

Notes from Staff Run Community Meeting

March 21, 2023

In attendance (35): Sam, Kris, Zach, Dante, Toby, Tara, Ty, EJ, Teresa, Scott, Jeff, Michelle, Tracy, Shannon, Tom, Tini, Christine, Stacy, Shannon, Kristal, Rob, Brian, Lindsey, Willy, Peter, Leon, Morgan, Andrew, Melissa, Karen, Peter, Sibeal, Sharon, Patrick, Kurt

Meeting Structure:

The meeting structure for the Monthly Staff Run Committee Meeting is that the facilitator Trish Lane, along with the Co-Facilitator Stacy's Wilbur, guide the meeting by discussing the monthly feedback from the members given during the Weekly Member Run Community Meetings on Tuesdays at 12 noon. The staff is given the chance to answer these questions, followed by back and forth feedback and discussions with members. We also have a monthly speaker, which this Month was Patrick Macleod from, speaking about NH Wellsense Plan And answering any questions members may have. Patrick Macleod also left information and some of his cards for anyone who would like to set up a time to meet with him.

Group Ideas and Ideas for Groups Members, possible Volunteer opportunities:

All of the group ideas from the month of March that members brought to the Weekly Member Run Community Meetings were discussed. Members like the evening groups and how groups are going. It was mentioned that the quality is improving, and that the night groups are great and they would like to see more night groups introduced.

A few of the new group ideas brought up were OA Overeaters Anonymous, Healthy Eating Group, and Sensitivity Training. The sensitivity training could be done with the help of Serenity Center, which would be a training on how to help members how to understand and respect people and meet them where they are at. All of the ideas for members volunteering for groups and adding groups go to Stacy Wilbur each month. She then meets with any interested members one on one to discuss their ideas and volunteer interest for Group Programming.

From last month's Group ideas. Two groups have been added or expanded on. We have added morning Siesta times to our schedule this month already, and kept our afternoon Siesta times on the schedule as well. These Siesta times have been very popular and helpful for a lot of members. Movies and Munchies was announced to be added next month from 11 - 1pm on Thursdays. Members can add movies they would like to see to a list

and sign up for movies and munchies time. Snacks will be made before the movie time by members in our kitchen.

Trip Ideas:

All the trip ideas brought up by members during the Weekly Member Run Community Meeting were discussed. One of the common trips everyone seemed to agree on and continues to bring up is Salem Witch Museum. Members also like our trips to Yankee Lane for bowling, the YMCA, and the Humane Society. Some of the new trips that were suggested are Birds of Prey Rehab Center and The Audubon Center wildlife Species (Concord may be free or have free entry for some).

A few more trip ideas mentioned by one member were **John Hay Estate at Fells in Newberry, NH.** (*Members Notes: The main house closed Mon. and Tues. in the summer. Adults \$10, (603) 763-4789*). **Colonial Revival Home** (*Member Notes: 2 Passes available daily each pass Keene Public Library (KPL). Admits 2 Adults per pass. Open Weds. through Sat. June 14th through Labor Day Sept 4th. 10:00am to 4:00pm*). **Strawberry Bank Museum, Portsmouth, NH. Lo-acre campus, historic houses.** (*Member Notes: Two-hour visit suggested. Historic Gardens May 1st to Oct 31. 10:00am to 5:00pm. \$19.50 per adult. 2 free passes per day. Can admit 2 adults each from (KPL) 10 or more in a group rate is \$12*).

Speaker Ideas for March 21st 4-5pm (Our next Staff Run Community Meeting):

All of the ideas from the Weekly Member Run Community Meeting were discussed and new speaker ideas were discussed.

A future speaker was added to the potential speaker list during this meeting. A Holocaust Survivor Speaker was mentioned, as well as the possibility of a speaker for Home Healthcare and Independent Living. Also mentioned was a Trombone player as an option for someone visiting for the monthly meeting. 100 nights service was also mentioned. In addition, a speaker for Bank services and help with credit was suggested. This will be brought up at the next Member Run Community Meeting for more information and follow up.

Trish opened the meeting with some feedback on how the weekly meetings for the Member Run Community Meetings have been well attended and we have been getting a lot of ideas and feedback for staff from these meetings. Mentioned was some of the feedback and ideas members had shared during the month of February. Members seem to like the snacks downstairs and the idea of bringing some of the comfortable chairs back to the Big Room.

What is going well?

Trish opened the meeting with some feedback on how the weekly meetings for the Member Run Community Meetings have been well attended and we have been getting a lot of ideas and feedback for staff from these meetings. Mentioned was some of the feedback and ideas members had shared during the month of February. Members seem to like the Siesta Times, which now we have added a second Siesta time each day in the morning as well. Members also like the new Coffee time and continue to like the Tea Time Group. Evening groups continue to be popular and some members would like to see more evening groups added. The quality of the groups have also been mentioned, and that groups are staying on track more. This could be due to more member involvement and increased use by members of their IPS skills. Also, more discussions about members rights and responsibilities might be helping as well.

What could improve?

Some of the items mentioned from the March Member Run Community Meetings were brought up here. All of this feedback and suggestions that came out of the monthly meeting are listed below.

Cleaning needs to improve, and members need to be held responsible for cleaning anything they use. Members need to not touch other members craft, food, or unplug other members items in the building. Members need to follow smoking rules and not put cigarette packs in the cigarette bin as they can catch on fire. Members have requested more town resources which is an ongoing project benign worked on by members and staff.

Changes:

The Bathrooms downstairs were unlocked again. We have seen improvements in members' understanding of the rules and the rights and responsibilities while at the center. Also, we are seeing increased understanding and usage of IPS skills by members. Due to all these changes the bathrooms can be unlocked again.

We ended the meeting with Wellsense Speaker:

Patrick Macleod from, speaking about NH Wellsense Plan And answering any questions members may have. Patrick Macleod also left information and some of his cards for anyone who would like to set up a time to meet with him. This speaker event was very well anticipated and received. Patrick plans to come back again to do tablings and prove information in the future, which we appreciate and look forward to seeing happen.