and one morning per week) and a very significant portion of our services is being delivered by volunteers. Between June 2018 and June 2019 our volunteers donated more than 750 hours.

Our mandate is to promote and support volunteerism in the Sooke Region. We do this by:

- providing information about the rewards of volunteering;
- connecting people with rewarding volunteer opportunities;
- assisting local groups in meeting their volunteer needs;
- coordinating events to celebrate volunteers;
- centralizing listings for local volunteer opportunities through a website that serves citizens & organizations from Beecher Bay to Port Renfrew.

Our goal is to provide leadership on issues relating to volunteerism by partnering with local organizations, schools and community leaders to identify needs and mobilize volunteer responses.

Sooke Region Volunteer Center creates networking & collaboration opportunities for individuals and groups, and continues to build a strong partnership with other non-profit organizations in Sooke. We constantly receive requests from them for program or event promotion and for help to find volunteers. Our Round Table Meeting where all non-profit organizations were invited was a very successful event as 35 different organizations made a decision to join it. It shows the need to bring community groups together to share organization information, knowledge and resources.

- Lifelong Learning (Elder College)

We partnered with Life Long Learning Programs for seniors. Those sessions are for seniors to reduce their isolation and to create a vibrant seniors population. Our volunteers helped with the coordination of each session, introducing guest speakers and collecting donations.

- Local Event Promotion

Sooke Region Volunteer Center continues to support local events and initiatives in our region. We participated at Canada Day Celebration, Sooke Fall Fair and ElderConnect launch events.

- Regional Resource Information

Our center continues to provide resource information for local people about businesses and places to go and ask for assistance. SRVC is recognized as a resource and referral center in our community as evidenced by community members contacting us directly in search of local assistance. In 2018 we made a new version of "*Where to Find Help in the Sooke Region*" with names and contact information for free and low-cost counselling services, meals, medical equipment and clothing in the Sooke Region. This new pamphlet was distributed in Sooke by our volunteers.

- Seasonal Tax Clinic

We successfully ran the annual Tax Clinic, which included scheduling all clinic days, completing paper work, coordinating the pick up and drop off of important documents and any follow up that was required. 144 returns were completed this year.

- Family Caregivers of BC

Sooke Region Volunteer Center started a BC Caregiver Support Group to give caregivers the opportunity to share their experiences and concerns and to help them to navigate the healthcare system.

- New Programs for Seniors

Sooke Region Volunteer Center received a New Horizon grant to provide new services to improve the quality of life for isolated seniors through social interaction and companionship. To make it more successful we established partnership with many local organizations such as Ayre Manor, the Seniors Bus, SOCLA, Harbourside Co-housing, the Legion, Community Assistance Society/Sooke Loan Cupboard, Island Health, Better at Home, Community Paramedic, the RCMP and Meals on Wheels to reach those clients who are in need. We are planning to start program promotion and recruitment for this program members very soon.

As the Sooke Region Volunteer Center, we continue to interview and place community members in volunteer positions, and to organize appreciation lunches for our volunteers, including our annual Christmas Party. This event was very well attended and created happy memories.

Agnes Kossakowska,
Coordinator, Sooke Region Volunteer Centre

Current SRCHN Projects

As well as the many programs and activities described by Agnes in the SRVC report, SRCHN has been involved in the following:

- **Support for Seniors Centre build**
The Age-Friendly Committee is supporting the build of a seniors' activity centre. Lot A on Wadams Way has been promised in principle by the Sooke Council for this purpose. Discussions surrounding its appearance and function are ongoing.
- **Sooke and Juan de Fuca Health Foundation**
Originally germinated under the SRCHN umbrella, this foundation is now an independent non-profit society with charitable status. Its goal is to fundraise for regional projects and programming to benefit health and well-being in the Sooke Region. Its first project will be to fundraise for the Sooke seniors' activity centre.
- **ElderConnect**
ElderCare and BC Healthy Communities selected Sooke as a pilot community for the ElderConnect online seniors' information portal. This will be a resource for seniors seeking services and activities in their community. It will also help adult children living elsewhere to familiarize themselves with what support is available for their ageing parents. Seniors from our community participated to design the website and the preliminary launch was held in May. It is hoped that the project will go province-wide, if not nationally.
- **Driver's License Testing for those over 80 years of age**
A community member raised the issue of how seniors turning 80 years of age have to pass a medical exam in order to continue driving. If failed, they will have to take a practical driving test in Victoria. To avoid this nerve-wracking experience, the Age-Friendly Committee is working with Sooke Council to arrange for testing closer to the region.
- **Emergency Shelters for the homeless**
SRCHN facilitated Homelessness Coalition meetings, which main participants included BC Housing, Our Place and Sooke Shelter. Through the generosity of the CRD, a temporary shelter was established at the CRD office in Otter Point.

New Projects (next financial year)

- **Seniors Visiting**
SRCHN received a New Horizon grant to provide new services for seniors to improve the quality of life for isolated seniors through social interaction and companionship. To reach those most in need, we partnered with many local organizations such as Ayre Manor, Seniors Bus, SOCLA, Harbourside Co-housing, Legion, Community Assistance Society/Sooke Loan Cupboard, Island Health, Better at Home, Community Paramedic, RCMP, Meals on Wheels. Program promotion and recruitment of program members to start shortly. Transportation will be made available for some events.
 - Home visits to provide companionship to seniors

- Pet visits where docile animals come to seniors for some affectionate cuddles
 - Seniors safe and well check-ins done by walkers, dog walkers and joggers
 - Music therapy for dementia patients
 - A seniors' dance
 - Public transportation buddy system
- Healthy Cooking classes for Seniors
Through a grant from Union of BC Municipalities, SRCHN has engaged a certified nutritionist explains through cooking classes to make easy, affordable and healthy meals through locally found produce. The meals are shared in a social setting, to encourage companionship. Sessions are scheduled for summer/fall 2019
 - Falls Prevention sessions
A trained falls prevention facilitator will provide information about how to make your home safe, how to get up in case of a fall and other advice to prevent falls in the first place. These sessions will be held across the region fall 2019 and spring 2020.
 - Regional Mental Health and Addictions Service Inventory
Mental health is a predominant ailment in general. However, Sooke has a relatively high rate of depression in the province. SRCHN is researching which relevant services are available in the region and what people of the Sooke Region actually feel they require and perhaps are not getting. Report of the first stage is expected late fall 2019.

Sooke Region Community Health Network (SRCHN)

2019 AGM Coordinator's Report

Once again, it has been my absolute pleasure to work with such dedicated individuals; everyone working towards a common goal. The SRCHN organigram changes semi-annually as new committees and working groups evolve to approach existing and arising issues. We are feeling stronger in our identity, and our impact on the community is increasing.

SRCHN has done various public consultations and reports throughout the years, and we are now getting the financial resources to act upon them. Seniors' projects have dominated our activities for the last couple of years, due to the lack of services for this group in our region, but also since we clearly identified their needs through public consultation across the Sooke region. The path was clearly laid through our data collation and we acted accordingly.

Now, with the mental health and addictions services inventory exercise, a new path will be laid and more community members will hopefully benefit from our efforts in the near future.

I have been directly involved with the Age-Friendly Committee and the Transportation Working Group, where there is an engaging and engaged collection of people, who share their experiences, wisdom and fortitude to improve the ability to age in place not only gracefully but also with vibrancy.

The Sooke Region Volunteer Centre is the physical heart of our operation, where the SRVC Coordinator and volunteers contribute to the outward face of SRCHN.

The Board, with its fiduciary responsibility, has to deal with the legalities, policies and financials. A daunting task! However, I have witnessed the most interesting philosophical and practical discussions, joining like-minded people for a joint cause. Their volunteer work is often not recognized, as it should be. Hopefully they understand that they are all valued and SRCHN would not develop without their support.

Last, but not least, a big thanks Mary Dunn, SRCHN's Board Chair for her selfless commitment to advancing the wellbeing of her fellow community members. It has been a joy to watch her grow into her leadership role over the past two years. Not only does she splendidly represent our organization, she is the epitome of what SRCHN is all about. I am proud to be a member of this team and I look forward to the wonderful projects we have planned for next fiscal year.

Christine Bossi
SRCHN Coordinator
June 20th, 2019

Sooke Region Communities Health Network
BALANCE SHEET AS AT MARCH 31, 2019

Current Assets

Operating Bank Acct (CCS: 182790)		\$ 73,717.24
Savings Bank Acct (CC 200)		712.20
Bank Shares		5.00
Total: Current Assets		<u>\$74,434.44</u>

Capital Assets

Computer Hardware	\$	2,896.80	
Computer Hardware: Depreciation	-	<u>2,896.80</u>	
Net Computer Hardware			-
Equipment and Furniture		80,206.26	
Equipment and Furniture: Dep	-	<u>80,206.26</u>	
Net Equipment & Furniture			-
Total: Capital Assets			<u>-</u>

'TOTAL ASSETS

\$74,434.44

Current Liabilities

Security Deposit	\$	1,966.57
Deferred Funds		<u>30,025.00</u>
Total: Current Liabilities		<u>31,991.57</u>

TOTAL LIABILITIES

\$31,991.57

Reserved Funds:

Funds Reserves carried forward from 2018	\$51,384.11
Current Year Funds Activity	<u>-\$8,941.24</u>
Total: Reserved Funds	<u>\$42,442.87</u>

TOTAL LIABILITIES AND RESERVED FUNDS

\$74,434.44

Sooke Region Communities Health Network Income Statement 04/01/2018 to 03/31/2019

FUNDING

Donations

Charitable Donations/Grants	5,000.00	
Non-Charitable Donation (individ)	40.00	
Total: Donations		5,040.00

Funding from Operations

Rental Revenue		1,298.75
DOS service agreement	22,525.00	
DOS - SRCHN-VIHA contract	11,600.00	
District of Sooke funding		34,125.00
Membership revenue		595.00
Life Long Learning		1,003.10
ELDER CONNECT		500.00
Miscellaneous Revenue		79.06
Total: Funding from Operations		37,600.91

Total: Other Funding		15.88
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TOTAL FUNDING		42,656.79
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EXPENSE

Building Operation Expenses

Telephone and Data		382.46
Security		315.46
Rents Paid to Prop Mgmt		100.00
Total: Building Operation Expenses		797.92

Operating Expenses

Insurance Expenses		1,078.00
CASA Administration		20.00
CHI Administration		19,660.00
Office Supplies		2,104.22
Printing/Photocopying		84.21
Office Equip/Furniture Repair Maint		1,557.19
Facility rental		2,900.63
Advertising and Promotion		262.08
Bank/Interest Expenses		5.00
Miscellaneous Admin Expenses		1,849.53
Total: Operating Expenses		29,520.86

Organization Expenses

Board Expenses		40.00
Organizational Development/Planning		106.76
Organizational Membership		75.00
AGM and Annual Report		163.02
Volunteer/Member Expenses		59.55
Other Organizational Expenses		1,300.22
Total: Organizational Expenses		1,744.55

Sooke Region Communities Health Network Income Statement 04/01/2018 to 03/31/2019

Personnel Expenses

SRCHN Professional Fees (Contract)	<u>19,080.00</u>
Total: Personnel Expense	<u>19,080.00</u>

Special Delivery Services

Special Events	<u>454.70</u>
Total: Service Delivery Expenses	<u>454.70</u>

TOTAL EXPENSE	<u>51,598.03</u>
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NET FUNDING ACTIVITY	<u><u>-\$ 8,941.24</u></u>
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