



Five New Members Join Community Health Centre Advisory Council April 30, 2004

For Immediate Release

Queens Region Health Board Chair Douglas MacDonald is pleased to announce Kathleen Casey, Melissa Hilton, Ray MacCormack, Cathy Pharo and Anne Taylor-Murray have joined the Four Neighbourhoods Community Health Centre Advisory Council. The newest members were introduced at the Community Health Centre's annual meeting held April 29, 2004.

“We are very pleased to have these individuals on our team. They are a group of experienced, thoughtful and community minded people with a sincere interest and expertise in helping others make healthy lifestyle choices,” says MacDonald.

As members of the Advisory Council, they will representative the needs and ideas of their communities. They will serve as advocates, champions and promoters for good health choices. They will be asked to provide ideas for enhancing the sustainability of Centre, meeting the needs of the community it serves and offering appropriate programming of high quality. Members of the Advisory Council are volunteers .

- **Kathleen Casey** has been elected twice to the Charlottetown City Council and she is a champion of physical activity and healthy lifestyle choices. A busy mother, she is the chair of the 2004-2005 United Way Campaign.
- **Melissa Hilton** is a professional fitness trainer and mother with an interest in maximizing opportunities for families to be active in the community.
- **Ray MacCormack** is a retired high school teacher, active in sports and in his community.
- **Anne Taylor-Murray** teaches yoga at the Four Neighbourhoods Community Health Centre She is a retired teacher and she manages to maximize her own health and wellness while coping with a chronic illness.
- **Cathy Pharo** is a wife, mother, and nurse who has worked in a variety of health settings during her career. She has worked as a clinician with Community Mental Health for the past seven years.

As the Community Health Centre welcomes new members, it also bids good by to **Betty Howlett** who is retiring after six years on the Council, the past two spent as chair. Also retiring from the Advisory Council are **Millie Compton** and **Arnold “Lock” Lwellyn**, who spent a combined 11 years serving the Advisory Council.

“It is through the participation of interested and interesting people like these that volunteer community programs like the Community Health Centre thrive and remain accessible, relevant resources for learning and good health,” says Queens Health Region Board Chair Doug

Macdonald. “We thank each for their contributions over the years, their efforts have made a difference.”

The Four Neighbourhoods Community Health Centre provides community programming aimed at improving the health and wellness of seniors, parents, teens and children. It is also home to a team of physicians and nurses offering collaborative practice medical services to Charlottetown area residents. For a detailed list of all programs offered by the Four Neighbourhoods Community Health Centre, see www.gov.pe.ca or call 368-6930. The Four Neighbourhoods Community Health Centre is part of the Primary Health Care Division of Queens Health Region.

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