

Aspires Housing Group of Calgary

Minutes from Meeting of Thursday, May 2, 2019, 7-9pm

The Ability Hub, Sinneave Family Foundation

Guest Speaker: John Seigner, Director of Housing: Sinneave Foundation

John Seigner updated the Aspires families present with a new Supported Living presentation. The first slide titled 'Our approach' lists key principles for families or individuals to consider when evaluating their choices. John emphasized that references to terms such as 'sustainable' is to finances and support when you are no longer there. 'Wraparound support' means someone will be there to help them out. Key to sustainability is being connected with a good agency. Recognizing there are as many housing models as there are individuals the presentation focuses on 5 key models. The comfort of the building is important but the supports combined with the building are what make the model. A mediocre model well executed will always be better than a 'better' model poorly executed.

Business Meeting:

1. Additions to the agenda: Add Larry Scarbeau: March of Dimes update
2. Minutes of March 7, 2019 were approved.
3. Sinneave Family Foundation Update: John Seigner gave updates of several projects.
 - a) **The Glamorgan Project Video**: The Glamorgan Video was screened. Families and one Glamorgan tenant were present at the meeting. The parents of one of the residents shared how their daughter has really come into her own since moving into Glamorgan. One of the Glamorgan tenants also added that he is very pleased with the neighbourhood and surrounding amenities. He finds transit accessible. The video link will be accessible through a link on the Aspires database. It will also be posted on the Aspires Facebook page.

John added that Sinneave is keeping a list of individuals who could be potential tenants in the event that additional units come available. Monarch House has indicated that they have the resources to support 2 additional tenants. There are also other agencies who may be able to support Aspires tenants at Glamorgan.
 - b) **Mailing List migration to Mail Chimp**: The Aspires general email subscription list is being moved to an automated email platform. The mailing list is the property of the Aspires group. Emails from Aspires will come through a platform call Mailchimp. Families will receive an email asking them to sign up to the Aspires email list.

An option is also available to be added to a new database called: 'Aspires Connects.' The new database in REDCAP ensures a higher level of confidentiality. Families may also unsubscribe at any time. A few tips:

- When filling out the information for Aspires Connects families need to enter the D.O.B. manually and disregard the calendar choice for now.
- Ensure a separate entry is set up for each individual. Individuals can also be linked to families.

- There are paths for individuals who are their own guardians to sign up as well as for families to sign up on behalf of their children or individuals they are guardians of.
 - If information in the database needs to be changed such as housing status, contact the database administrators to make the change for you.
- c) Project Updates:**
- AILA (Autism Independent Living Association). John travelled to Edmonton to meet with AILA and Red Deer developer, Ed Larkcom, to discuss a project they are looking at.
 - Red Deer Tour: Encouraged by the positive response by Aspires families to Ed Larkcom's February presentation, Sinneave staff went to Red Deer to tour one of his projects: a three storey apartment building with small apartments on the top floor, 2 group home apartments on the second floor and communal and administration amenities on the lower level.
 - John will be continuing further discussions with Ed in support of developing something in Calgary and has already met with the City of Calgary regarding Ed's development model.
4. March of Dimes Update: Larry Scarbeau, Regional Independent Living Manager
<https://www.marchofdimes.ca/EN/AboutUs/about%20modc/Pages/WhoWeAre.aspx>
- Good News! March of Dimes has passed 1st step of Alberta accreditation with PDD (Persons with Developmental Disabilities). In 6 months the accreditation will be finalized and M.O.D. will be listed as an approved PDD agency with Level 1 accreditation.
 - M.O.D. is hoping to continue to work with Aspires families. They are interested in supporting families and individuals in Edmonton and Calgary. M.O.D. plans to build their Calgary staff by the end of 2019. In Edmonton they currently have a staff of 40.
 - Fee for service is also an option to clients who do not receive PDD funding. M.O.D.
5. Additional updates to report, BK
- 1) Aspires member SR proposed The Next Chapter Project in the past. She now reports that she has found a room-mate for her son and they will be moving in together.
 - 2) Aspires member RK is looking to connect with other Aspires parents to form a parent support group. Stay tuned for more details.
 - 3) Facebook Group: Join the Aspires Calgary Facebook group. This is a closed group. Follow the link below to ask to join the group. If you are an Aspires member you will be accepted.
<https://www.facebook.com/groups/1533178936998908/>
6. Social Update: The Aspires Spring Potluck took place on April 7th with over 50 people in attendance. John screened the Glamorgan video. KC and PC organized the timing of the 3 course event: appetizers, main courses and desserts. PC brought a treasure hunt. Teams had to solve the clues in order work their way through to the final clue – the key to the treasure box. Thank you to everyone in attendance who pitched in to help with food and cleanup. For the next social event we will be asking for volunteers to help out again.
7. Family Round Table: Several new members were present and gave an introduction to their situations.
8. Next Meeting: Save the Date for **Thursday June 6th, 2019. 7-9 p.m.**