

## IMPACT Meeting Notes

**Date:** Tuesday, January 11 , 2022, 4:30 pm to 6:00 pm

**Location of Meeting:** Zoom

**Meeting Start:** 4:30 pm

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

**Regrets:** None

Topic	Key Points of Discussion	Action to be Taken & Person Responsible	Timeline
<p><b>Welcome In Activity</b> <i>(lead by Ragne)</i></p>	<p><i>REMINDER: Caring for ourselves</i></p> <p>GET MORE SLEEP</p> <p>“When you are feeling tired it is so easy to not exercise, eat junk food, etc. Sleep to reclaim the energy you require.”</p> <p>SLEEP, EXERCISE, DRINK WATER, COOK AT HOME, BREATHING</p>		
<p><b>Planning for a Good Life</b> <i>(lead by Rebecca)</i></p>	<p><b>Pre-Readings</b></p> <p><u>Safe and Secure, Making Sound Decisions</u></p> <p><u>Planning for a Good Life: Unprepared to Peace of Mind, Participate in Decision Making</u></p>	<p>Continue Rep Agreement conversation in next Collaboration Meeting</p> <p>Ensure that you are familiar with the Representatives and Alternative</p>	<p>Ongoing</p>

	<p><b>Team Poll for pre-reading completion: 8 of 8 team members completed pre-readings</b></p> <p><b>When a person's good life includes participating in decision making, these will be the outcomes:</b></p> <ul style="list-style-type: none"> <li>● <i>There is a formal decision making structure in place</i></li> <li>● <i>The person has experience making decisions and having their choices response</i></li> <li>● <i>Decision making is part of the person's daily activities</i></li> <li>● <i>Representation Agreements or Guardianship have been reviewed</i></li> <li>● <i>Powers of Attorney have been reviewed</i></li> </ul> <p><b>Poll:</b> <i>50% of team members indicated they can name the Rep and Alternate Rep for each of the people they work together with.</i></p> <p><b>Poll:</b> <i>60% of team members indicated they are in regular contact with all or most of their Reps</i></p>	<p>Representatives for each of the Members that you connect with</p> <p>In your next Planning Meeting be explicit to suggest to the Lifetime Member and their family that the Reps be involved in the meetings</p> <p>If they are not already receiving the monthly updates, discuss with the Lifetime Member and their families the importance of Reps staying up to date and informed</p> <p>Review the Representation Agreement at least once per year and mark the review date in the Dashboard and Highrise</p> <p>Contact Jule if you have any further questions about Rep Agreements Begin incorporating Empowered Decision</p>	
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		Making review from Unprepared to Peace of Mind in Planning Meetings.	
<b>Coordinator Updates</b> (lead by Alex)	<ul style="list-style-type: none"> <li>- Streamlining processes so I can serve team, board, and families more efficiently</li> <li>- Developing resource pools such as office binder for protocols and important information</li> <li>- Getting Network News up and running again</li> <li>- Planning for 'Annetetwork' Podcast</li> </ul>		
<b>Connector Updates</b> (lead by Ragne)	<ul style="list-style-type: none"> <li>- Finished training new Connector (Brienne) working with Stephanie</li> <li>- We have a Connector for Navid</li> <li>- Looking for Connector for Dave Swan <ul style="list-style-type: none"> <li>- Be intentional about network building in Richmond</li> </ul> </li> <li>- Working on Family Directory, can't move ahead without input from Mentor Team</li> <li>- Meeting with Shelley to audit Family Leadership activities and create a plan for re-engagement</li> </ul>	All team - please send Family Directory updates ASAP	January 25th
<b>Planning and Advocacy Updates</b> (lead by Jule)	<ul style="list-style-type: none"> <li>- Lots of enquiries in the new year</li> <li>- Many young families reaching out + youth transitioning</li> <li>- Webinars provided by Plan Institute are very useful and all team members encouraged to participate in them</li> </ul>	Alex to send out email update for team with workshop options	January 25th

<p><b>Family Support and Leadership Update</b> (lead by Shelley)</p>	<ul style="list-style-type: none"> <li>- A lot of Family Support is being requested since the holidays</li> <li>- Introduce Brianna to Stephanie and Joyce</li> <li>- Get Geri to keep finding people in her classes</li> <li>- One of biggest assets of important decision making is that person is <u>perceived</u> as a decision maker</li> </ul>	<p>Mentors email Shelley about one-on-one meetings next Wednesday and Thursday</p>	<p>Immediately</p>
<p><b>Executive Director Updates</b> (lead by Rebecca)</p>	<ul style="list-style-type: none"> <li>- There are a lot of people expressing interest to join PLAN.</li> <li>- In order to expand capacity within our Connector team, we are suggesting that new families join in April</li> </ul>		

**Minutes recorded by:** Alex Neff

**Meeting adjourned:** 6:00pm

**Next Meeting:** Tuesday, February 8, 2021 4:30 pm to 6:00pm

☺ "I came face to face with a lot of... cheese over the holidays" ☺

"That original Covid grief is re-surfacing"

One Bite  
  
at a time

"Keep your feelz to yourself..."

PLAN INSTITUTE  
HAS GREAT MINI  
COURSES!



A Safe and Secure Reading Club?

JANUARY 11, 2022

♥ We are together in the Ragne boat ♥

♥ These readings are for me and my family! ♥

"You are not anonymous to us ♥"

Self Care  
Sleep ♥ Exercise ♥ Drink water ♥ Cook at home ♥ Breathe ♥

DEEP  
L-S-32  
-24