



# GABRIOLA AUXILIARY for Island Health Care Society

To support community health education, healthcare and patient comfort services

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## PRESIDENT'S MESSAGE FROM LINDA HELLENIUS:

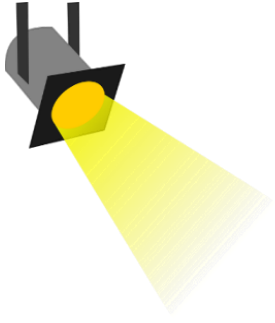
With four new enthusiastic members on our board, and Betty and I as the only remaining members of the previous executive, it feels like we are embarking on a new adventure. Trisha has been working on making progressive changes in the way we do our financial work, Betty has been working on getting people interested in a program for transitioning patients safely between hospital and home, Bridget and Tessa are preparing exciting new fundraising events, and Karen is working on keeping our statistics up to date. I am coordinating all our many challenges and opportunities and can report that this board is off to a great start!



At the GABE shop on March 16 (the day before St. Patrick's Day) between 11 o'clock to 3 we have a wee leprechaun or two to grant you your fondest wish. So, make a donation, receive a special gold coin from the pot at the end of the rainbow, and make a wish!

There will be Irish music, Irish soda bread and tea to purchase, and special deals!

Do you know someone new to the community who wants to meet people and do something meaningful in their retirement? **WE NEED VOLUNTEERS!** Pick up an application form at the GABE SHOP or go to our website for information. We need drivers for Drivers to Doctors, drivers who deliver for Meals on Wheels, and people who can work at the GABE Shop. **SPREAD THE WORD!**



## Spotlight on Volunteers:

### Everyone at Drivers to Doctors

There is an amazing group of people who keep Drivers to Doctors going strong. I have often wondered how we would be able to cover all the drive requests, but someone always comes forward, even if they have to change their own plans. The drivers are so dependable I never worry, and I get many positive comments from the people they drive.

Many thanks (in alphabetical order!) to Andrzej Kabata, Brad Coles, Dorothy Betts, Janice Kerr, Paula Gray, Rob Plowright, Sharon Brooks and Simone Halpin.

In 2023, these volunteers provided 223 drives, logging 543.5 hours. The drivers offer door to door service seven days a week to medical-related appointments. If necessary, they make stops at the pharmacy, the grocery store, and sometimes even the post office!

There has been much confusion about the PHC announcement that they were providing a van for transportation to medical appointments, with some people thinking we would no longer go to Nanaimo, and others asking if we were in a competition. The PHC van can accommodate people who are relatively mobile and independent and, initially at least, have appointments in Nanaimo on a Tuesday or Wednesday. D2D will continue to operate as usual, providing individual and caring transportation to appointments both on Gabriola and to Nanaimo.

Call (250) 268-9433 if you would like to become a volunteer driver, or if you need a drive to a medical appointment. [From Marni Laird, Coordinator for D2D.](#)



From left: Simone, Andrzej, Janice, Rob, Charlotte, Brad, Paula, and Sharon.

### Tammie's tips to make your wardrobe work for you!

- Ask yourself: Do you love it, does it fit, do you wear it, appropriate for the season, make you feel confident?
- Does it fit your current lifestyle (work, casual, going out) or your fantasy?
- 80-90% base clothing: should be based on your lifestyle.
- 10-20% other items that are trendy or frivolous.
- Limit yourself to 3-4 colours that can mix and match with all your clothing.
- Accent colour(s): 10-20% that match with your base clothing.
- Use the same colours in different weights and style of fabric.
- Mix and match your entire wardrobe with accessories, outerwear, and shoes.

the  
**GABE**  
shop