



Qualicum Community Education & Wellness Society

2022 ANNUAL REPORT



AGENDA

Welcome and Opening Remarks
Highlights from Roundtable Leads
Treasurers Report
Election of the 2021-22 Board
Adjournment

Welcome and Opening Remarks

Submitted by **Bill Preston – QCEWS Chair**

This year's annual report marks the 7th year that QCEWS has been delivering innovative responses to meet locally identified community needs. QCEWS' members, working collaboratively through our Roundtables, are improving 'quality of life' for those who live, work, play and study between Bowser and Nanoose. As QCEWS' Chair I feel privileged to be associated with such an inspiring group of volunteers and I want to acknowledge their awesome contributions.

First and foremost is the backbone of our organization, Secretary Lorna Gray. She keeps us informed and showing up to our monthly meetings. Her Attention to detail keeps us organized, productive and moving forward. We couldn't do what we do without her!

- Lorna is also Chair of the **Intergenerational and Lifelong Learning Roundtable**.
- Dr. Bob Rowe wears many hats! He provides leadership for QCEWS' Food Security, Communications and Marketing as well as being Chair for the **Health and Wellness Roundtable**.
- Carol O'Connor is Chair of the **Early Learning Childcare Council for Oceanside (ELCCO)**. Karen Charlesworth is Chair of "Into the Woods" **Early Learning Childcare Society Side-table**.
- Bernie Brochu is Chair of the **Social Connections Roundtable**.
- Holly Carnegie-Letcher is Chair of the **Universal Access Qualicum Beach Roundtable (UAQB)** Mike and Naomi Domes Chair the **Fitness For All (FFA) Side-table**.
- Lori Germain is Chair of the **Harmony House Roundtable**.
- Teunis Westbroek is the Town of Qualicum Beach Councilor liaison.

I want to extend a huge thank you to our QCEWS leaders and members.

Universal Access Qualicum Beach (UAQB) / Fitness For All (FFA)

Submitted by Mike Domes

This year was an inspiring year for UAQB/FFA. COVID-19 continued to limit some of the use of Fitness For All's equipment. However, the wheels of the DUET and ORION trike's continued to turn on the Ballenas Secondary School track injecting JOY into the students and their EAs of the Quest program. Residents of Long-Term Care missed out the most, with the COVID-19 tension causing tight staffing and limited volunteer programs available to them. Still, some seniors in the community DID gain access, largely with the help of local QCEWS connected Physical Therapists, but also with their family at the Captain's seat.

Providing the public more access to the wholly healthy riding was one of the most celebrated milestones of the year through finding some cooperation with The Cooperator's Insurance Company. They creatively afforded QCEWS with liability insurance to QCEWS members. The next step is to develop an online waiver and calendar to support some of the booking procedures that will be integrated into the website and expand the reach for the bikes to roll further afield in the community.

We also celebrate that SD69 is looking to fundraise for their own bikes. It is satisfying to see the contagious nature that our program has had. Finally, we are hopeful that a community partnership will develop with Arrowsmith Health Care Society (AHCS) so that the bikes can be based part-time in Parksville for Arrowsmith Lodge / Cokely Manor and residents can access them while also providing convenience to groups like Inclusion Parksville, and SD69 until their own Trikes arrive.

The Dutch trikes have been the pioneers in the QCEWS' FFA cupboard, and the concept of FFA as an accessible gym has gained momentum as well.

The Bungee Mobility Trainer (BMT) which was based out of Jim's Gym was on the move again as this facility closed. The necessary move of this tool prompted some visioning to imagine what space this apparatus would thrive in. The Qualicum Commons became available through some QCEWS' directors' connections, and accordingly the "Fitness For All Pop-Up Adaptive Gym" became a reality.



Active Passive Trainer

The use of 'The Commons' gymnasium was a natural fit given its 'Rehabilitation Gym Friendly' wall apparatus that boosted the BMT into Action. Time in this space prompted more imagination and reflection and with a local PT clinic's transition (NeuroPhysio) and another significant addition to the Equipment Cupboard was realized. A 'stationary motor bike' known as an Active Passive Trainer (APT) was purchased with funds raised over the last 3 years, and this Upper and Lower Extremity ergometer expanded the range of options for Fitness for All's Pop-Up gym.

Early Learning & Childcare Council for Oceanside (ELCCO)

Submitted by Carol O'Connor

The ELCCO Roundtable was formed in 2015 to support the BC Childcare Coalition for Universal \$10 a day Childcare plan. ELCCO membership includes community childcare, non-profit organizations, community agencies and liaison members from the Regional District of Nanaimo, Town of Qualicum Beach, City of Parksville, and School District 69.

ELCCO would like to acknowledge and thank Judi Malcolm for her many years of support to ELCCO. Judi Malcolm has retired as Executive Director of Oceanside Building Learning Together Society. We wish Judi a happy retirement!

We welcome Executive Director, Scott Beam, to ELCCO and thank him and OBLT for their continued support to the work of ELCCO.

ELCCO has continued to hold monthly meetings via Zoom throughout the fall and winter. These meetings served to connect community in the shared interest of childcare support and development.

At May's meeting, Michelle Kirby, Manager of Partnership an Engagement Child Care Capital Branch returned to ELCCO to announce additional funding to create new childcare spaces in BC communities. Michelle had been a valuable resource to the Town of Qualicum Beach as it finishes "Into the Woods Early Learning and Childcare Studio". The center is due to open in October 2022. ELCCO appreciates the many community members who are committed to supporting the Town of Qualicum Beach's new childcare center.

With the very capable leadership of Karen Charlesworth this group has formed a non-profit society and offered their support and expertise as the centre is being built. They have worked closely with the architect, project and construction management to ensure the space is designed to support the work and play of early childhood educators and the children and families who will be enrolled.

ELCCO members continue to work building a strong community foundation of support for a Universal childcare system. If you are interested in joining, please contact Carol O'Connor 250 714 2308.



Social Connections

Submitted by Bernie Brochu

Over the last year- Summer, Autumn 2021 and Spring 2022 the QCEWS Social Connections Roundtable (SCR) was involved with the Oceanside Seniors Action Group (OSAG) as well as Block Watch and Oceanside Health and Wellness Network (OHWN). The most positive outcome has been networking among the three groups, OSAG, QCEWS and OHWN.

The QCEWS Social Connections Roundtable was represented at the Spring 2022 OHWN planning meeting with the intention of developing more collaborative activity. OSAG has had little success in initiating new project activity because of the demands that pandemic has foisted on us. While QCEWS continues to participate in OSAG, the Social Connections Roundtable has plans for a simple community activity that serves both OSAG and QCEWS purposes to increase social connections in our communities.

The SCR has secured a grant for \$520 and is awaiting the outcome of a grant application for \$300 for the purchase of materials to set up a Neighbourhood Conversations Pop up Nook. The idea comes from an early attempt by the Seniors Planning Table of OHWN (the precursor to OSAG) to begin community outreach to seniors in Oceanside to engage residents in conversations about aging successfully in a place where they choose to live. The project will host multiple opportunities for conversations about topics that seem to matter to people as we ease our way out of pandemic restrictions. It is expected local volunteers will host these conversation nooks for a few hours 3-4 times during the summer.

The conversations host will encourage residents to make more social connections in their daily lives as well as glean some themes that arise during these exchanges.

This project will provide a simple way for people to engage with each other as well as reinforce the importance of social connections as a sound mental health practice. A collection of the pop up nook hosts-recollections will be shared with QCEWS, OSAG and OHWN and other groups which may wish to implement new projects that socially connect people in Oceanside. I am presently working with 3 neighbours who are also block watch captains to organize a multi block garage sale and fundraiser for war refugees from a Qualicum Woods' neighbourhood on the September long weekend. This will be a chance for neighbours to mingle, shop/swap and otherwise engage. This will also provide a time to host block watch meetings.



Harmony House Roundtable

Submitted by Lori Germain

Harmony House Recovery Society is modeled on the highly successful peer-supported housing model of the Oxford House Foundation of Alberta. Our goal is to bring this safe and affordable peer-supported model to British Columbia. Oxford House has been providing a successful recovery housing program for individuals in Alberta for over 45 years. Oxford House is based on a model that was established in 1975 in the United States which has been providing people in recovery with a safe and supportive home, helping to achieving a productive, rewarding clean and sober life.



When men and women in recovery come to Harmony House, they have already taken some important steps on their road to recovery. They're ready to work hard to maintain their recovery and take the necessary steps toward independent, financially sustainable, and more fulfilling lives. When they move into a Harmony Home, they will be welcomed and supported. They will also be provided with information and resources to assist them in their recovery and increase their connection with the greater community.

Into the Woods

Submitted by Karen Charlesworth

"Into the Woods" is a side table of ELCCO, formed in February 2021. We became a nonprofit society for the purpose of becoming the operator of the Town of Qualicum Beach's new childcare facility. A vision was established to provide quality forest-based childcare in Oceanside.

Throughout the year we have been involved in the ongoing decisions during the construction of "Into the Woods." We have established a waiting list for the centre and made decisions on both interior and exterior finishings.

The Town of Qualicum Beach issued a request for proposal for the operator of the facility in May 2022. Into the Woods Nonprofit Society submitted a proposal and we are currently working with the town to secure an Operators Agreement. We are tentatively anticipating opening Into the Woods Early Learning and Childcare Studio in Oct 2022.



Marketing and Communications

Submitted by Dr. Bob Rowe

Marketing: Into the Woods Early Learning and Childcare Studio

A few videos were recorded for the Into the Woods Early Learning and Childcare Studio highlighting the location and construction progress. More to come soon on the **Qualicum Community Education and Wellness Society YouTube Channel**.

Marketing: Food Security

The hydroponics workshops went very well once in person meetings were permitted. Related videos can be found on the QCEWS' YouTube channel.

Mason Jar Hydroponics Short Course



With the help of a few volunteers, we were able to produce home size nutrient packages to make 2 litres of nutrient solution (equals hundreds of litres of applicable nutrients). We recovered the money invested and have some more Nutrient Packages to sell in the new hydroponic season of Fall 2022. Videos were recorded on the theme of fabric grow bags and are also on the QCEWS' YouTube channel "**Container Planting in a Fabric Pot**". One slide show video received over 6,000 views! I will be doing more of that type of video soon. We would like to encourage anyone who has great gardening tips or ideas to contact us so that we can record some more informative YouTube videos.

Health & Wellness

Some of the health & wellness practitioners work was curtailed by COVID measures. Hopefully everyone has learned a lot and we can get on with enhancing health care and wellness within our community. I am considering doing a series of YouTube videos on health approaches. I thought the theme "Back Words" would be a great starting point. This is in response to all the great health building wisdom from our health building practitioners. September will be a busy start to everything. Thanks to all the Directors of QCEWS for your great community work. It is inspiring to belong to such a hardworking and achievement centered group.

Intergenerational & Lifelong Learning

Submitted by Lorna Gray

The QCEWS intergenerational table was unable to carry out any in-person classes or activities due to the COVID-19 restrictions and vaccine requirements related to children and seniors.

We continue to be on the lookout for opportunities to connect with community partners and look forward to recruiting new volunteers and families again in the future.