

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)

Gary Steeves, Pres. Wendy MacDonald, V.-Pres.
David Chamberland, Treas. Richard Piskor, Secr.

ADMINISTRATION

Marion Alksne 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

Primary Care Providers: Dr. Gerry Moore
Dr. Robyn Wiens
Dr. Bruce Rebner
Tracey Adams, NP

Office Assistants: Tracy Baird, Jane Harrison, Barbara Pender, Shelley Richards, Chanda Bosch, Geneva Jacobs

Comprehensive health care for all ages by appointment. After hours physician call group for emergencies 1-800-866-5602

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

COMMUNITY NURSING 250 629-3242

Nurses: Carolyn Cartwright-Owers,
Miranda Mawhinney, Ruthie Fehr

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

Health Equipment Loan Program *

Beds, walkers, crutches, wheelchairs, bedpans, and more, available for short/long term loan. Coordinated through the Community Nurses, Clinic Staff and Community Support. 250 629-3323

Assisted Living /Residential Care

Home Support / Respite 250 629-3242

Services arranged through the Community Nurses.

Home Support 250-629-3242

Care provided in your home for eligible clients, assessed by Community Nurses.

LAB SERVICES * 250 629-3233

Lab Assistant: Sonya Fulawka
On-Island collection of lab samples and transfer to Island Health labs for analysis.
Office Hours: By Appointment 8:30am to 10:00am

PUBLIC HEALTH NURSING 250 544-2400

Nurse: Lois Woolley

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

Office Hours: Alternate Wednesdays 9:30am-2:30pm

DENTAL CLINIC 250 629-6815

Dentist: Dr. Gary Sacher
Office Manager: Gerry Hagan
Dental Hygienist: Jade Fulawka
Reception: Carol Demers & Tracy Baird

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

Office Hours: Tues to Thu 9:00am-4:00pm

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: Mon 9am-5pm & Fri 9:30am-5pm

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, Tue, Thu, Fri 10:00am-6:00 pm

MASSAGE THERAPY 250 889-3923

Massage Therapist: Tru Hartwood, RMT

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

Office Hours: Sat & Mon 9:00am-5:00pm

CHINESE MEDICINE DERMATOLOGY

Doctor of TCM: Dr. Trevor Erikson 778 886-1180

Primary focus on the treatment of inflammatory diseases, like acne, psoriasis, eczema, Crohne's disease and colitis.

Office Hours: Wednesdays

ACUPUNCTURIST 250 886 4076

Acupuncturist: Breanna Heffelfinger

TCM and Acupuncture for musculoskeletal injuries, pain management, stress and emotional regulation, insomnia, reproductive disorders, pre/post-natal wellness, digestive disorders, colds/flu, general

Office Hours: Tuesdays & By Appointment

NATUROPATH 604 837-1919

Naturopath: Dr. Andrea Gansner

Treatments include nutritional advice, lifestyle counselling, acupuncture, botanical & herbal medicine
www.drgansner.com

Office Hours: One Sunday per month

COUNSELLING * MENTAL HEALTH/CRISIS

Counsellors: Ulla Rembe 250-539-0325
Shellyse Szakacs 250-539-0949
Elizabeth Miles 250-539-0905

Mental health counselling and support, crisis intervention, 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 counselling. 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

Salt Spring Island Community Services available for Pender Residents

Child, youth and family counselling

Office Hours: Call for hours and appointment

TELEPHONE DIRECTORY

EMERGENCY SERVICES 911

P.I. HEALTH CARE SERVICES

ACUPUNCTURIST	604 837-1919
AUDIOLOGIST	778 426-4876
CHIROPRACTOR	629-9918
COMMUNITY NURSES	629-3242

COMMUNITY PARAMEDICINE

Elise 250-221-1547 and Alyssa 250-221-0754

COMMUNITY SUPPORT	629-3346
CRISIS COUNSELLING	539-0325
	539-0325, 539-0949

DENTAL CLINIC 629-6815

FAMILY COUNSELLING 250 222-0025

LAB SERVICES 629-3233

LOAN CUPBOARD 629-3233

MASSAGE THERAPY Mani 629-6639

Tru 250 889-3923

MEALS ON WHEELS. 629-3346

MEDICAL CLINIC 629-3233

(After hours emergency doctor **1-800-866-5602**)

NATUROPATH 604 837-1919

OPTOMETRIST 629-3233

PROCESS COUNSELLING 250 213-3649

PUBLIC HEALTH NURSE 250-544-2400

SUBSTANCE USE COUNS 250 538-4849

TRAD CHINESE MEDICINE 778 886-1180

ADMINISTRATION

P.I. HEALTH CARE SOCIETY 629-3326

COMMUNITY SUPPORT SERVICES

BETTER AT HOME 629-3346

- FRIENDLY VISITORS
- HOME HANDY HELPERS
- MEALS ON WHEELS
- VOLUNTEER DRIVERS

CAREGIVER SUPPORT 629-3346

FOOD PROGRAMS 629-3346

HOME SUPPORT 250 629-3242

MYI EXERCISE PROGRAM 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

PROGRAM COORDINATORS 250 629-3346

Andrea Mills & Jane Harrison

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

COMMUNITY SUPPORT PROGRAMS * 629-3346

Better At Home: non-medical home supports to help seniors age in place. Services include transportation, light housekeeping, light yard work, home maintenance, seasonal cleaning, and friendly visiting.

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

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

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

FOOD PROGRAMS

Meals on Wheels: volunteers deliver hot meals weekly to homebound residents.

55+ Luncheon: Delicious weekly lunch, and companionship at the Anglican Parish Hall from June to September. **Wednesday's 12:00pm**

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 café, repair café and paramedic café. (see monthly listings in the Pender Post). **Fridays 10:00 am – 1:00 pm**

Frozen Meals: Would you like to receive Meals on Wheels but don't qualify or feel you need delivery? Pick up frozen meals from our MOW provider at Medicine Beach Market.

Farmers Market Nutrition Coupon Program: We collaborate with the Pender Island Farmer's Institute and the BCAFM to provide farmers' market coupons to seniors. Participants of the program receive coupons each week for 16 weeks to spend at the Farmer's Institute Farmer's Market.

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

COMMUNITY PARAMEDICINE

We work with patients one on one by referral from their health care provider, host wellness clinics and create events within our local communities to increase education and awareness about health related matters.

Elise Dryer – Elise.Dryer@bcehs.ca 250-221-1547

Alyssa Woollcombe – Alyssa.Woollcombe@bcehs.ca

250-221-0754

CRISIS LINE

888-494-3888

24 Hour Crisis line support

FAMILY RESOURCE & SUPPORT NAVIGATOR:

Navigator: Cindy Clark MED **250-537-9971**

The Navigator offers support to parents through grief counseling and bridges support while connecting them to more long term resources.

Salt Spring Island Hours: Tues 9:00am-4:30pm and Wed 9am- 12pm.

FOOD BANK

629-6052 or 629-3999

Food packages for Pender residents in need available at the Parish Church Hall

Wed. 9:00 - 11:00 am

Call for Emergency assistance.

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

629-6555

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



The Pender Islands



DIRECTORY of HEALTH, WELLNESS AND SOCIAL SUPPORT SERVICES



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