



Meetings: Tuesday 12 Noon

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JULY IS MATERNAL AND CHILD HEALTH MONTH

Happy Birthday

Happy Anniversary

Upcoming Speakers:

July 21	No Speaker A "Fun and Games" meeting	July 28	Kris Harrison Who's Who	Aug 04	Dan Ruimy Mayor of Maple Ridge
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LAST WEEK'S MEETING

President **Eric Mollema** presided.

Guests



Jennifer Schroeder –Director of Development and Marketing at Maple Ridge/Pitt Meadows Community Services

Colleen Morris – A mental health specialist at Maple Ridge/Pitt meadows Community Services.

Program – Colleen Morris – the mental health program of Maple Ridge Community Services

PETER - INSERT YOUR PHOTO OF COLLEEN MORRIS

Colleen explained that she manages **11 community-based programs**, ranging from the Child Advocacy Centre and early childhood services to volunteer programs and mental health initiatives. Her career spans nearly two decades in social services, working with children, youth, adults, addictions, domestic violence, and families requiring support.

Mental Health Programs

The organization currently operates three primary mental health programs:

(1) Anxiety and Depression Groups

These support groups operate throughout most of the year and are available through self-referral. Separate groups are offered for women as well as mixed groups, recognizing that women currently represent the majority of participants seeking these services.

The groups provide peer support, education, coping strategies, and ongoing mental health assistance.

(2) Community Living Support Program

This outreach program serves adults living independently whose mental health conditions interfere with everyday activities. Staff assist participants with goals such as:

- Grocery shopping
- Attending medical appointments
- Using public transportation
- Managing daily routines
- Developing independent living skills

Many clients experience severe anxiety or other mental health conditions that make seemingly routine tasks overwhelming. Staff works alongside participants to build confidence and independence rather than completing tasks for them.

(3) The Club (Rainbow Clubhouse)

The largest portion of the presentation focused on The Club, previously known as the Rainbow Clubhouse. Originally established in 1971, it now serves over 200 members, ranging in age from 19 years old through seniors in their 80s. Unlike many programs that refer to participants as clients, the organization intentionally refers to them as members, emphasizing dignity, belonging, and community. Members participate in a wide variety of activities including: Cooking, Life skills, coping skills, music programs, recreation, social events and peer-led educational sessions. A distinguishing feature of the Club is that many programs are **member-led**, with staff acting as facilitators and supporters rather than instructors.

Mental Health Challenges

Colleen discussed the wide range of diagnoses represented among members, including depression, anxiety disorders, bipolar disorder, schizophrenia, and concurrent mental health disorders. Many members struggle with social isolation, low self-esteem, trauma, long histories of institutionalization, difficulty maintaining relationships, and fear of leaving home. She noted that many older members lived through periods when mental health services were far less available than they are today.

Recreation and Partnerships

The Club works closely with Fraser Health and the City of Maple Ridge Recreation Department. These partnerships allow members to participate in community activities while reducing isolation and encouraging healthy lifestyles.

Food Security Challenges

One of the largest issues facing members is food insecurity. Most members survive on income assistance, disability benefits, and very limited monthly incomes. Many cannot afford fresh groceries or nutritious meals. Others face physical limitations that prevent them from shopping or preparing food. To address these challenges, the Club developed a Meals-to-Go program, planned and operated by the members themselves. Meals are sold back to for approximately \$3 each. Meals can be reheated easily and provide far healthier alternatives than inexpensive frozen dinners. Colleen described several members facing significant physical health issues, including hip replacement surgery, cancer treatment and multiple sclerosis. For these individuals, access to prepared nutritious meals becomes even more important because cooking and grocery shopping may no longer be possible. During the previous Christmas season, the Salvation Army provided a turkey dinner. Leftover meals were frozen and distributed to members who otherwise would have spent Christmas alone without a proper meal. This illustrated the organization's philosophy of maximizing every available community resource.

Questions from Rotary Members

How do people access the program? Referrals may be made through self-referral, physicians, psychiatrists, and mental health professionals. Individuals complete an orientation that also functions as an ongoing assessment to determine whether the Club is an appropriate fit.

Funding: Most staffing and core operations are funded through Fraser Health. Additional programming, meals, and special initiatives often require fundraising or community support.

Number Served: The organization serves approximately: 150–200 clubhouse members annually, and about 100 additional Community Living Support participants. Some individuals participate in multiple programs.

Food Bank Relationship: Colleen confirmed that many participants rely heavily on the food bank, although available food often remains insufficient, particularly fresh produce and protein. The Meals-to-Go program helps fill these nutritional gaps.

Club Announcements and Business

Members were reminded to:

- Obtain your new permanent Rotary name badges.
- Verify personal information for membership records.
- Participate in committee work.
- Continue supporting club projects.
- To wear their Rotary badges during meetings.

Thursday, July 30 – Pub Hub –

Kingfishers Waterfront Bar and Grill

Friday, August 7 - meet at Claire's house to prepare the Rubber Duckies for their race to the finish line.

Sunday, August 9 – the Duck Race.

Wednesday, August 12 – District 5050 Hands Across the Border: Peace Arch Park (Features: District club awards, Rotary Foundation donation ceremonies, a buffet lunch, and music - \$52 per person. Government-issued ID (Passport, Nexus, or birth certificate) is required as border authorities patrol the park.

Happy and Sad Dollars included:

Ray very happy for receiving such a beautiful Birthday card from Rotary....the additional \$5, when he found out that Sharon Kyle sends every club member a birthday card and all of them "handmade by Sharon". [Ineke says: **Sharon**, it is absolutely wonderful that you do this for all our members so quietly.... just know it's so much appreciated!]

Libby is happy to hear EVERYBODY singing O Canada correctly for the first time today ... "in all of us command" ... and not "in all thy sons command!".



Eric is happy - having a wonderful time, cooking everything he's craving (i.e., steak)



while Urma and his mother-in-law are away on a trip....and not much of the "green stuff" because vegetables are unnecessary when served with beer in lieu thereof.

Duck Race

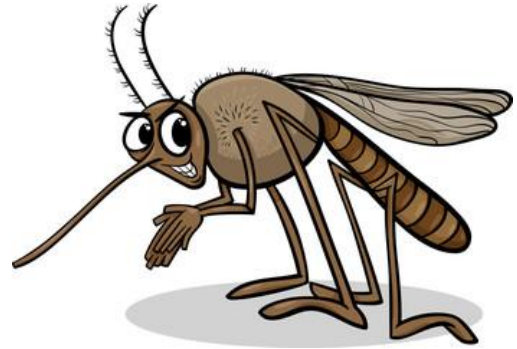
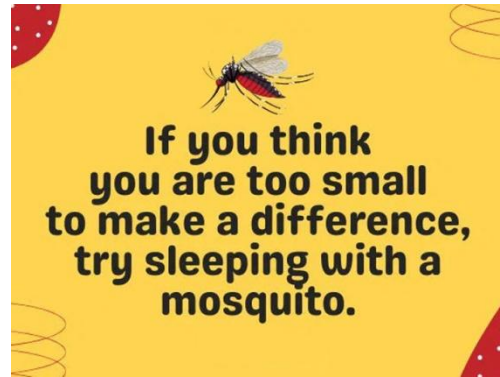


Planning continues for the annual Duck Race, and our hardworking chair **Libby** asked members to volunteer for:

- Ticket sales, especially where last-minute replacement shifts are needed
- Duck numbering
- Cleaning and repacking ducks into new storage bins
- Friday evening preparation
- Saturday race operations

Organizers emphasized that maintaining volunteer coverage is essential because losing sales locations would reduce fundraising revenue. Pizza will be provided during preparation evenings.

President's Closing Quote



Submitted by Laurie Anderson