



Victoria Health Co-op

Chair: Vanessa Hammond

vichealthcoop@gmail.com 250.415.9272

Treasurer: Dylan Bos dylanbos@icloud.com

www.victoriahealthcooperative.ca Serving our Member-Owners and Community.



Draft Minutes AGM, March 10, 2018 – 10:30 a.m. 234 Menzies St.

10.30am The Chair, Vanessa, called the meeting to order. Joyce Rankin was asked to take the Minutes. Treasurer, Chris Mather, reported that quorum was met with 25 present and 2 proxies. The Chair confirmed the first Notice of Meeting was sent over 60 days in advance.

The 2018 AGM Agenda was submitted, (Moved Carol, Seconded Robin). APPROVED

The purpose of the meeting is to:

1. Understand the work of our Co-op in 2017
2. Identify together the ways in which our Co-op should serve us and the community
3. Work out how each of us can contribute to making this happen.

Agenda items included the minutes of the previous meeting, an overview of 2017, the Treasurer's and other Reports including a summary of work already underway.

Looking back at 2017

The Chair acknowledged the 2017 AGM minutes could not be located. She recast the minutes to reflect the proceedings.

58 members at Fairfield United

Treasurer's Report approved

Need for Co-op Health Centre to cover its costs

Need to find other sources of revenue for VHC

Need to provide services to Wellness Practitioners and Board to meet to plan how to provide services to Wellness Practitioners

Thanks to Wellness Practitioners, Thanks to MOAs, Thanks to members, Fairfield UC and cook Michael.

Motion to accept recast minutes of 2017 AGM (Moved Joyce, Seconded Dacia) APPROVED

Overview Report

It was a significant year for the Co-op in that we were successful at finding a purchaser for the Health Centre, relieving some of the debt. We continue to look for other sources of revenue and better ways to support the Wellness Practitioners. Chair's report **APPROVED (Moved Dacia, Seconded Debi)**

Financial Report. Chris Mather, Treasurer reviewed the statements for 2017, identifying the asset categories where the \$50,000 purchase of the Health Centre was reflected as of December 31, 2017. \$67,309.47 are still loans payable, over 80% of which are Member loans. **APPROVED (Moved Joyce, seconded Carol)**

To support the Creating Community Wellness Society, CRA 833835457, "The Health Charity"
please leave cheques at 547 Michigan St, Victoria, V8V 1S5



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A question about using a bank versus a credit union elicited the story of RBC coming forward when a Line of Credit was needed and no credit union could respond promptly.

It was noted that the sale of the medical practice allows us to get back to our original focus on wellness services for our members and our community. The medical clinic will no longer be creating additional debt each month. We now need to eliminate the remaining debt at the same time as enhancing the charitable services. We requested that all members make a regular contribution. This is important and now much easier. Anyone, member or supporter, can set up an automatic recurring donation transfer plan using the form available from vichealthcoop@gmail.com or at the Menzies St or Tillicum branches of Coast Capital Credit Union and on the www.wellnesscharity.com website.

Community Outreach Reports

Wellness Clinic Dacia Moss reviewed the services to members available at the 4th Sunday of the month Wellness Clinic. Members contribute what they can afford. The services are continuing at the Health Centre, using space rented from the new owner. Wellness Practitioners have identified the need for better social media, e.g. a website, that can effectively promote the availability of the Wellness Practitioners' services not only on the 4th Sunday. A price estimate of \$800 has been received for a searchable website.

The **Health Access Fund**, held by our sister charity, Creating Community Wellness Society, is available to members who require repeat treatments but cannot afford the ongoing fees.

Community Outreach

VHC has offered in the past a Back to Basics program in the schools, multiple Choices for a Healthy Lifestyle programs, with BC Housing and a number of Hans Kai initiatives. Members are interested in continuing Outreach programs.

Hans Kai

Hans Kai, or "group learning", is a program developed in Japan after WWII as a way to overcome health care inadequacies in communities. It flourished. Nor'west Co-op in Winnipeg went to Japan to learn how Hans Kai groups worked and brought it to Canada and further developed the program to a Manitoba context.

Vanessa and Joyce received facilitator training from Nor'west. Then, VHC received a donation and was able to bring the Nor'west trainers to Victoria where 22 community organizations received facilitator training. Out of that, 2 – Rainbow Health Co-op, a trans organization and Victoria Lesbian Senior Care Society (VLSCS) pursued programs.

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After the Hans Health School of 9 2 hr modules on Primary Health Care, Nutrition, Monitoring Health Indicators, Exercise etc the self-led groups meet monthly. Sessions include monitoring of indicators, exercise, healthy snacks and building social cohesion. The output of the VLSCS group, facilitated by Madi McLeod and Joyce Rankin, was a desire for more focus on nutrition.

With the support of VHC, VLSCS received New Horizons for Seniors funding to launch a cooking program. 17 senior lesbians were taught about stabilizing blood sugar, reducing inflammation and promoting digestion through food and nutrition. The program ended January 27 with a community lunch which 90 people enjoyed. It brought together women and sub-communities who didn't previously know each other.

Rainbow Health Co-op report by Chrys Tei - "Hans Kai™ is an integrated program that addresses all the core aspects of self-care we need for wellness. In co-operation with NorWest Community Coop, Rainbow has taken the core program and added content for the trans community, including gender health. Gender health is the set of individual habits that maintain this aspect of wellness in individuals and social policy that maintains it in our community.

Rainbow Health is one of the strongest trans community advocates in British Columbia. We would not be in this position today without the help we received from Vanessa whose abilities are magnified by co-ops such as the VHC and by co-ops cooperating. Never doubt the importance of showing up and helping out. It all matters. We get better together.

Each year in Canada 37,000 youth experience homelessness, 6-7000 at any time. Nearly half identify somewhere on the Sexual Orientation / Gender Identity spectrum that is not congruent with their family of origin. Over half report abuse as a reason for leaving home. We walk past them on our streets and wonder what happened. We need to maintain our social triage, and allocate resources to the root causes of social displacement. Gender health programs strengthen families of origin into families of choice. This helps stabilize at risk youth in our community, amongst the highest leverage social investments we can make. "

Jennifer Gate suggested another Hans Kai program could be on neurological wellness, particularly preventing dementia and Alzheimer's and reflecting current research.

Vanessa mentioned that at a recent Co-op Summit, 2 Japanese co-op leaders praised the Hans Kai training by Nor'West.

A member poll indicated interest in continuing these Outreach Services except for Back to Basics.

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VHC is a member of the Canadian Association of Community Health Centres' **Housing and Homelessness Committee** and members were invited to contribute to a survey after the meeting.

Creating Community Wellness Society (CCWS) VHC members will be invited to attend the AGM of Our sister charity that supports the activities of the Victoria Health Co-op.

Art for Wellness

Krista Stogryn (physician) and Chris Paul (artist) were present for the official unveiling and a thank you for their donation of 50 prints, numbered and signed with a description of both on the back, of "Our Gift" for the support of the Victoria Health Co-op. The prints are being offered to members and the general public who donate a minimum of \$100.

Phoenix Sophia, abstract artist, donated her work "Untitled" for auction.

Gordon Miller organized Window Wanderland in James Bay. Nicole Costello designed a window light display of Chris Paul's "Our Gift" for this event.

Thanks again to Nicole, the Art Gallery provided 2 passes and 2 catalogues for the silent Auction.

That Reports be accepted as presented moved by Vanessa, Seconded Jennifer Gate, APPROVED

Victoria Co-op Day

David Merner read Mayor Lisa Helps Proclamation of Victoria Co-op Day March 10, 2018. The other Co-ops in the room introduced themselves: BC Sustainable Energy Association with 14 chapters in the province. Victoria and Saanich have declared 100% renewable energy by 2050; Greg Demmonds, Real English Victoria, a teachers' worker co-op; Joy Emmanuel, National Co-op Developer Network, Kerry Panter, Co-op Housing Federation of BC, Lee Fugue, International Women's Catering Co-op; Vanessa and Chris, First Ownership Co-op; WIN (Women in Need) co-op with 5 programs for women leaving abusive relationships. Viridian, Adrenaline Motorcycle and Mountain Equipment Co-ops provided information, Federated, Peninsula and Pharmasave provided beautiful gift baskets as door prizes.

Proportional Representation

David Merner described proportional representation as a more democratic way of including all voices in decision-making than our current "first past the post" method to include all the voices in decision-making.

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Canada is lower than other OECD countries in environmental and social outcomes. Some attribute this to the proportional representation practices in other countries. PR has also been shown to improve fiscal management.

David accepted questions.

Snacks were available at 12 noon

12.15 Dacia led a visioning circle, participants included Kerry, Anne, Chris, Robin, Joy, Julie, Peter, Bev, Roseanne, Janet, Nicole, Jennifer, Anna-Marie, Kelsey, Carol, Bill, Phoenix, Vanessa. In addition to general hopes for strengthening the Co-op, suggestions included:

- creating an on-line, updatable, cook-book
- attracting more Wellness Practitioners and mentoring WP students
- providing co-op education
- continuing advocacy
- identifying long-term space for an office, a week-day treatment space and space for the Wellness Clinics
- work with Carol on long-term funding
- continuing to discuss co-operation on Wellness Education with Pharmasave
- initiating additional Hans Kai groups. If you have a neurological disorder or an interest in the brain would you be interested in a group with a specialized focus?
- discussion about possible solutions for housing issues
- further explanation of Proportional Representation

Thanks to Dacia for organizing and leading this session.

13.15 Bill, Chris, Kelsey, Madi, Robin and Vanessa agreed to stand again for the Board. We sadly accept the resignation of Nicole who has served so effectively, and appreciatively welcome Jennifer Gait to the Board. As the Co-op can have up to 9 Directors, and no objections were raised, the Board was acclaimed. We would be happy to welcome two additional Directors.

We identified the need for additional volunteers and asked participants:

- how you want to be involved with the co-op? maybe as a Choices or Hans Kai trainer or as a group participant
- contributing your fund raising skills so we can enhance our services
- help with filing/archiving, never a huge task, but would be much appreciated.
- And most of all, you can help us by bringing us you ideas and energy. We are listening.

13.45 We gratefully accepted donations, announced the winners from the silent auction and awarded the door prizes.

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13.50 The 2018 AGM of the VHC was adjourned with thanks to all members and visitors, and to the James Bay New Horizons.

13.55 The co-operative clean-up was completed quickly.

Respectfully submitted, Vanessa Hammond, Chair

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