



Minutes for Partners Meeting

Date: 11/8/2022

Time: 9 AM- 11 AM

1. Special Thanksgiving message: Thanksgiving Song 2008 Gloria Gobbler- Gloria Gaynor "You Can't Hurry Love"
 - a. Be vegan for Thanksgiving
2. South Bay Pioneers, Tom Clavell
 - a. Tom described it as an old-fashioned recovery center. They follow the 12-steps of recovery but are not affiliated with the AA
 - b. They have been in that location since 1972. They follow a social model, and the council members are former residents, most of whom have been sober for a few months.
 - c. The purpose of this place is a place to rebuild. They can live there while they are back at work and they can save money to eventually go back to an apartment. The men will also volunteer and be willing to go to different events. Please contact Tom if anything comes up at tom@sbpioneers.org or visit sbpioneers.org
3. CVCC Updates and Announcements
 - a. Presenter list
 - b. Fall for my suggestions
 - c. Staff Meetings will be 100% live. December meeting will be a Hot Chocolate Party and Toy Drive.
 - d. Program Updates, Carlos Corona
 - i. SANDAG is working on housing projects and will send out surveys
 - ii. Es Difícil Ser Mujer Class
 - iii. California Resource Association: COVID-19 vaccine outreach
 - e. Free backpacks still available
 - f. Food baskets still available
 - g. Chris Ross, CVCC, and Welfare Council Can Food Drive with CVESD and SUHSD- need volunteers for packing
 - h. HHSA Southern Region Updates- Marissa Serrano
 - i. Dec. 7th Live Well SD free workshop
 - ii. Leadership team will meet in person on Dec. 10th, they send a weekly email on Thursdays
 - iii. Grandparents Raising Grandchildren South Symposium will take place in January, and it will be a whole-day event
 - i. November Holidays
 - i. National Native American Heritage Month
 - ii. Veterans Day
 - iii. National Hunger and Homeless Awareness
 - iv. 11/20 Transgender Day of Remembrance
 - v. 11/12 World Kindness Day
 - vi. 11/8 Voting Day
 - j. SDG&E
 - i. Staff still helping families apply to SDG&E CARE program

- k. PRONTO
 - i. Still have PRONTO cards available so get your PRONTO cards pronto
- 4. SYH | Diabetes, Josefina Cota-Aguilar
 - a. Spoke about San Ysidro Health's vision and mission
 - b. 11/14 is World Diabetes Day. Every day there are more people with diabetes. A lot of money goes into research about diabetes but what is lacking is education. We need to know how to take care of ourselves and improve our well-being and access to al
 - c. Diabetes is when there is high blood glucose or sugar levels because of the body's inability to produce insulin. Insulin is the key that helps glucose enter the cell and it gets converted to energy. However, if there is no insulin or if there is insulin resistance the cell dies
 - d. A1c: Below 5/7 percent is good, 5.7-6.4 percent is prediabetes, 6.5 and above is diabetes
 - e. Risk factors include: weight, sedentary lifestyle, genetics, having diabetes in pregnancy
 - f. Prevent it by exercising, eating healthy, keeping things simple, thinking positive, do not stress, educating yourself, and glucose monitoring
 - g. Good nutrition includes beans, brown rice, and vegetables. Avoid starch and an overload of sugars. Always carry medications. Good health is the best health.
- 5. The City of Chula Vista | Waste Collection Program, Manuel Medrano
 - a. Statewide program that helps with methane reduction. Methane affects more than carbon dioxide
 - b. Requirement: "if it grows, it goes" -> food, meat, and vegetables go into a green container in compliance with Senate Bill 1383 which is part of the Climate Action Plan
 - c. Pay to manage the program and make organic waste into compost which in some places, it has been turned into clean energy to power vehicles and they have made composting facilities that use solar panels to work
 - d. Single-family residential homes will have a collection cost increase- depending on what people vote. Increase per month: 32 gallons = \$2.79, 64-gallons= \$3.69, 96 gallons= \$4.26 which is 7.5% less than other cities. Collection service may be adjusted for commercial service after evaluation.
 - e. Benefits: kitchen food waste "caddies" at no cost, employing a Recycling Coordinator to work with city staff, customer education- tagging, business, outreach, \$50000 per year in grants to Chula Vista food rescue organization, free compost
 - f. State campaign: Feed the Green
 - g. Manuel Medrano, Environmental Services Manager, (619) 585-5766
mmedrano@chulavistaca.gov
- 6. MAAC Project | Next Level Youth Program, HOST: Graciela Major, Workforce Development Program Manager, gmajor@maacproject.org
 - a. MAAC Economic Development history: founded in 1965 through food insecurity. Shared map of locations and mission statement
 - b. Affordable housing, preschool, recovery. Shared Pathways and last year's achievements
 - c. Economic Development Department: financial health. Youth Workforce Development Program: Next Level. Youth ages 18-24. Provide higher education secondary certification.

- d. High living wage in SD is \$18 and up, but the minimum wage is less
 - e. There is career counseling, tuition assistance, and career guidance. They have skill bridge classes. Assess personality to identify a career path, identify barriers and challenges and work with case managers through the whole process- handholding for youth
 - f. Access to workforce training, collaborate with partners and 3rd parties so that students can get connected to jobs. Resume building, interviews, and connecting to employment. Tuition assistance, supportive services, gift cards, food, uniforms, and any other challenges
 - g. Focus on manufacturing, healthcare, trades, and child development. Requiring students to have GED or HS diploma can help a student get it before entering a program, students need to be able to work in the U.S., ready to go into the workforce
 - h. Pedro Estrada, case manager (619)746-3912 pestrada@maacproject.org and Maritza Davila-Nash, job developer (619) 426-3595X1246 mdavilanash@maacproject.org
 - i. Family Asset Building Programs: tax preparation from an IRS-certified VITA volunteer for households that make \$57,000 or less call 211 to make an appointment. Financial empowerment workshops. Water assistance and Electricity Program.
7. Recovery Residency | Recovery Residency Association
- a. Recovery workforce needs members, and a shared mission statement (CHIP-community health improvement partners). Long-term solutions are for everyone- collaborate with the community for people with substance abuse.
 - b. HHS funding- stable housing can contribute to the recovery
 - c. Difference between sobriety is not trying to do the thing, recovery is making positive changes and has the greatest chance of maintaining long-term sobriety
 - d. Populations served: Adults, transitional-aged youth, men with children, women with children, LGBTQ+, justice-involved
 - e. RRA Quality Standards- there are certain requirements and some that are optional. Not a regulatory or licensing agency- can only terminate membership if not following standards and membership is voluntary
 - f. There is a work team meeting every first Monday of the month. BRA PRAT meeting is to get staff and volunteers to able to ensure the quality of residences
 - g. RRA San Diego County www.rrasd.org (858) 609-7977
8. Public Forum
- a. Silent Voices real choices- new flyer. Pregnancy and parenting education, ultrasound mobile starts in January. The market is currently down on toiletries and diapers
 - b. MAAC has a diaper and wipes distribution
 - c. San Ysidro Health reproductive education and free services for youth 12-24
 - d. MAAC- food distribution on Wed. 11/9 at 830 on 1355 3rd Avenue, Chula Vista, CA 91911
 - e. Chula Vista Welfare Council- can food drive with Chris Ross already started CVESD and SUHSD are helping collect cans. Looking for volunteers to help pack boxes and for location. They plan on making 6000 boxes that will be given to families.
 - f. San Ysidro Health- Health educator Q&A live virtual sessions every Wed. for people 18+. English at 9 AM and Spanish at 3 PM

- g. Vision y Compromiso- A study with UCLA found that 5% of people have gambling addiction but only 10% look for help. Their program is free, confidential, ran by professionals. They make presentations, one-on-one, and outreach
- h. Scripps- Camp Scripps is for high school students who are interested in going into the health field. Need a 3.0 GPA and they only have space for 20 students. They have not decided if it will be a live, hybrid, or virtual.