

***Your Support Can Truly Make a Difference***

The PIHCS relies on community donations to assist with equipping and operating the Health Centre. To ensure a balanced budget in 2015-16, our goal is to raise \$17,000.

**Pender Islands Health Care Society  
Newsletter**



**January 2016**

**Pender Islands Health Care Society**

Name(s) \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone# \_\_\_\_\_ Email \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_  
(Tax receipts are issued for donations over \$10)

Cheque     Card: Type \_\_\_\_\_

Card # \_\_\_\_\_

Expiry Date (m/y) \_\_\_\_\_

Name on Card \_\_\_\_\_

Signature \_\_\_\_\_

**Please mail, or drop-off your contribution at the  
Health Centre, to the**

**Pender Islands Health Care Society  
5715 Canal Road, Pender Island, BC V0N 2M1  
250-629-3326**

\_\_\_\_\_ I wish my contribution to remain anonymous  
Registered Charitable # BN11908-8532 RR001

Each year the Pender Islands Health Care Society (PIHCS) relies on donations to help fund programs as well as update and provide new equipment to ensure the Health Centre meets the growing needs of the Pender community. A big thank you to all residents that support us in this way. We would especially like to thank the Pender Islands Community Services Society (Nu Tu Yu) for the generous support they provide each year to assist us in our operations, and to the Tru Value Spirit Board for its continuing contributions. The PIHCS has been slowly working to build up a Contingency Fund to help with the future upgrading and replenishment of facilities at the Health Centre. This fund allows us to undertake major upgrades such as the new roof on the Ambulance Building slated for early in 2016. One way to assist in building this fund is to consider including the Pender Islands Health Care Society in your estate planning.

Who comprises your Health Care Society Board of Directors: There are currently 11 elected members plus a non voting Past President. Current Directors are Wendy Hacking (President), Mel MacDonald (Vice-President), Al Bloomenthal (Treasurer), Marion Alksne (Secretary), Tom Caston, Carol Davis, Trallee Dun, Dana Goedbloed, Wendy MacDonald, Barb McPherson, John Pye, and Bruce Waygood (Past President). These hardworking Directors ensure the Pender Islands Health Care Centre continues to provide the best possible array of health & social services to meet the needs of the community.

A new Directory of Health & Social Services is now available at the Health Centre and will be delivered to you with the January edition of Island Tides. You can also check out our services through our website at [penderislandshealth.ca](http://penderislandshealth.ca)

## ***The Mental Health Team At The Pender Islands Health Centre***

*by Marion Alksne and Barb McPherson*

Experiencing the January blues? If you could use a tune up on your mental health or are experiencing a personal crisis, the folks listed here offer confidential and non-judgmental support. Please consider giving one of them a call to discuss your needs.

Our local Pender Counsellors are Kim Brown and Elizabeth Miles. They provide crisis intervention, mental health support, information and referrals for individuals, couples and families. Visit them at the Health Centre by appointment. It is their hope that they can help you prevent a crisis by developing healthy coping and communication skills and strategies before a crisis develops.

**Kim Brown** is a Registered Social Worker with both bachelor and master degrees in Social Work and over 30 years of experience. Kim is willing to meet folks by appointment either in her office, in their own home or on a Pender beach. You can schedule an appointment by calling her at 250-539-0024 and she will get back to you within 24 hours. Her voicemail also provides the 24-hour Vancouver Island Crisis Line number if immediate support is required. Kim works several other jobs including teaching social work classes at U Vic, providing an online eating disorder recovery service and developing and implementing inclusive programs for people with significant disabilities through the University of Montana.

**Elizabeth Miles** worked as a Registered Psychologist for 22 years in Alberta and before that in domestic violence prevention. She has a bachelor and masters degree in Educational and Clinical Psychology. She has worked on Pender at our Health Centre for the past year. Elizabeth's particular areas of focus include coping with chronic illnesses and the psychology of health, managing depression and anxiety, improving communication in relationships, and healing from stress and trauma. You can schedule an appointment with her by calling 250-539-0905 and she will

get back to you within 24 hours. Elizabeth states that "we cannot fix things for people, but hopefully, we can help them gain the insights or skills they need to cope with or change distressing or unhealthy situations."

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Supporting the work done by our local Counsellors, we have Kirsty Chalmers, John McNally and Dr. Sally Garbett travelling from Salt Spring to provide weekly service on-Island.

**Kirsty Chalmers** is employed by Salt Spring Community Services and offers child, youth and family counselling support. As well as being on Pender every Thursday, she offers to meet with youth from all our Islands who attend High School on Salt Spring. She receives referrals from doctors, schools & the Ministry of Children and Family Development. You can also self-refer by phone at 250-222-0025 or by email at [kchalmers@ssics.ca](mailto:kchalmers@ssics.ca)

**John McNally** is the new Mental Health and Substance Use clinician on Pender and is an employee of Island Health. He has over 20 years experience in both the assessment and treatment of a wide range of mental health issues including anxiety, depression and addictions issues. John is on Pender every Friday morning and he receives referrals through your family physician or nurse practitioner. You can also self-refer by phone at 250-538-4849 or by email at [John.Mcnally@viha.ca](mailto:John.Mcnally@viha.ca)

**Dr. Sally Garbett** provides psychiatric counselling and treatment on both Salt Spring and Pender through Island Health. Sally recently moved to Salt Spring and previously worked in Dawson Creek and the UK. She offers both Pharmacotherapy and Psychotherapy services. Sally travels to Pender monthly, receives referrals from our doctors or nurse practitioner and can be reached by phone at 250-537-9971 or by email at [Sally.Garbett@viha.ca](mailto:Sally.Garbett@viha.ca)