

IMPACT Meeting Notes



Date: Tuesday, December 7 , 2021, 4:30 pm to 6 pm

Location of Meeting: Zoom

Meeting Start: 4:40 pm

Present: Rebecca Pauls, Alex Neff, Ryvvr Tupper, Shelley Nessman, Jule Hopkins, Sophie Yendole, Ragne Reid

Regrets: Liz Charyna

Topic	Key Points of Discussion	Action to be Taken & Person Responsible	Timeline
<p>Welcome In Activity <i>(lead by Sophie)</i></p>	<p><i>Wetlands and Marshlands</i> <i>Story shared: Walking in Richmond along the river. Followed the river to the marshland. What a wetland is and what it does. It is a mechanism for processing water, filtering waste, absorbing overflow, and rejuvenating land. The usefulness struck me. How does this translate to ourselves? How do we cultivate our own marshlands?</i></p> <p><i>What is your space of rejuvenation?</i></p>		
<p>Planning for a Good Life <i>(lead by Rebecca)</i></p>	<p>Mentors were asked to read:</p> <p>Pre-Readings</p> <p><u>Safe and Secure</u></p> <p><i>Nurture Friendship</i></p> <p><i>P. 66-115 (Digital)</i></p> <p><i>P. 39-57 (Physical)</i></p>		

Planning for a Good Life: Unprepared to
Peace of Mind

Loving Friends and Family

P. 14-16 (Digital)

Team Poll for pre-reading completion: 7 of 8
participants completed pre-readings

Recognition of contributions

Sophie - *Michael Wittman and music. Once they began to look at the cd he made with a worker a few years ago he would light up. Every time we bring that forward, we experience more of Michael. That has brought a huge shift to Michael, his network and the larger community of PLAN (seeing how his words impacted others at PLAN)*

Ryvvr - *Nancy and Lynn. Nancy's needs are changing and capacity to connect is different. Went out for a birthday dinner with Sean. Bill was sitting beside Nancy. He is big and intimidating. Bill leaned in and said something loud in her ear. The whole group was worried about it. Nancy got upset and emotional. Lynn's knowledge came to the front*

because she knew Nancy. She let people know it was okay and "that is how Nancy is."

Ragne - *Reciprocity is the glue. Christine Epp and Ragne had a movie night and the kids went along because they asked. That night they sat down and had a meeting. Which network members are active and which need reminders? Ragne sent out a reminder to the network member to meet with their new baby. Found out they have an invisible disability and is having a hard time with it. Could not go out for walk because of level of discomfort. Christine told Ragne about shared phone call with network friend about disability. You do not need to email her anymore. We are good. For her to have an opportunity to care-take for someone else was very meaningful. It feels just as good to be a friend as to have a friend. That reciprocity enriches the relationship.*

Sophie - *Barb and "why don't you complain to me?" Give and take and building relationships through honest conversation. Being in a*

	<p><i>relationship with people for a long period of time allows for these conversations to happen.</i></p> <p><i>We foster the relationships with network members to provide them with deeper connections to their friends.</i></p> <p><i>People wouldn't be part of a network if they didn't want to be connected to that person.</i></p> <p><i>"Partner" of the network</i></p>		
<p>Coordinator Updates (lead by Alex)</p>	<ul style="list-style-type: none"> - Annetetwork Our friend Annette Kerr has been working on a brilliantly named podcast called Annetetwork in which she is interviewing people connected to PLAN to learn how PLAN has impacted and changed their lives. I have been fortunate enough to play a supporting role in this project as I develop graphics to accompany each interview transcription for the PLAN website. I cannot wait to liven up our blog shares with Annette's witty sense of humour! - Disability Without Poverty I have been thoroughly enjoying the opportunities I have been given to assist Disability Without Poverty with graphic communications. Over the last few months, we have worked on a number of projects which have allowed us to dial in our 		

	<p>communications templates, engage audiences in visual storytelling, and share statistics in accessible formats. It has been an eye-opening process, learning to understand the relationship between disability and poverty. Please reach out if you want to know more about what is going on with Disability Without Poverty.</p> <ul style="list-style-type: none">- Friendship Grant A few months ago, Rebecca and I received an email from a <i>new friend</i>, Eric, from Holland Bloorview Kids Rehabilitation Hospital. They are looking to reframe the way they view relationships and friendships and want to learn for PLAN! This project is in very early stages still, but Eric is so excited to learn about how we do relationships here at PLAN and I am so confident the Holland Bloorview team will be pulling some powerful learnings from this shared experience.- Ready For My Shot Over the last number of months, I have been working with Mike Waddingham and his team at Bird Communications to roll out a COVID-19 vaccination-focussed campaign, ensuring those with developmental disabilities are informed and <i>ready for their shot</i>. This project is built off of self-advocate submissions focussed on vaccine experiences which have been shared through informational graphics,		
--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--

	<p>posters, and videos. Designing the promotional material for this project has been a blast. It has also been a lot of fun to get to know PLAN families through this process. If you would like to see more, check the project out at https://www.readyformyshot.ca/.</p> <ul style="list-style-type: none"> - Self Advocate Net Disability Without Poverty has teamed up with Bryce Schaufelberger's Self Advocate Net to share self advocate stories focused on how additional financial support from the Canada Disability Act can enrich the lives of individuals living with disabilities. I am currently working on new copy for the submission request and we will be revamping this project come January. I am very excited to refine our process and share impactful stories in the new year! 		
<p>Planning and Advocacy Updates (lead by Jule)</p>	<ul style="list-style-type: none"> - Signed up 3 new families into our PLAN Family Network and each of these families have required significant support in connecting with CLBC and getting funded supports - Supported two of our Family Network individuals and One Lifetime Member with emergency health care needs and hospital stays. - Worked with Wendy's Support Network team to plan a combined 65th and 66th Birthday celebration 		

	<ul style="list-style-type: none">- Assisted 2 Lifetime Members with interviewing for Homeshare Providers with new CLBC funding that has been approved- Problem solving with some Mentors on areas of need, information and support that they were seeking on behalf of the person they are Mentor for.- Prepared 4 new Representation Agreements- Fielded a number phone calls and emails from people looking for information and help for their family member - includes a variety of areas they look for support in - from RDSP; Disability Tax Credit; looking for Doctors that can support individuals with Disabilities; looking for Lawyers and Trust companies, information on Youth transitioning into Adult services; help with MCFD Social Workers, to name a few of the types of requests we get.- Unfortunately supporting a PLAN family with the loss of their son and funeral plans.- Working with and supporting Marge as her Mentor and helping her Network nominate her for a Courage to Come Back Award (really cool)- Supporting new Lifetime members (brother and sister) with discussions with their Lawyer, trustee and arranging for a real estate agent to help sell their current home.- Supporting a parent who had a recent hospital stay and needed some additional help in finding support for her daughter.		
--	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--

	<ul style="list-style-type: none"> - Maintaining contact with the Family Network families with phone calls and e-mails. 		
<p>Family Support and Leadership Update (lead by Shelley)</p>	<ul style="list-style-type: none"> - We are wrapping up Jill's Practicum with Adler University. Jill will be finishing up some work on permission documents for people when they are sharing information or photos. - Wrapped up some work with Pike's Peak (Arc in Colorado) this month. I have been facilitating family support meetings as well as some workshops with the people they have hired to be facilitators of networks in this part of the project - Rebecca and I co-facilitated some training with an amazing group of people in Western Australia who are learning about the value of supporting people who have complex communication support needs to have an intentional network who help them with supported decision making. - A couple of other interesting groups I am involved with - a committee of folks who are involved with vulnerable populations where mental health is an intersection (children, youth and adults with Intellectual disabilities, seniors and other people who might require significant expertise in the mental health realm). The group will be working on a tool kit for families and others 		

	<p>to support better mental health and mental health supports</p> <ul style="list-style-type: none"> - A coalition of people who are focussing on aging parents spearheaded by our amazing Nellie Wong and another kicks parent - Annette Pope. 		
<p>Executive Director Updates (lead by Rebecca)</p>			
<p>Wrap Up (lead by Ryvvr)</p>			

Minutes recorded by: Alex Neff

Meeting adjourned: 6 pm

Next Meeting: Tuesday, December 7, 2021 4:30 pm to 6 pm