



El Cajon Collaborative
Monthly Council Meeting Notes
October 1, 2013
Cajon Valley Union School District
750 E. Main St, El Cajon, CA 92020

Purpose of the Council: "To engage direct service staff and community partners in resource sharing, networking, joint planning and action around issues that benefit the youth and families of the El Cajon community, consistent with the mission, vision and priorities of the Collaborative."

AGENDA ITEMS/ DISCUSSION

I. Welcoming Remarks-

Council Facilitator, Veronica Mikho, National Conflict Resolution Center, welcomed everyone and began the meeting.

Meeting Participants:

Borrego Health, Catholic Charities, Communities Against Substance Abuse, Crossroads Family Center, Cuyamaca College/ CalWORKs, East County Career Center, El Cajon Adult Center, Institute for Public Strategies, McAlister Institute, Neighborhood Healthcare, Planned Parenthood, Jerry Barber, East County Behavioral Health Center/ SDYS, San Diego County Library/ Rancho San Diego Branch, UC Cooperative Extension/ Nutrition, University of San Diego Legal Clinics, Vista Hill Parentcare, Community Research Foundation/Halcyon, Care 1st, Cajon Valley Educators Association, United Pan-Asian Communities, United Way of San Diego County, Onsite, and La Maestra Community Health Centers

II. Collaborative Updates-

LaVonna Connelly, Collaborative Coordinator, gave brief updates on the Collaborative projects:

- A Place at the Table: ECC will be co-hosting a film screening and community discussion to celebrate National Food Day on Wednesday, 10/23 at 5pm at the El Cajon Library. Refreshments and gift cards will be offered.
- Resident Leadership Academy (RLA): El Cajon residents who recently graduated from the RLA continue to meet bi-monthly to plan and implement community improvement projects. Anyone interested should contact LaVonna

III. Presentation- Access to Food/ Food Justice

Tisha Tyler, Meals 4 Hunger, gave an overview of the food access issue and Meals 4 Hunger's programs. Highlights included:

- Food scarcity is a growing problem both locally and nationally
- All people, regardless of income, deserve access to healthy food
- The majority of people on food assistance are either employed and/or 65 years or older
- The Farm Bill, when passed, is expected to have \$4 million in CalFresh "food stamp" cuts
- The "CalFresh Challenge" is to eat on \$4 per day/ per person (the amount CalFresh gives persons who receive food assistance). That is about \$1.30 per meal.
- Meals 4 Hunger distributes health food and meals through several innovative programs.

Ideas and volunteers are always welcome. If interested, contact Tisha at tisha@meals4hunger.org

IV. Presentation- Disaster Preparation and Safety Planning

Monica Zech, City of El Cajon Public Information Officer, shared information regarding safety planning for disasters (and other emergencies). Highlights included:

- Components of a good plan include: 1) a key person in charge, 2) discuss/practice the plan beforehand, 3) a "to go" kit, one at home and one at work, 4) plans for pets (pet carriers, trailers for large animals)
- In a large disaster there will not be enough emergency responders to meet the need. Residents

- must be prepared to care for themselves for at least three days until help arrives.
- If you are told to evacuate, do it. Don't wait.
- Check the batteries on your smoke alarm twice a year (bi-annual time change is a good time)
- Sign up to receive emergency alerts on your phone at: www.readysandiego.gov
- Disaster Preparedness Event will be October 12th from 10am-12noon at 100 E. Lexington, El Cajon

V. Roundtable (Announcements, Trends, Issues)

Council attendees shared information regarding their ideas, services, programs and events. That information is not captured in the meeting Notes. Contact LaVonna for more information.

VI. Adjournment/ Informal Networking-

Council Facilitator, Veronica Mikho, adjourned the meeting.