

## AGENDA ~ September 6, 2017

### Community Support Network Partner Meeting

3:30 to 5:00 pm ~ Gene Albaugh Community Room at the Madelyn Helling Library

---

- 3:20 – 3:30 **Greet Incoming Partners** – Susan Sanford, Coordinator  
*Please sign in. Partners may place announcements to share on the back table.*
- 3:30 – 3:40 **Welcome & Introductions** – Joyce Ash, Program Manager Foothills & Truckee Healthy Babies, and CSN-CAPC Board member
- 3:40 – 3:45 **Meeting Minutes & CSN Announcements**  
Accept minutes from June meeting; invitation to board service; meeting topic ideas are welcome on evaluation forms for 2018 planning; Children’s Bill of Rights
- 3:45 – 3:50 **40 Developmental Assets** – Ned Russell of Got 40?  
Positive Relationships – Core principle of 40 Developmental Assets
- 3:50 – 4:00 **Building the Network Moment** – *Food Access Saturday*, a partnership between United Way of Nevada County and Interfaith Food Ministry ~ Megan Timpany, Executive Director, United Way of Nevada County
- 4:00 – 4:55 **Meeting Focus** – Panel ~ *The Continuing Housing Challenges in Nevada County*. The focus will be on the current state of, and effects of, housing availability and affordability.
- *Dick Law, Realtor*
  - *Lisa Swarthout, Vice Mayor, City of Grass Valley*
  - *Kristen McGrew, Countywide Coordinator, PARTNERS Family Resource Centers*
  - *Tom Cross, Volunteer, Continuum of Care*
- 4:55 – 5:00 **Network Announcements and Meeting Evaluation** – Partners may make short announcements about upcoming events/programs. Attendees complete meeting evaluation forms and leave in designated box at back of meeting room.
- 5:00 **Adjournment** – Next meeting October 4, 2017, Gene Albaugh Community Room, at the Madelyn Helling Library. ***Please pick up any materials you displayed on the back tables. We welcome your help stacking tables and chairs. Thank you!***

**2017 CSN Partner Meeting Dates** ~ January 4, February 1, March 1, April 5, May 3, June 7, July & August-hiatus, September 6, October 4, November 1, December-hiatus

**2018 CSN Partner Meeting Dates** ~ January 3, February 7, March 7, April 4, May 2, June 6, July & August-hiatus, September 5, October 3, November 7, December-hiatus

#### CSN Vision Statement

All families in Nevada County have ready access to a well-integrated and coordinated support network that is easily available and well funded.

Community Support Network of Nevada County ~ [www.csnn.org](http://www.csnn.org)

Contact ~ CSN Coordinator - [csnncorg@gmail.com](mailto:csnncorg@gmail.com) - 530-913-0270 (messages)

## Community Support Network of Nevada County Meeting Agreements

- Make decisions by consensus.
- Create an atmosphere of mutual respect that includes active listening and listening without judging.
- Start and end on time.
- Maintain a sense of humor and a positive attitude.
- Bring concerns to the whole group. Don't take them to the parking lot after the meeting.
- Set up the room in an inclusive way.
- Take responsibility for a task only if you have the time to accomplish it.
- Everyone is empowered to be a process observer and take ownership for the health of the meeting and is responsible for the health of the whole meeting.
- Be sensitive to others' need for more information. Make sure everyone understands.
- Be careful of injecting your self-interest and label it as such. Be able to layout your agency's interest and be open to other's interests.
- Meetings are meaningful and have a shared purpose.
- This is a living document and can be changed as needed.

~~~~~

### Positive Relationships – Core principle of 40 Developmental Assets – September 6, 2017

For a youth, a positive relationship exists when he or she trusts and feels safe with and comfortable seeking advice from another person, school, neighborhood, or community.

- Physical safety is paramount.
- Positive relationship are:
  - Built with consistently kind and respectful words, active listening, time, and praise.
  - When discipline focuses on guidance for the youth's benefit (vs. punishment).
  - As important with extended family, neighbors, school, and community as with family.

With lifelong benefits. From an 80 year on-going study at Harvard:

- "Close relationships, more than money or fame, are what keep people happy throughout their lives."
- "Those ties protect people from life's discontents, help to delay mental and physical decline, and are better predictors of long and happy lives than social class, IQ, or even genes."
- "Good relationships don't just protect our bodies, they protect the brain."

<https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>

TED Talk:

[https://www.ted.com/talks/robert\\_waldinger\\_what\\_makes\\_a\\_good\\_life\\_lessons\\_from\\_the\\_longest\\_study\\_on\\_happiness](https://www.ted.com/talks/robert_waldinger_what_makes_a_good_life_lessons_from_the_longest_study_on_happiness)

To learn more about the 40 Developmental Assets (Got40?), call: 271-5617 or email: [info@Got40.org](mailto:info@Got40.org) or [NedRussell@pacbell.net](mailto:NedRussell@pacbell.net).

### CSN Vision Statement

All families in Nevada County have ready access to a well-integrated and coordinated support network that is easily available and well funded.

*Community Support Network of Nevada County ~ [www.csnn.org](http://www.csnn.org)*

*Contact ~ CSN Coordinator - [csnncoorg@gmail.com](mailto:csnncoorg@gmail.com) - 530-913-0270 (messages)*