

Community Wellness Committee

Co-chairs

Nancy Hetherington-Peirce

Dr. Don Sutherland

Community Wellness Committee

Meet Our Newly Named Committee

Under the leadership of co-chairs, **Dr. Don Sutherland** (Board member) and Nancy Hetherington Peirce (community member), the committee (originally named the Health Services Committee), has been renamed the Community Wellness Committee.

Two community members, Dave Innell and Lynne Young, have stepped down from the committee, after many years of service. Their commitment, time and cheerful energy have been significant contributions to the work of this committee, and they will be missed.

Recently, a new community member, Janice Robinson, joined the Committee – welcome, Janice!

Community Wellness Committee

Committee Purpose and Responsibilities

In April 2023, the committee updated its purpose: to assist the Board in developing strategies and activities to improve the health of the community.

The committee also updated its responsibilities:

- Engaging community, government, and non-governmental organizations to address the social determinants of health
- Participating in community meetings and events where health needs are being discussed
- Collaborating with the Gabriola Medical Clinic and community partners in health services planning and/or development
- Making recommendations to the Board regarding disbursement of funds (e.g., Kitty Heller and Jay Dearman funds)

Community Wellness Committee

Fund Expansion and Grants

Over the past year and a half, we have added a new funding stream, received a grant from Island Health and implemented several initiatives using these resources.

- New Funding Stream - in 2022 and 2023, we agreed to receive and manage donations raised by the Jay Dearman Run to be used for approved projects
- Grants – we received \$8,000 of a \$12,000 request to the Island Health Community Wellness Grant Program for a parent support program
- Stronger Together Parent Support Program – With the money donated to the 2022 Jay Dearman Memorial Run and under the leadership of Jeff Miller, Registered Clinical Counsellor, this eight-week program was provided in spring 2023. With the money donated to the 2023 Jay Dearman Memorial Run, as well as a significant grant from Island Health and a donation from the Foundation’s Kitty Heller Fund, the same program is being offered this fall. The objective of the program is to offer a parent support discussion group, and accessible, professional counselling, to Gabriola parents and guardians from diverse socio-economic and educational backgrounds.

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- **Fund Expansion and Grants (Continued)**
- Kitty Heller Fund (established in 2012) – from 2021 to now, the Kitty Heller Fund has supported the [Gabriola Health Matters](#) initiative which included a community health survey, workshops and planning event.
- The Fund has also supported the development of the 2020 [Gabriola Health Report](#) and has been requested to support the upcoming 2023 updated edition of the Report. Many organizations and individuals rely on this Report for program and planning data.

Community Wellness Committee

Replenishing the Funds

The Foundation counts on donations to replenish our grant programs. The Kitty Heller Fund which started in 2012 with a \$100,000 donation from the estate of the late Kitty Heller is almost depleted.

The Jay Dearman Fund relies on donations from run participants and community members.

You can donate to either of these funds by going to our [Ways to Donate](#) button. You can donate to a specific fund, or simply indicate 'grant funding program' on your donation form. Every dollar is used to improve the health and wellbeing of Gabriolans.