

Dryden District Peer Support Drop-in Centre

Membership Meeting minutes from Dec 13 2017

Our Vision - Mental health and wellness in all communities

Our Mission - to be a leader in the provision of advocacy, education, research and client-centered recovery-based services in the Kenora and Rainy-River District

Our Values - collaboration, empowerment and self-determination, diversity and social justice, accountability, integrity and transparency and innovation

The snow has arrived and winter is here. However it actually starts December 20th and for reference Spring starts March 20th. And we are all ready as we can be for this cold weather, but remember Spring is right around the corner!

Closure Dates:

- ⇒ Dec 20 @ 12:30pm for Staff Christmas Party
- ⇒ Dec 22 @ 2:00pm and Re-open January 2nd 2018
- ⇒ Jan 17 & 18 for Staff ASIST training



Reminders:

+If a significant weather event happens please call ahead to make sure we are open before traveling to the drop-in.
+Members could get together and support each other during the closure dates of the drop-in centre. +Please put your dirty cups and dishes into the dishwasher before you leave, and use serving spoons when taking food. +We ask people to wear a hairnet or hat when making others food. +Smoking needs to be over in the edge of the parking lot. +Members cannot take home food (unless approved by staff), craft supplies or toiletries from the drop-in. +Baking and Soup Making could be taken if part of the activity, when appropriate. **+Please remember the rules statement and we should all respect and support each other**, Someone doesn't have to agree or share the same views as another but we still need to tolerate them. +Wellness fluctuates for each and every one of us and sometimes just giving that extra space and time can help cool the situation. **+No more clothing brought to the drop-in with the risk of bedbug transfer.** +Please minimize whispering, it negatively effects those that have paranoid thoughts. +Talk about appropriate topics only, no sexuality or racism will be tolerated.



Some of the new ideas brought up at the meeting: +Painting eyes based on nail polish and glass lenses. +Whiteboard for doodling, may have privacy implications. +How a member could share to other members if they are sick, or in the hospital and regards to consent for this. +Soup Making, Bannock making and instruction, Ornament making and more community presenters and education sessions. +We will try to make some of these happen!



Overview of regular drop-in activities: Puzzles and word searches daily. Games and the like on Thursdays. Movies on Fridays. Art projects and supplies available. Baking is Bi-weekly and members can choose recipes and we buy the supplies. Yoga is at the Rec Centre and Gina can admit you, she also teaches it and starts up again in the middle of January 2018.

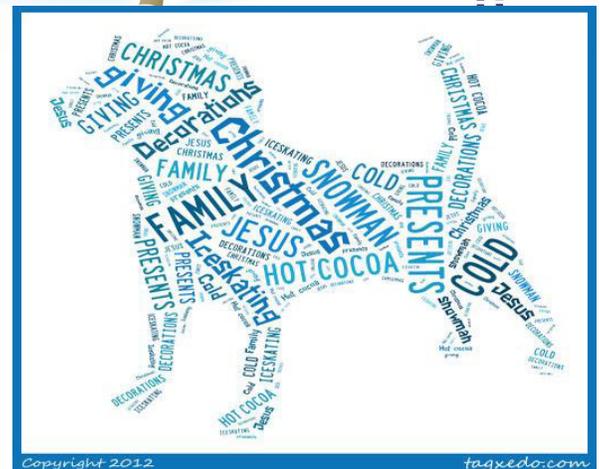
Topics that are discussed within the drop-in, need to be respectful and appropriate. Please respect one another ALWAYS!

Overview of once a month activities: Bowling for the duration of the winter months @1pm on scheduled days & shoe rental and 2 games. Haircuts are five dollars and members can sign up for an appointment time, also stay out of the back unless its your appt time. Birthdays are celebrated each month for members. Bingo is going to be twice a month starting in January 2018. Walmart trip is planned once a month as people have money to buy groceries and we bring people home with their goods.

Overview of what confidentiality is: Means to hold information a secret, unless the person has given their consent for you to disclose it. An example is you don't ask who was here or talk about what was learned in the drop-in. Who was here in the drop-in is actually considered private health information.

Medications and the drop-in: CMHAFF policy regarding medication is we cannot dispense or store medications, not even over the counter. If someone leaves their items in the drop-in office it cannot contain medication. Accidental med left here, is an incident and we put it into a locked box until it can be returned to the right person.

Volunteering is encouraged and needed at the Food Bank and the Volunteer Centre. If they do not have enough, some of their programming will be unable to continue. Volunteering is also great for a persons mental health and well being!



“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of a dynamic and creative intellectual activity” - John F. Kennedy.