

**Annual Report of the
Victoria Health Co-operative
Please read before the 2019 02 23
Annual General Meeting**



**All documents for the 2019 AGM are being circulated by email.
If you cannot attend the meeting in person, please use the proxy form.
We do need your opinions.**

Looking back over 2018

The 2018 Annual General Meeting was held on March 10th. The **2018 AGM Minutes** are attached and we request your approval.

During 2018 much happened and we are now working hard at grasping new opportunities. Separate reports are attached covering work completed, current opportunities and the work needed for us to grasp them. As you have already read them, I will comment very briefly and ask for your approval. As I name each, would the author please stand so that members will be able to find you later if they have something to discuss.

Reports attached and for comment:

- The Co-op Health Centre – Vanessa Hammond
- Monthly Wellness Clinics and the Health Access Fund – Dacia Moss
- Financial Report – Dylan Bos. We thanked Chris for his long-term service from the incorporation of the VHC, and the Creating Community Wellness Society which supports it, until last year. We welcomed Dylan as our new Treasurer. He will submit the financial report.
- Communications – Selina Pieczonka. Selina has developed a team of communications volunteers, all working very effectively to enhance our visibility. She will submit a separate report. Scott has been invited to submit a report on the progress of the website.
- Rules Update - Vanessa
- Building the Business - Vanessa
- Membership Application - Vanessa
- NFP Board Guidelines - Vanessa
- Board Application – Vanessa

- Choices and Hans Kai – Vanessa
- Nurse Practitioner Project – Vanessa
- CS4 - Paul
- O_CHI – Chris Tei

Moving Ahead

Much of our energy this year has been focused on the following initiatives:

- Co-op Café program
- Political Panel
- “The Recipe Book” and other Special Topic initiatives
- The Nurse Practitioner program
- “Choices” and “Hans Kai”
- “My Medical Records” project
- The O-Chi project
- Growing the team

For all of these, and for the projects described below, we need additional volunteers. We hope you will consider how, as a member-owner, you can contribute to the strength of your co-operative. Would you make phone calls, contribute financially, serve on a committee or the Board? Would you become a member of the Creating Community Wellness Society? Please see the attached “Commitment” form.

The **Co-op Café program**, supported by a City of Victoria “My Great Neighbourhood” grant, has enabled us to co-host Co-op Cafés with Coastal Community Credit Union, the Co-op Housing Federation, Women In Need, Modo Car Share Co-op, and Coast Capital Credit Union. Future events will be co-hosted by Peninsula and Viridian. The wrap-up event at Cook St Village Activity Centre, on May 15th will be co-hosted by the Victoria Health Co-op, Vancity and the BC Co-op Association.

On March 30th we are hosting a **Political Panel** at 3pm at the James Bay New Horizons to discuss “The contribution of Co-operatives to a healthy community”.

O_CHI – Our_Community Health Initiative - Chrŷs Tei, Program Manager of O_CHI states, “O_CHI is best described as an incubator of community projects of innovation in healthcare delivery, community engagement, and information services. The incubator assists groups and individuals improve their funding opportunities by developing better grant applications.” The initiative is supported through a partnership including the University of Victoria, Rainbow Health Co-operative and the Victoria Native Friendship Centre, where the project is housed. The Victoria Health Co-op is linked to O_CHI through the CCWS. Additional information will be available at the AGM. We hope you will visit our display and find out about this unique project.

Paul has described the “**My Medical Records**” project and the other initiatives of CS4. The initial idea is that each of us can have control over our own medical records and should have the option of making them available whenever needed, for example if we are being cared for by emergency personnel. When you visit the display you will have the opportunity to sign up for this unique project. We also have many ideas about other services including one that would address many of the problem experience by people receiving home care.

The **Nurse Practitioner program**. Community Health Centres throughout BC have received Ministry of Health funding through the BC Association of Community Health Centres for non-physician services. We are grateful to the outstanding work of Grey Showler (President of the BCACHCs), and Director, Health and Support Services, Victoria Cool Aid Society) for his outstanding work in organizing this, and the ongoing work towards core funding. Based on our past experience at the James Bay Community Project Clinic and then the Co-op Health Centre, we have decided to focus these resources on Nurse Practitioners services. We have worked hard to find community partners with which we can share these services in exchange for access to exam room space. We are very happy that we will be accessing space at the Cook St Village Seniors Centre and Centennial United Church as well as serving residents of My Place.

Ensuring that we can also provide furniture, equipment, supplies, professional partnerships and access to an electronic medical records system has been complex and has required the development and submission of numerous funding proposals. This could not have happened without the skill and support of Rev Alanna Menu of Centennial United Church; Carol Turnbull, ED of the Cook St Village Seniors, Activity Centre; Liane Clark and Edeana Malcolm at First Metropolitan United Church plus Jeni Temple and Linda McLean of Our Place and the ongoing encouragement of our Board and the Board of the CCWS. We anticipate submitting further funding applications throughout the year. The Nurse Practitioner Scope of Practice in BC is summarized on www.bccnp.ca/Standards/RN_NP/StandardResources/NP_ScopeofPractice.pdf

If you do not currently have a Primary Health Care provider you may wish to add your name to the list of potential patients. We will be arranging intake interviews during March and April.

Madeline MacLeod will chair the selection committee.

Needs We need:

A commitment from members about how each will support the Co-op. Co-op membership involved rights and responsibilities. The level of effort of some of our members is absolutely outstanding. Let’s try to catch up with their achievements.

We do need additional Directors for our Board. When there are nine of us, the work-load is reasonable. There is also a need for several more committee chairs. Dylan, Selina, Dacia and Madeline are doing much. It would be great to have committees taking an interest in the **Choices** and **Hans Kai** programs and to work on the initiatives being brought to us by Chrys and Paul.

Either talk with one of us, or use the form in the package you received in advance of the AGM.

Administrative Changes

We will apply to change the co-op's name from "Victoria Community Health Co-operative" to "Victoria Health Co-operative" to be consistent with our aims and our original intention, and make other changes as outlined in the report you already received..

We will change our registered address to 380 Cook St, #1, courtesy of the Cook St Village Activity Centre.

Fund-raising



CCWS. We appreciate our relationship with the Creating Community Wellness Society which can provide charitable donation receipts. John Overall, with input from members Trudy Berg and Yvonne Hendry, will provide a report on the work of the CCWS. (John also manages the membership list of the VHC and the CCWS website.) CCWS needs additional members to provide occasional input and guidance – please think if you could help with this.

Our Gift. We continue to be grateful to Chris Paul and Dr Krista Stogryn for their wonderful donation of signed, numbered prints of Chris' beautiful "Our Gift". We encourage you to make a donation to the Creating Community Wellness Society and accept one of these prints when you wish to add something beautiful and significant to our own décor, or give a beautiful gift.



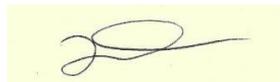
"Our Gift" depicts an individual wrapped in the care of the Victoria Health Co-op and the blanket of our caring community.

The CCWS is also looking for Board members and general interest members.

Please talk with John, Trudy or Yvonne.

Summary

It has been a very busy year. The work of Selina, Dylan, John, Trudy, Michael, Alanna, Carol, Paul and the other volunteers has been amazing. Please think about how you can contribute to the success of this co-operative approach to health and wellness.



Respectfully submitted
Vanessa Hammond, Chair
2019. 02.04

