

El Cajon Collaborative Council Meeting Notes
November 2, 2010

Presentations:

Judy Wright, an East Region Public Health Nurse, talked about the whooping cough (pertussis) epidemic and the importance of getting vaccinated, going to the doctor promptly, washing your hands frequently, and drinking lots of water. Many people do not follow these procedures when they are sick and they spread whooping cough through coughing and sneezing. For more information, see cdc.gov/pertussis.

Monica Zech, a City of El Cajon Public Information Officer, spoke about the importance of planning for the next disaster. Disasters could include earthquakes, fires, chemical plant disasters, and individual disasters, such as collisions, heart attacks, strokes, falls, and choking incidents. Know who you would call in each of these emergencies and have a plan for home and work. Store emergency supplies, such as a transistor radios with batteries, shoes, flashlights, and emergency cash. For more information, see www.monicazech.com, elcajonfire.com, and alertsandiego.com.

Announcements:

Lea Bush has had her baby! Sydney Viola Bush was born on October 19th! Congratulations Lea! Events can be sent to elcajoncollaborative@googlegroups.com. Remember that the announcement will be sent to the group exactly how you send it. Send changes and updates to Pamela_toohey@yahoo.com.

Resource Sharing:

Birth Parent Association - Will be having a Parent Leadership Conference. Contact them for details at birthparents@yahoo.com.

Catholic Charities - No announcements.

Chaldean-Middle Eastern Social Services - They have an Ethnic Community Self-Help Program starting November 1st, that will help meet the needs of Arabic- and Chaldean-speaking refugees. They also have a walk-in clinic for help with mental issues. There will be a Peace Rally for Iraq on November 3rd.

Communities Against Substance Abuse – They have an internship program about preventing drug abuse and a big program on November 16th.

Community Services for Families – They have new interns and new support groups.

Crisis House – They need volunteers for the January 2011 Homeless Count.

Crossroads Family Center – No announcements.

Cuyamaca College – Spring 2011 registration starts November 15th.

East County Career Center – They have job search classes and other resources.

East County Family Justice Center – Their rally on October 9th was very successful.

East County Transitional Living Center – They have vouchers for families planning to move and they have an upcoming toy drive.

El Cajon First United Methodist Church, Bethlehem Food Pantry – They have a free bread program, Christmas food drive, and several fundraisers.

El Cajon Valley High School/SDYS – They have a teen options program and need a bilingual counselor.

Grossmont Union High School District – International Newcomers Center – No announcements.

Healthy Adventures Foundation – They have CDP classes.

Institute for Public Strategies – East County Community Change Project – They are working on reducing crime through various local projects.

International Rescue Committee – No announcements.

Legal Aid Society of San Diego, Inc. – No announcements.

Mental Health America of San Diego – No announcements.

Motivating the Teen Spirit – They have a mixer on November 8th.

National Children’s Study/UCSD – Their second meeting is coming up in El Cajon.

Pacific Coast RAD – They gave a presentation in October.

Planned Parenthood – No announcements.

Recovery Innovations of CA – They have area meetings.

San Diego County Library/El Cajon Branch – They have community room space available to groups. They also asked about an issue with refugee benefits timing out.

San Diego County Library/Rancho San Diego – They have a Wii for Adults program on the first and third Tuesday of the month and ESL Conversation Club on Mondays at 10 a.m.

San Diego County, Public Health Nursing – Public nurses can do home visits for pregnant women at no charge. They also can do presentations.

Volunteers in Medicine/San Diego – Walk up medical service is available at their clinic.

YMCA Kinship – No announcements.

New Attendees:

Nawal Alkatib, Chaldean-Middle Eastern Services

Next Meeting, December 1st!

Presenter: East Region HHS Deputy Director, Pam Smith

Bring canned goods to the December meeting for a food drive!