

GOALS AND OBJECTIVES

The Goals of the PIHCS and Health Care Services Team are:

to promote the health and well-being of Pender residents

to provide quality health care

to assist residents to remain on Island whenever feasible for their health care needs

PIHC SOCIETY

The PENDER ISLANDS HEALTH CARE SOCIETY (PIHCS) is a registered charitable non-profit society that owns and operates the Pender Islands Community Health Centre. Services marked with an asterisk (*) are provided directly by the PIHCS. The PIHCS leases space to a number of private practitioners and government agencies that provide service from the Health Centre. These services are operated by private practitioners, public and private agencies, or community groups. The PIHCS has no direct responsibility for these services.

PIHCS DIRECTORS (Executive)

Mel Macdonald, Pres. Tom Caston, V.-Pres.
Al Bloomenthal, Treas. Kathy Gilbert, Secretary

ADMINISTRATION

Robert Dill Executive Director
629-3326

Check our website at: www.penderislandshealth.ca
You can email us at: info@penderislandhealth.ca

EMERGENCY SERVICES

BC AMBULANCE SERVICE 250 629-6344

Unit Chief: Jason Dryer
Provincially licensed attendants provide 24-hour emergency service including ambulance, water taxi, and helicopter evacuation. Pender Fire Department provides First Responder support through 911.

In an emergency phone 911

HEALTH CARE CENTER SERVICES

*Available at the Pender Islands Health Centre
5715 Canal Road*

MEDICAL CLINIC 250 629-3233

Physicians: Dr. Gerry Moore
Dr. Robyn Wiens
Dr. Bruce Rebner
Nurse Practitioner: Tracey Adams
Office Assistants: Tracy Baird, Chanda Bosch
Jane Harrison, Kathryn Kelley,
Barbara Pender, Shelley Richards

Comprehensive health care for all ages by appointment. Physicians provide on call emergency treatment.

Clinic Hours: Mon. to Fri. 9:00am-12:00pm
2:00pm- 5:00pm

COMMUNITY NURSING 250 629-3242

Nurses: Carolyn Cartwright-Owers
Miranda Mawhinney

Provides home nursing care, palliative care, continuing care assessment, and health education. Facilitates early discharge from hospital and access to home support.

Office Hours: Mon. to Fri. 8:30am-4:00pm

Medical Equipment Loan Cupboard *

Beds, walkers, crutches, wheelchairs, bedpans, etc. available for short/long term loan. Coordinated through the Community Nurses, Clinic Staff and Community Support. 250 629-3346

Assisted Living /Residential Care

Home Support / Respite 250 629-3242

Services arranged through the Community Nurses.

Home Support 250 658-6407

Home Support provided by Beacon Comm. Services. Subsidized support after assessment by Comm. Nurses.

LAB SERVICES * 250 629-3233

Lab Assistant: Sonya Fulawka
On-Island collection of lab samples and transfer to Island Health labs for analysis.
Clinic Hours: alternating Tuesday/Friday
Occasional Wed. 8:30am-10:00am

PUBLIC HEALTH NURSING 250 539-3099

Nurse: Lois Woolley
Visiting PH Nurse offers prevention programs including pre-natal, immunization, parenting support/education, school health education.

On Island: 2 Wed. monthly 9:30am-2:30pm

DENTAL CLINIC 250 629-6815

Dentist: Dr. Gerry Sacher
Assistants: Gerry Hagan
Crystal Shirk

Complete family care in an updated facility! Check ups, cleaning and restorative.

Office Hours: Mon - Thur. 9:00am-5:00pm

OPTOMETRY 250 629-3233

Optometrist: Dr. David Schaafsma

Complete vision care. Eye examinations for all ages. Eye glasses and contact lenses. Pre & post-operative care for laser refractive and cataract surgeries.

Office Hours: Monday 9:45am-5:30pm

AUDIOLOGY 778 426-4876

Audiologist: Donna Stewart, M.A., Aud(C), RAUD

Complete audiology hearing testing, hearing aids and support services

Office Hours: alternate Fridays

CHIROPRACTOR 250 629-9918

Chiropractor: Dr. Mark Wensley

Focus on acute/chronic joint and muscular conditions, utilizing traditional chiropractic methods as well as active release and soft tissue techniques.

Office Hours: Wed. 10:00am-5:30pm
Sat. 10:00am-2:00pm

MASSAGE THERAPY 250 629-6639

Massage Therapist: Karen Mani Lang, RMT

Relief from muscular skeletal injuries, pain & discomfort, and loss of range of motion. Acute to chronic conditions, stress relief, well being and chronic pain management.

Office Hours: Sun/Mon/Tue/Thu/Fri 10 am-6 pm

MASSAGE THERAPY 250 889-3923

Massage Therapist: Tru Hartwood, RMT

In clinic massage and mobile in-home treatment. Experienced, effective, enjoyable.

Office Hours: Wed/Sat. 9:00am-6:00pm

SHIATSU/REIKI 250 507-1316

Shiatsu/Reiki Therapist: Shelley Easthope
Hands on treatment to relax/balance the body. Relief of pain/stress and stimulate the body's natural healing.
Office Hours: Thur. 9:00am-6:00pm

CHINESE MEDICINE DERMANTOLOGY

Therapist: Trevor Erikson 778 886-1180

Traditional Chinese medicine and herbs to treat acne, psoriasis, eczema and other skin conditions.

Office Hours: Tuesdays

NATUROPATH 604 837-1919

Naturopath: Andrea Gassner

Treatment modalities include nutrition, lifestyle counselling, acupuncture, botanical & physical medicine

Office Hours: Sundays: 9:30am – 6:00pm

PSYCHIATRIST 250 537-9971 ext. 223

Psychiatrist: Dr. Sally Garbett

Psychotherapy pharmacotherapy counselling and treatment. By appointment.

Office Hours: One Wednesday/month

COUNSELLING * CRISIS/MENTAL HEALTH

Counsellors: Katherine Kline 539-0325

Elizabeth Miles 539-0905, Kim Brown 539-0024

Crisis intervention, mental health counselling and support, information and referrals for individuals, couples, families. By appointment. No Charge.

Office Hours: Monday to Fridays

PROCESS COUNSELLING /JIN SHIN DO

Practitioner: Michael Kenyon 250 213-3649

One-on-one & couples therapy. Jungian based process counseling. Acupressure release of body blocks.

Office Hours: Wednesday Afternoons

MENTAL HEALTH SUBSTANCE USE

Counsellor: John McNally 250 538-4849

Individual assessment and treatment for a full range of mental health and addiction issues.

Office Hours: Fridays mornings

FAMILY COUNSELLING 250 222-0025

Counsellor: Kirsty Chalmers

Child, youth and family counselling

Office Hours: Thursday afternoons

TELEPHONE DIRECTORY

P.I. HEALTH CENTRE SERVICES

AUDIOLOGIST	778 426-4876
CHIROPRACTOR	629-9918
COMMUNITY NURSES	629-3242
COMMUNITY SUPPORT	629-3346
CRISIS MH COUNSELLING	539-0325
	539-0204, 539-0905J
DENTAL CLINIC	629-6815
FAMILY COUNSELLING	250 222-0025
LAB SERVICES	629-3233
LOAN CUPBOARD	629-3346
MASSAGE THERAPY	629-6639
	250 889-3923
MEALS ON WHEELS.	629-3346
MEDICAL CLINIC	629-3233
(After hours 1-800-866-5602 ask for the doctor on call)	
NATUROPATH	604 837-1919
OPTOMETRIST	629-3233
PROCESS COUNSELLING	250 213-3649
PSYCHIATRIST	250 537- 9971 (ext. 223)
PUBLIC HEALTH NURSE	539-3099
SHIATSU/REIKI	250 507-1316
SUBSTANCE USE COUNS	250 538-4849
TRAD CHINESE MEDICINE	778 886-1180

ADMINISTRATION

P.I. HEALTH CARE SOCIETY	629-3326
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EMERGENCY SERVICES

AMBULANCE/FIRST RESPONSE	911
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COMMUNITY SUPPORT SERVICES

BETTER AT HOME	629-3346
CAREGIVER SUPPORT	629-3346
COMMUNITY GATHERING	629-3326
ELDER COLLEGE	629-3346
FRIENDLY VISITORS	629-3346
HOME HANDY HELPERS	629-3346
HOME SUPPORT	250 658-6407
MEALS ON WHEELS	629-3346
MY EXERCISE PROGRAM	629-3346
VOLUNTEER DRIVERS	629-3346
WHEELS TO MEALS	629-3346

AA	620-3205
AL ANON	250 383 4020
CRISIS LINE	888 484 3888
FOOD BANK	629-6052
WOMEN AGAINST VIOL.	877 435-7544
PHARMACIST	629-6555

COMMUNITY SUPPORT and WELLNESS PROGRAMS

COMMUNITY SUPPORT SERVICES

COMMUNITY SUPPORT * 250 629-3346

Comm. Support Worker: Andrea Mills

Coordinates delivery of a wide variety of volunteer and community based support programs and informational resources for the community (see below):

Office Hours: Tues & Thur: 1:00pm to 4:00pm

COMUNITY SUPPORT PROGRAMS * 629-3346

Volunteer Drivers: Volunteer transportation to/from medical appointments (on & off-island).

Wheels to Meals Luncheon: Delicious \$10 lunch, and companionship. **Wednesday 12 noon**

Meals on Wheels: volunteers deliver hot meals 3 times weekly. To participate call 629-3346.

Elder College: Volunteer courses in a wide variety of interesting subjects.

Friendly Visitors: Friendly call or regular visits by trained volunteers.

Handy Helpers: Light housekeeping and minor home repairs by volunteers for those in need.

Caregiver Support: Compassionate care, understanding and support by trained volunteers. Call for details.

Maintain Your Independence Exercise Program: Weekly exercise programs for seniors to improve coordination, and mobility. **Tues, Thurs mornings**

Take A Break: Monthly social outings for seniors, including on and off –Island adventures **3rd Thurs/mo.**

Better At Home: A new program for seniors designed to provide non-medical support to age in place at home. Services include transportation, light housekeeping, light yard work, home maintenance, seasonal cleaning, and friendly visiting. Appropriate contracted service arranged through the Community Support Program. Subsidies are available based on income.

Community Gathering Program: Friday lunches at the Community Hall with entertainment provided in cooperation with Ptarmigan Music, and a series of weekly activities including tech shop, educational and fitness program for all ages (see monthly listings in the Pender Post). **Fridays 10:00 am – 2:00 pm**

OTHER HEALTH CARE SERVICES

AA and AL-ANON

A-A Tues, Thur, Sun 7:30 pm & Mon, 12:00pm

Plum Tree Court,

Women 629-3205

Men 250 526-0550

Al-Anon Wed 12:00pm United Church

250 383-4020

CRISIS LINE

888 494-3888

24 Hour Crisis line support

FOOD BANK

Food packages for Pender residents in need available at the Parish Church Hall Wed. 9:00 - 11:00 am
Emergency assistance call 629-6052, 629-3999.

WOMEN AGAINST VIOLENCE 1 877 435-7544

24 Hr. Violence and Abuse Hot Line, Women's Outreach Services to Outer Gulf Islands

PENDER ISLAND PHARMACY:

Full range of prescription and non-prescription services and supplies.

Pharmacist: Christine Swan

629-6555



OTHER COMMUNITY PRACTITIONERS

MUSIC THERAPIST: Mary Reher 629-6431

AROMATHERAPY/REIKI/SHIATSU:

Valentina Atton, Reiki, Aromath. 629-6721

Claire Mathias, Reiki 629-9965

PHYSIOTHERAPIST:

Meike Truijen

629-9910

The Pender Islands



DIRECTORY of HEALTH, WELLNESS AND SOCIAL SUPPORT SERVICES



Published by
the Pender Islands Health Care Society
October 2017