

September 24, 2025

Annual General Meeting

Sooke Region Communities Health Network



SOOKE REGION COMMUNITIES
HEALTH NETWORK
SRCHN

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Territorial Acknowledgement

Sooke Region Communities Health Network would like to acknowledge the traditional territories of the Coast Salish, SCIA'NEW Nation and T'Sou-ke Nation, and Nuu-chah-nulth Pacheedaht Nation to the west, upon which we work together to improve health and wellbeing for all.

SRCHN Vision

Healthy thriving communities within the Sooke Region

SRCHN Mission

To support healthy lives in healthy communities through innovative, collaborative development and improvement of services for everyone from Port Renfrew to Beecher Bay.

SRCHN Goals

- Identify regional health and social gaps through community consultation and improve life quality
- Attract service providers to Sooke Region
- Provide individualized resource guidance to community members
- Promote Volunteerism
- Incubate program initiatives
- Attain funding for regional programming
- Facilitate dialogue through community networks

Letter from the President

SRCHN has been active this year! Our ongoing work to establish and fund the Sooke Gathering Place (SGP) and its Activity Centre continues to be led by the Board's SGP Project Team and the Fundraising Committee. Fundraising events this year included the Grand Parade, the first ever fundraising walk for seniors in Sooke. Thank you to the many Sooke Region community organizations, businesses and individuals who supported the SGP this year. SRCHN has raised over \$220,000 to date for the project!

Based on our work to date and two studies I mentioned last year (a quantity survey and a fundraising feasibility study), the Board decided to refine our SGP plans, focusing on the seniors' activity centre on Lot A, without the housing portion of the build. See the Committee report below and the SRCHN website for further updates. While disappointing, SRCHN is committed to establishing a seniors' centre in Sooke and continues our discussions with the District about Lot A.

From March 2023, CHC-UPCC Project Team participated in the Ministry of Health's Steering Committee and Working Groups, with Island Health and other partners, to establish the Sooke Region Community Health and Urgent and Primary Care Centre (CHC-UPCC). This work continued until the September 2024 election and subsequent BC government budgetary reviews effectively paused this work.

In 2024, SRCHN also worked closely with the District of Sooke, Council and its Standing Committee on Health Care on the development of Lot A at 6671 Wadams Way. On August 11, 2025, the District announced the selection of the developer to build the health centre and discussions continue between the District, BC Builds, and the Ministry of Health.

In September 2024, the Board appointed Katie Sperrer, Director of Community Programs, following the departure of the previous Executive Director. In her new role, Katie has provided leadership, enthusiasm, and a fresh approach. Katie and her staff continue to develop and run the SRCHN programs described in more detail in this report. We thank you for all your hard work this year!

In terms of Board work, we continue to develop SRCHN's governance, finance and policy capacity. We also developed a Strategic Plan for 2025-2028, being presented at the AGM. I'd like to thank the Board and community members participating in the various Board Committees, particularly the Mental Health Committee (chaired by Rebecca George and Hermione Jeffries) and the Age Friendly Committee (chaired by Roy Brown, a long-time Board member who passed away this spring). Thank you to all the Board and former Board members for their contributions this year!

Finally, I am also grateful to all the staff, volunteers and community partners who are working to improve the health and life of the residents of the Sooke Region. As I hand the Presidency over, I thank you for your support of SRCHN and its work.

Annemieke Holthuis, President, Sooke Region Communities Health Network

Programs Report:

The report below highlights SRCHN programs, some achievements and challenges for 2024-2025.

CVITP: Seasonal Free Tax Clinic

This year's tax clinic was supported by 5 income tax volunteers who did a tremendous job helping 190 people (individuals and families with modest incomes) with their tax returns. We continue to offer to complete up to 10 years of returns for any individual that requires that assistance as filing tax returns is vital to qualify for many current social programs. One of our volunteers participated in remote clinics going to Port Renfrew, East Sooke and Beecher Bay. We will continue to offer tax returns throughout the year as needed support those that need their taxes completed or to support accessing information on their MYCRA account.

Declutter Your Home: Empower your Life

After a slow start due to insurance issues, we were able to create a fabulous team of 4 staff that were able to support seniors to declutter their homes. With support from Sea to Tree Health and Wellness Centre, participants were able to access counselling to support their unique journey in decluttering. The Decluttering Program was able to support 17 seniors declutter their homes. The Funding for this pilot program has ended but we continue to look for alternative funding options as the demand for supporting seniors with clutter as they age in place is still a much-needed service in our region.

Navigation Bureau:

We continue to help individuals on navigating systems and locating appropriate supports (CRA, Service Canada, Service BC, local resources etc.) Clients are mostly those who are digitally challenged or overwhelmed with forms and bureaucracy. The SRCHN website also has an up-to-date Resource Directory.

In June 2024, SRCHN held the annual Sooke Non-Profit Summit bringing together 16 local non-profit organizations to learn about what is happening in the community, gaps and how to support one another.

Victoria Foundation Funding for this project ended June 2025

Sooke Activity Bus

SRCHN currently has a volunteer with class 4 drivers licence assisting in completing the National Safety Code and creating policies and procedures to get the bus in operation.

Sooke Region Life Long Learning

This past year 2024 - 2025 was our 9th. SRLL continues to grow. In Fall 24 /Spring 25 we had 347 registrations in the Fall term & 546 in the Spring! This is a significant jump from the previous year's registrations of 204 in the Fall and 236 in the Spring.

Our Friends program also continues to grow. This is a group that supports SRLL with \$20 for two terms and receives the benefit of early registration for our courses. We currently have 78 Friends.

New Efforts in Publicity

SRLL has increased its efforts in publicity in the last two years, and particularly in the last year. Over the last several years we have heard from participants that our profile is too low, and they wished they had known about us sooner. In response, we began to be active on social media a couple of years ago. This past year we developed a brochure and added weekly posters in the library to our various print media. This year we also send out more marketing emails to our contacts. In these endeavours we have been lucky to have Lorrie Beauchamp and Carolyn Bateman on our Steering Committee; Lorrie has a background in marketing and Carolyn is a professional editor.

Our partnership with the Sooke Library continues to give us visibility in Sooke. The library puts our courses on the VIRL calendar for the Sooke branch, puts our posters up and makes our brochures available. As people enter the library, not only do people see our sign outside the media room where we are meeting, they see the activity inside the room, and we see immediate results in walk-in participants.

New directions in 2024-2025

Loss of Arlene Stamp. She has been the energy and intellect behind our Movies in the Afternoon course. Her incredible knowledge of film guided that course and enriched the participants' experience. Arlene has moved away from Sooke. Jack Gegenberg has partnered Arlene in running the course for the last couple of years and will take over. It may seem odd to comment on the vagaries of presenter availability in this report, but losing Arlene is a milestone for SRLL, because she and her husband Bob founded SRLL in 2016. Bob Stamp - who died in 2023 - was our first Chair.

Chris and Lynn Moss Retire from Steering Committee – Chris and Lynn have moved on to focus on other organizations they were involved in. Since 2017, they did a great deal of work for SRLL and will be missed.

Sooke Region Volunteer Centre

A Volunteer Resource Directory is being created to support volunteers in the community, to match their interests and skills with the appropriate organizations. Our Facebook page shares current opportunities as they are submitted from other non-profit organizations and is spotlighting organizations to increase awareness around volunteerism in the Sooke Region.

Sooke Region Women's Cancer Support Group

This is a free support group for women who have been impacted by cancer. Our monthly gatherings are a chance for women to support each other. The group is facilitated to provide a safe place for women to share their feelings and experiences. Topics are mostly self-guided through member conversation, but we do occasionally invite guests for topics such as nutrition and mindfulness. Twelve women attended the groups in this last year.

The United Way: Healthy Aging Programs: Better at Home, Social Meals Food Security and Digital Learning

These SRCHN programs, funded by the United Way, are supported by two amazing staff cleaners, one yard work contractor and 25 volunteers.

Better at Home

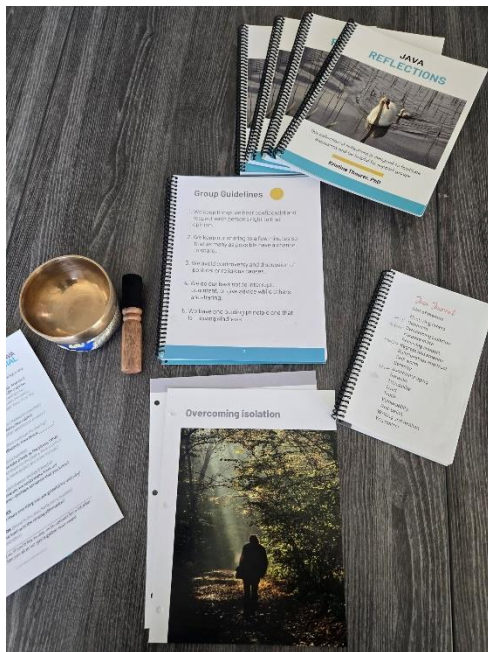
Sooke Region Better at Home Program supports 80 individuals with non-medical supports to allow them to remain independent in their homes. These services include light housekeeping, yard work, friendly visiting, grocery shopping, volunteer drivers for non-medical support in the Sooke Region.

Social Meals

The Social Meals program had 217 participants, providing 1630 meals to seniors 55+ in our community at our 112 social events. We created different types of gatherings to

encompass the forever changing needs of our community:

- **Lunch and Learns:** (East Sooke, Shirley and the Sooke Community Halls)
Monthly Lunch and Learns have brought speakers to provide talks on health and wellness. Thanks to Sea to Tree, BC, Shannon Lysyk preventative and education on health, CRA & Service Canada for providing direct access to information and resources.
- **Java Social:** meets on Wednesdays over a breakfast spread to help combat loneliness, with topics to discuss from the reflection guide and journals for participants to take home.
- **Peacefull Passing:** Met monthly with Death Doula Kim Wright providing a safe space to talk about MAID, Grief and Loss Advanced Care Panning and anything that came up for participants.
- **Vintage Café:** Weekly gathering opportunity that hosts bingo the 1st Tuesday of the month and Blood Pressure Clinics (BCEHS) on the 4th with a space to eat lunch, play games, do handicrafts and chat.
- **Holiday Lunches:** celebrating the seasons we hosted a holiday gathering with music and a Turkey lunch, A Valentine's mixer with collaboration with Shannon Lysyk our Community Paramedic and a Spring is the Air with Home Hardware getting everyone into the planting season.



Food Security

SRCHN collaborated with the Sooke Shelter Society to provide 3 meals (1 hot 2 frozen) that were picked up and delivered every Thursday to 15 participants that face food insecurity. Individuals can also access the shelter daily from 4-6 for a meal. Gift certificates are also available to provide staple items from Village Food Market.

Funding stream has ended March 2025.

Active Aging:

Seniors' Chair Exercises, facilitated by Lihua Shao, are offered in East Sooke Community Hall, Shirley Community Hall and two classes at the Sooke Branch of Vancouver Island Regional Library.

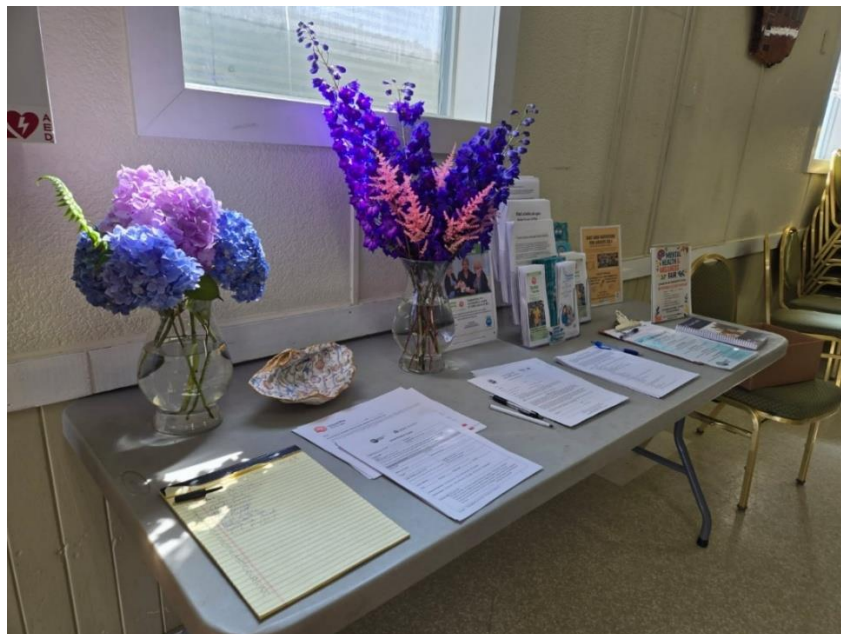
Golden Yoga is facilitated by Tara Neifer in the Knox Centre Common Room Wednesdays at 11:30 & 12:45 by drop in.

Funding stream ended March 2025

Digital Learning:

In collaboration with the Victoria Literacy Connection, SRCHN offered drop-in tech support session over last summer for seniors. The volunteers empowered the seniors to feel comfortable using their electronic devices, navigate the internet safely and connect with loved ones.

Funding for this stream ended March 2025. The volunteer now attends the TAPS program monthly to continue offering supports.



Committees and Working Groups Reports

Age-Friendly Committee

This committee includes multiple service agencies and community members, where issues and gaps in services across all generations are addressed. Discussions have been around mental health peer support groups, youth activities and getting those activities known to the public, youth Foundry services to Sooke and Port Renfrew, using existing space better for programming, creating new space for much needed services and affordable housing. Through these discussions, connections and collaborations have been made to further benefit the community.

Mental Health and Substance Use Committee

This Committee was established in 2018 with the purpose of improving / increasing Mental Health, Substance Use and Addictions services and programs in the Sooke Region. Our goals are to:

- Promote mental health in the Sooke Region
- Increase mental health and substance use literacy among Sooke Region residents
- Increase awareness among Sooke Region residents of existing programs and services
- Improve communication and service coordination between service providers
- Identify gaps in services and address as appropriate
- Improve availability and access of MHSU services in the Sooke Region
- Increase knowledge capacity of services/service providers
- Strive that all our work includes an element of evaluation

Committee memberships include SRCHN Board members, service providers working in Sooke Region (regardless of position within their agency) and additional members from the community. Committee meets regularly every FIRST THURSDAY of the month, 6 pm – 7:30 pm; some members meet more frequently as needed to progress specific projects

A collaborative leadership approach is used. Decisions are made by consensus (members are satisfied with, and support the decision, even though it may not be their preferred decision).

The Committee reports to SRCHN on a quarterly basis. These status reports may be used by other members to report to their respective organizations. Conflicts and other issues arising in committee are referred to SRCHN Executive Board.

Scope of our work has included:

- Recruit and on-board Committee members
- Identify, develop funding applications and securing funding partners, which over the years have included SRCHN, District of Sooke, and Victoria Foundation
- Undertake and publish a comprehensive MHSU research project, <https://irp.cdn-website.com/b8ce8482/files/uploaded/Mental%20Health%20Substance%20Report%204%20page.pdf>
- Develop inventory of organizations / services that provide mental health services in the Sooke Region
- Organize and deliver Annual Mental Health Fair (200+ community members and 25 MHSU service providers and MHSU subject expert guest speakers) to reduce stigma, showcase supports & offer practical tools for managing MHSU, September 21, 2024, and October 4, 2025
- Coordinate and bring together 30+ Sooke Region MHSU service providers quarterly to share info, strengthen collaboration, and improve service coordination.
- Work towards sustainable solutions; Make recommendations for future action
- Work collaboratively with other groups to achieve our purpose
- Increase Board and community awareness of issues and possible solutions
- Produce reports that will be shared with the Primary health Care Services Working Group and stakeholders
- Provide regular media coverage information
<https://www.sooke.newsmirror.com/local-news/sooke-regions-mental-health-services-critically-insufficient-report-7116924>

2025 Committee Members

1. Rebecca George, *Retired, Co-Chair SRCHN's, MHSU and Addictions Committee*
2. Hermione Jefferis, *Baker Creek Consulting, Owner; Interim ED of Sea to Tree Foundation; Co Chair SRCHN's, MHSU and Addictions Committee*
3. Steven Anderson, *SRCHN Board member (Executive)*
4. Tara Munro, *Sea to Tree Health & Wellness Centre, Centre Owner, Clinical Director & Counsellor, SRCHN Board member (Executive)*
5. Jillian Prause, *Former MHSU staff and community member*
6. Monika Lawrence, *Retired Mental Health Nurse, Community member*

Sooke Gathering Place Fundraising Committee

Our dedicated fundraising Committee (of Carol Pinalski, Sherry Robb, Marlene Barry, Robin Zabloski and Mary Dunn) continues to work hard at raising the \$2 million threshold to build the Sooke Gathering Place (SGP).

We want to give a huge thank you to all those who give personal donations either by monthly or one-time amounts, as well as community members doing fundraising events and donating the money to us. Paul Martin has been dedicated to bottle drives and walks the community almost daily picking up bottles from businesses, individuals and off the streets.

Community driven events where funds raised are donated to us is a great way to make this a Sooke project. Thank you to Silly Matters Theatrical Society for their performance (CRUSH in March 2025) and the donation of their profits to the SGP. Continued fundraising events include dances, bottle drives, Sooke Spectacular Seniors Contest, The Grand Parade and on-line auction.

SRCHN also has 2 bequeathments for the SGP – these will assist with ongoing operating costs once the SGP is built and programs are running there.

Huge thank you to all the fundraising volunteers and all the people in the community that support us.

Grand total of funds raised as of March 31, 2025, = \$220,561.75.

Wondering How You Can Help?

- Donations can be made directly to SRCHN or through Canada Helps. Monthly donations add up and decrease the financial strain of a one-time donation. You can also donate securities which is a great way to decrease income tax and support a charity.
- Do your own event and donate the money to us.
- Take your refundable drink containers to the Sooke Bottle Depot and ask for the money to go into the Sooke Gathering Place account.
- Put us in your will and your money will give ongoing support to this vital community amenity.

· Participate in a SRCHN fundraising event – join a team in the Grand Parade, sponsor someone to become Sooke’s Spectacular Senior, or donate and bid in our yearly auction. Visit <https://www.sookeregionchn.org/sgp>

Sooke Gathering Place Working Group

After many years of working with consultants, architects, surveyors, engineers, government etc., the SRCHN Board had to make a difficult decision to change our plans (away from a senior's centre integrated with seniors’ housing) and to move towards building the Sooke Gathering Place without the housing. Updates on this work can be found at www.sookeregionchn.org/sgp.

In our last discussions with BC Housing, the Sooke Gathering Place Project Team learned that SRCHN would now be required to pay full cost for the build of the Gathering Place within the housing, and a portion of communal space such as elevator, roof, outside walls, parking, garbage area etc. The BC Housing- required Quality Survey report provide a new estimate of the cost of integrating the Sooke Gathering Place with the housing; the cost was estimated at over \$5.2 million for the seniors/activity centre, an unattainable and unreasonable cost for a 5,000 square foot space.

We continue to work with the District of Sooke for approval to build the Sooke Gathering Place on Lot A, without the housing. We also continue to meet with all levels of Government to request funding support for a senior's centre in Sooke.

The team also remains committed to advocating for affordable seniors’ housing in Sooke.

Sooke Gathering Place Project Team is Carol Pinalski, Rick Robinson and Mary Dunn.

Community Health Centre and Urgent and Primary Care Centre Project Team

In March 2023, former Minister of Health Adrian Dix announced that a Community Health Centre and Urgent and Primary Care Centre (CHC-UPCC) would be established in Sooke to serve the Sooke Region.

Since March 2023, SRCHN’s CHC-UPCC Project Team has worked with its partners, including WCFMC, the Ministry of Health and Island Health to finalize the service delivery plan, including the composition of staff needed to address the number of patients without a primary care provider and the health services to be funded. This reflects many hundreds of hours of volunteer time by the CHC-UPCC Project Team, along with the work of a project manager funded by the Ministry of Health for a portion of this time.

Ministry of Health support did not extend to capital funding for the CHC-UPCC. So SRCHN worked closely with the District of Sooke, particularly its Standing Committee on Community Health Care, to find a developer for the capital build. Under the provincial government's BC Builds program, a Land Opportunity was issued on April 26, 2024, for the south-east corner of Lot A, which envisages a health centre and housing for the "missing middle". The CHC-UPCC is intended to be built on Wadams Way. (An August 11, 2025, announcement by the District of Sooke named the selected developer).

SRCHN and the District of Sooke have worked hard, with their partners, to bring the Sooke Region CHC-UPCC to fruition. Since September 2024, the provincial election, the appointment of new Ministers and subsequent provincial budget process have paused the CHC-UPCC process. As of this report, we await further formal announcements from the province.

For more information, see <https://www.sookeregionchn.org/chc-upcc>.

CHC-UPCC Project Team: Mary Dunn, Rick Robinson and Annemieke Holthuis

Strategic Planning Committee

SRCHN developed its Strategic Plan for 2025-2028 to guide efforts in building healthy, thriving communities in the Sooke Region.

The plan's development began with a facilitated strategic planning meeting on April 4, 2025, involving the Board of Directors and the Director of Community Programs. An initial draft was subsequently developed based on that meeting, which also incorporated ongoing feedback from board and staff. Engagement with members followed in Summer 2025. Final revisions, including highlighted steps, were approved at the June Board meeting, with annual reviews planned to track progress.

Looking ahead, the plan prioritizes three goals: (1) Building healthy lives, especially for seniors, through the Sooke Gathering Place, Better at Home programs, and health promotion; (2) Fostering collaborations and advocacy with governments and partners to enhance mental health supports and social determinants of health; and (3) Ensuring organizational sustainability via improved finances, fundraising, communications, and staffing. Anticipated impacts include reduced social isolation, better service access, and solidified funding for key projects. Measures of success encompass grant implementation,

committee engagements, and outreach metrics, and positioning SRCHN for continued impact in the Sooke Region.

Committee members: Rick Robinson, Steve Anderson and Annemieke Holthuis.

Human Resources and Governance Committee

For the year April 2024 to March 2025 the SRCHN Governance and HR Committees were combined. Board member participants were:

Nicky Logins (Chair), Roy Brown, Rose Dumont and Tara Munro, with Annemieke Holthuis supporting us as needed.

We were fortunate to have the support of summer intern Erin Inglis and the University of King's College in Nova Scotia. Erin worked with us virtually through the summer of 2024 to review and develop policies. Several governance and HR policies were completed. Essential fundraising policies were drafted as well and require review by the finance staff and committee to be completed.

Early in the fiscal year, a performance review of the Executive Director was completed. Our ED decided not to renew her contract with SRCHN, and that decision prompted the need for a Hire Committee (Nicky Logins, Rick Robinson, Anne Bell and Rose Dumont) to review our options and bring forward succession recommendations to the board. The decision was made to hire a Director of Community Programs while negotiations for the Community Health Centre were under way. Katie Sperrer accepted this position in October. The board supported Katie in a successful transition to this new role.

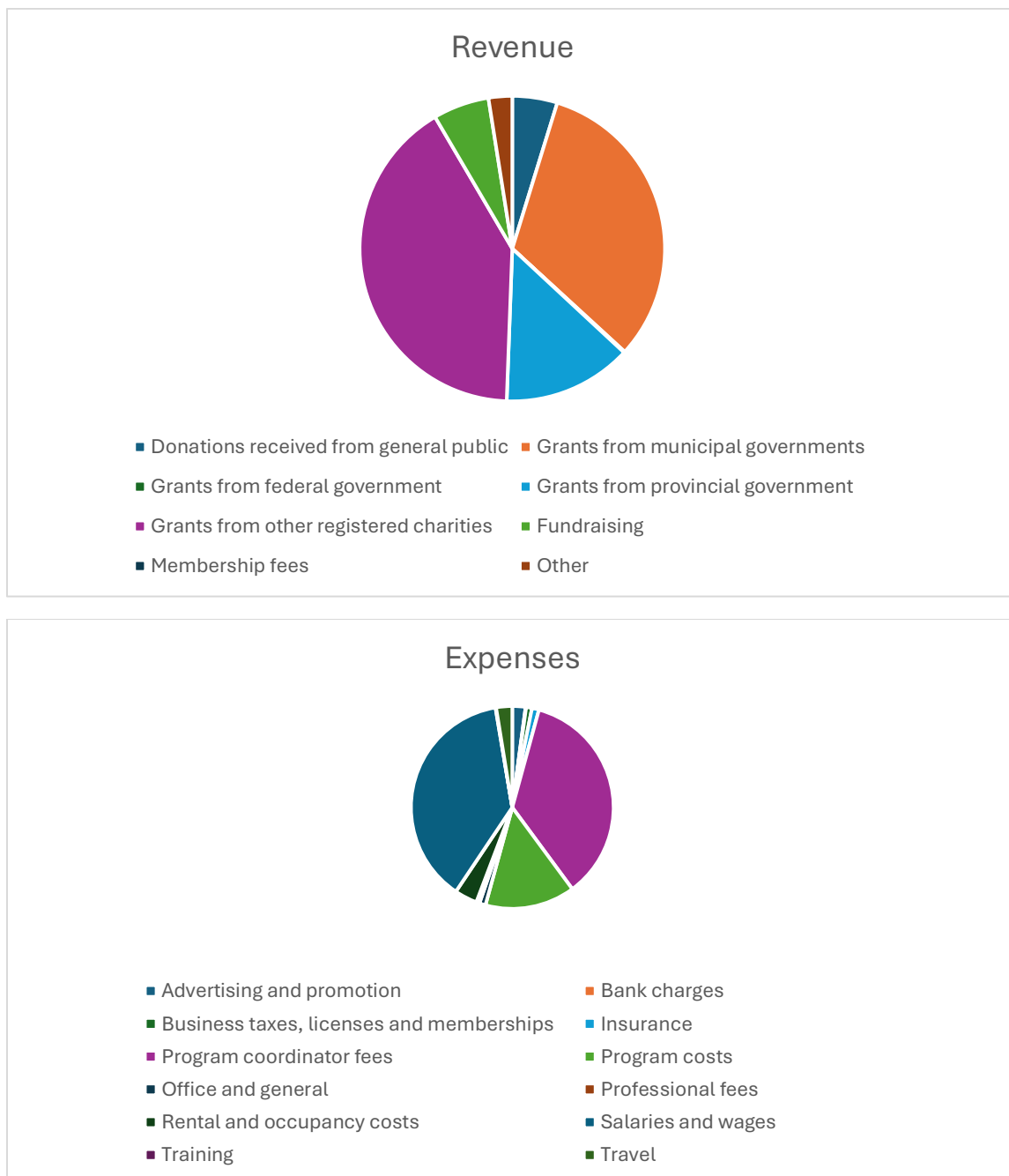
Towards the end of this fiscal term, the Governance Committee completed a Board Assessment, both as a whole board as well as individual board members. The recommendations from that report will be implemented in the coming year.

Also looking to next year, the unfinished business of the committee will be completed. This includes a review of our membership options as a social services cooperative and continuing to close the gap in our list of needed policies.

Thank you to HR and Governance Committee members for supporting this work throughout the year, and especially to Annemieke who offered regular wisdom and guidance.

Financials

Full financial statements will be presented at the AGM. The chart below provides information as to SRCHN's revenue and expense streams that may be of interest.



Testimonials

Better at Home:

“What a hardworking, conscientious worker! I really appreciate the help she is doing and for you arranging this to happen.

I also need to express again my thanks for D*** who is always cheerful and ready to do her best in all she does.

Thank you.”

“D***, Thanks so much for your heartfelt wishes.

I have to tell you that I truly appreciate the work that you do. You were part of making everything easier for me and allowing me to spend more time with my parents in their own home.

You are truly a gift and know every day that you are appreciated with what you do.

I will pass along your message. Take good care. Thank you again,”

“Very satisfied and happy with the cleaning of our home, P*** is very nice and good at her trade. Many 'Thanks to her'.”

Social Meals:

“THANK YOU SO MUCH FOR THE VALENTINE'S LUNCH THIS AFTERNOON. IT WAS LOVELY, THE FOOD WAS DELICIOUS AND THE GAMES AND KAROKE WERE FUN.

THANKS AGAIN TO EVERYONE WHO WORKS HARD PUTTING EVENTS ON.”

Chair Exercises:

“We would like to highly recommend the return of our workout program for seniors. This program has been running for the past couple of years. Actually, it got kick started as COVID became evident on the Island.

Both myself, and my husband, G truly benefited from these classes. Strength increased in our core areas and also our walking and lifting. We both have more confidence to walking, ascending and descending on steps and ground areas around our home. Also, I have more agility to lifting and reaching. These improvements add confidence to our decision to remain living in our home.

Our goal is to be independent in our senior years, without assistant living. As an example, If I misstep my foot quickly corrects, and this prevents any twisting or folding of ankle or foot.

This program has made us more aware to our body movements or lack of, and how we can build up strength. Our instructor and coach, L conducts an encouraging and upbeat program. We look forward to our weekly classes and meeting the progressive challenges she schedules into the classes. She does influence and many of us feel the difference and/ or we observe the improvement to agility gained among our team participants.”

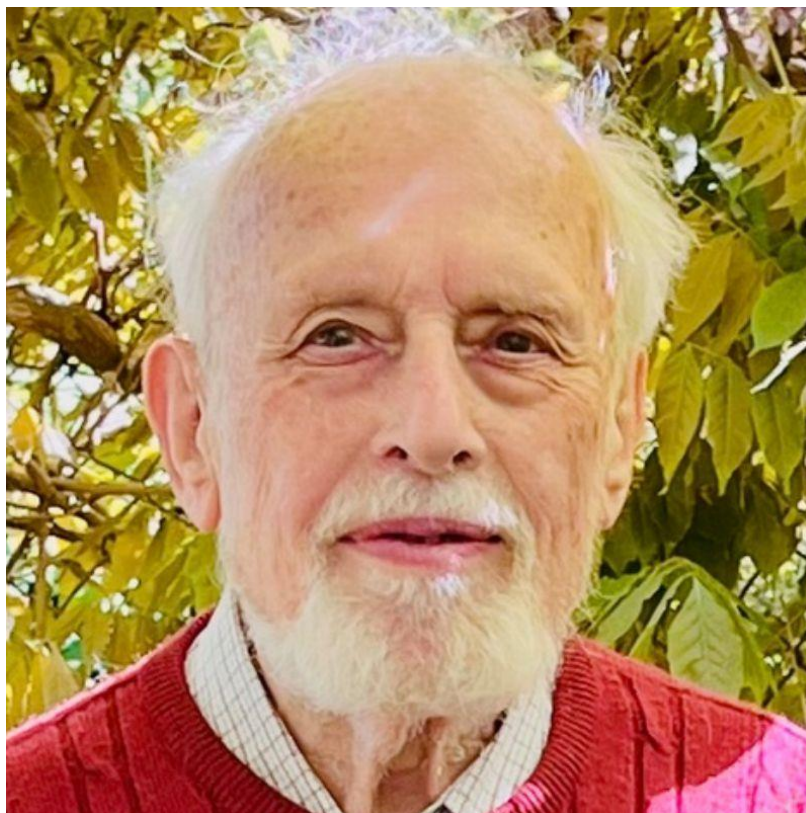
Remembering Dr. Roy Irwin Brown Sept 1933- May 2025

Dr. Brown was a long-time member of SRCHN's Board of Directors and Chair of the Age Friendly Committee.

Throughout his career many honours and awards were bestowed upon this eloquent communicator, including an Honorary Doctorate from the University of Ghent, for his distinguished scientific research in disability studies, the Dr. Robert E. Cooke Lifetime Achievement Award by the American Academy of Developmental Medicine and Dentistry and the IASSIDD Distinguished Service Citation. He was passionate about improving services for those with physical or mental challenges and their families.

Roy was a man of immense integrity and thoughtful conviction. He lived not for recognition or applause, but for purpose. His sense of duty to his community was matched only by his humility, and those fortunate enough to work alongside him knew him as a steady and compassionate voice of reason.

Roy's passing will leave an immense gap in the lives of so many people who respected and indeed loved him for the way he reached out, embraced people and enriched their lives.



THANK YOU!

To all our Volunteers, Community Partners, Committee Members and Staff that make everything possible!

2024-2025 Board of Directors:

Annemieke Holthuis: President

Mary Dunn: Vice President

Sherry Thompson: Treasurer (*until January 2025*)

Tara Munro: Director and Treasurer (*January – present*)

Steven Anderson: Secretary

Rick Robinson: Director

Carol Pinalski: Director

Nikki Logins: Director

Anne Bell: Director

Rose Dumont: Director

Dr. Roy Brown: Director (*until May 2025*)

Staff

Katie Sperrer: Director of Community Programs

Tracey Hart: TAPS Coordinator

Keri Pollak: Program Support Specialist

Charles Olubodun: Financial & Administrative Coordinator



SOOKE REGION COMMUNITIES
HEALTH NETWORK
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**WE ARE GRATEFUL FOR THE SUPPORT FROM OUR
FUNDERS**

