

Dryden District Peer Support Drop-in Centre

Membership Meeting minutes from March 1 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

Spring is coming and the snow will be disappearing soon. This also brings more outdoor activities. It would be nice to have enough participation for walking groups or a biking group. We want people to be active in their daily lives and with that we encourage our members to fit in even small amounts of exercise every day. This is important, not only for your physical health, but mental health. Exercise can also be fun and something to look forward to each and every day. We could go on about how beneficial it is but if you try it for yourself, you will notice the positive affects and potentially fit some into your daily routine.



Get Active

If outdoor activities are not your thing other ways exists to get active. We have passes for any of our members to utilize the Dryden Pool and Fitness Centre. Also available is a calendar of the classes offered at the Fitness Centre. Some of the notable classes offered include, swimming, aqua arthritis and even Yoga is available every week. Or pair up with someone and visit the cardio room, lift weights and a sauna is also readily available. No matter what your preference is, just get active.



Regular drop-in activates include, Haircuts (5 dollars at the start of each month), Bingo (Usually Monday and start time depends on participants), Bowling (At 1pm indicated on the calendar and we play two games), Games Day (Members encouraged to play some type of game either with cards, board games or video games) and last but not least Movie Day (Fridays and new or old films are enjoyed). Some arts and crafts will happen also.



Breakfast

We have incorporated bi-weekly Wednesday breakfasts. It is meant to be easy and quick to prepare. Breakfast also will only happen if we have enough member participation. This may include preparation, cooking and cleaning assistance. In general if we do not have someone to help, breakfast will not happen that day.

Community Garden

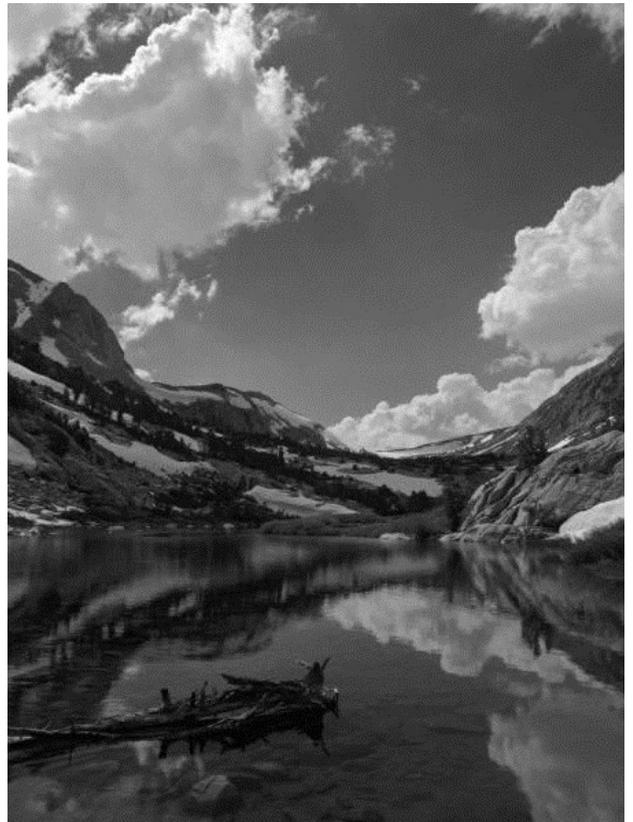
It is always nice to walk through a garden when it is in full bloom. Gardens have a lot to offer and can help with connecting with nature. Not everyone's a green thumb, but that's ok. We are continuing with our community garden boxes in early summer. We want to seed/start a few plants before hand in egg cartons as preparation for the planting. We are open to suggestions of what we should plant.

Healthy for Life

Another session of the workshop Healthy for Life through the North Western Health Unit is being offered for members of the drop-in. This will be during the day instead of previous evenings, this make it more convenient to attend. Sign up is available now. It will run March into April and finish with a grocery store visit.

ODSP Worker Visit

We want to invite an ODSP worker to visit and do a short presentation. Anyone on ODSP may have many questions that can be answered and given clarity. As you know we no longer have an ODSP office in Dryden so this worker will have to travel from either Fort Frances or Kenora. It might be possible through OTN also. We will advertise to all members when this will occur. And anyone on ODSP should attend.



Blood Pressure

We want to have a nurse from the family health team offer another blood pressure clinic here at the drop-in.



Issues

Smoking needs to be done 7-9 meters away from the entrance. Please respect this distance. Dispose of your cigarette butts properly. Rolling tobacco and papers should not be left in the drop-in because this is tempting for some people. Roll your cigarettes all at home and bring what you need to the centre. A few are ex-smokers or in the process of quitting smoking.

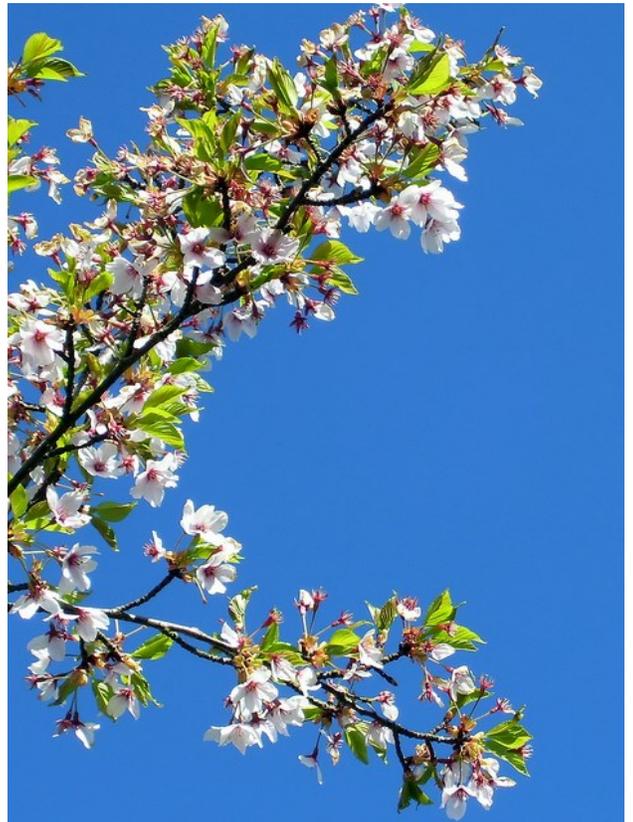
Conduct

Most of us know that in the drop-in centre we are to support each other. This can be difficult at times when any of us have a difference of opinion, but we should tolerate each other in the most respectable way possible. We also do not like gossip or talking about someone when they are not around. We have also noticed as staff that possible lewd and sexual innuendos have been made in the drop-in. Also any sexual images on the computers or on personal cellphones is not acceptable. This behavior will not be tolerated within the drop-in centre.

Our rules statement is posted in the drop-in centre, we all need to remember to act on good behavior during your time in the drop-in centre and it should be a supportive and non-judgmental environment.

Closing Time

As a reminder the drop-in closes at 3pm unless otherwise posted, such as for a special event. Please be respectful and start packing up and using the bathroom ten minutes before the closing time. Staff would like to close on schedule so we can get rides, cleaning and other chores completed in a timely manner before the end of our day.



Clean up

We ask that all members clean up after themselves before you leave. This includes putting your dishes into the dishwasher and getting rid of all garbage and recycling.



Taxes

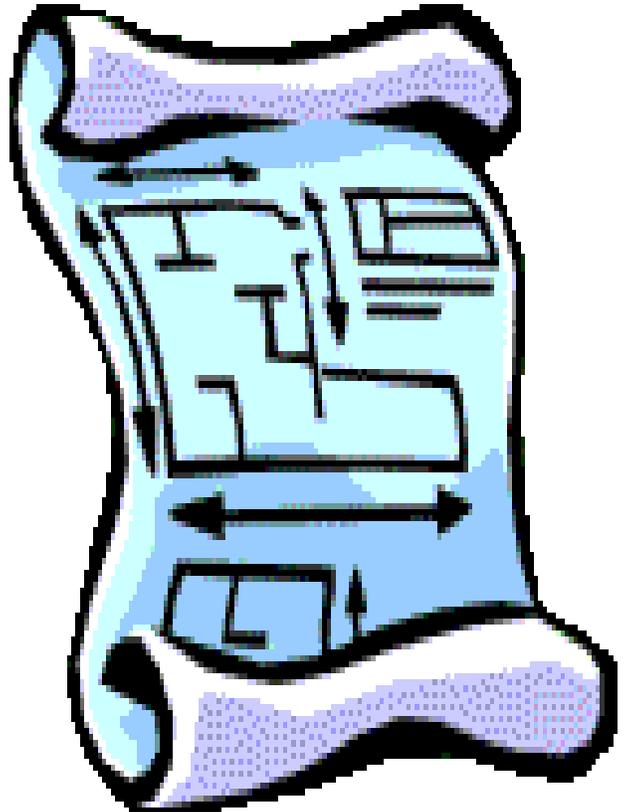
The volunteer Centre is offering income tax assistance. Starting March 6th from Noon to 4pm and repeating every Monday until the deadline for income tax at the end of April.

Ideas and Suggestions

Members have given many great ideas and suggestions. As staff we will try our best and make these possible.

Suggestions

- Diabetic Nurse visit with presentation and question/ answer
- Dietician from the family health team
- Spontaneous activities, either by request or based up- on participation and interest
- Arts and Craft suggested include coloring pages, modelling clay, someone to teach painting either with canvas or other medium, Lego's.
- egg carton planting
- walking at any time when the weather is nicer(when practical)
- Summer BBQ's (weather permitting) with addition of kabobs that can be mixed which may include pork, beef, chicken and veggie. Maybe even Corn on the cob done on the BBQ. Not just hot dogs and hamburg-ers.
- Drip pan for the BBQ or cover with foil
- BBQ breakfast idea
- Scavenger hunt, maybe teams and look for things like hats, socks, feather etc



Spring is arriving so we will be springing the clocks ahead. More daylight and joyous sunshine to come. Summer will bring sun and warmth to all of us. Many things to look forward to in the future.

Enjoy!