



BC Association of
Healthcare Auxiliaries

Spring Newsletter 2023



PRESIDENT'S GREETING!



Dear Fellow BCAHA Members,

First, thank-you to everyone for your vote of confidence! Second, a huge thank-you to those who have served and those who will be joining and/or continuing to serve on the BCAHA Board. Your knowledge and dedication are critical to our success. Teamwork really matters!

When I joined my Sunshine Coast Healthcare Auxiliary in 2007, little did I foresee myself assuming this provincial role on your behalf. That I have, speaks to the great sense of pride and accomplishment that I have gained from this organization throughout the subsequent years.

Pride, that we are serving our overall healthcare system in multiple ways, both large and small.

From large equipment purchases, down to blanket warmers for the maternity ward, we answer needs that are important to our communities. We are always working to expand our pledge to provide 'care & comfort'. Indeed, I have been stopped by hospital staff who say to me, "as soon as I retire, I'm going to join your auxiliary". What greater accolade could we receive?

Accomplishment, that we, your Board, are continually striving to improve our support and promote leadership to every auxiliary. The Covid years proved challenging to all of us. We had to reinvent ways of doing business. Our reliance on electronic media has continued to grow.

Zoom meetings and voting by 'mailchimp' are becoming the new norm. More and more of our members now receive the newsletter in a timely fashion, in the comfort of their homes. We have devoted concerted effort to revising 'forms' to make them easily available to our membership. We have continued to grow the Tribute Bursary Fund. Applicants related to a member in good standing, or sponsored by an auxiliary, are considered first. Don't miss our May 15/23 deadline!

For all the ways that electronic media has streamlined our communications, those of us lucky enough to have attended April – 2022 AGM in Kamloops, remember the buzz created by once again meeting in person. Most of our districts have now followed suit, building on the importance of networking and offering educational programmes to our membership.

Last year, your Board established an 'outreach' programme, striving to be in closer touch with even more of our members. Feedback has been great!

So, until we're together again in Kamloops (April 21-23, 2024), I'm only an email or phone call away. If I don't know an answer, I have a truly amazing support team at the ready.

Preferably, I'll be dropping by to join you for a cup of coffee, as the Ladysmith Auxiliary knows!

Sincerely,

Carole J. Murray

BCAHA President



IN THIS ISSUE

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- ♦ DO YOU HAVE AN ERIKA?
- ♦ A HISTORY LESSON
- ♦ CORRECTIONS



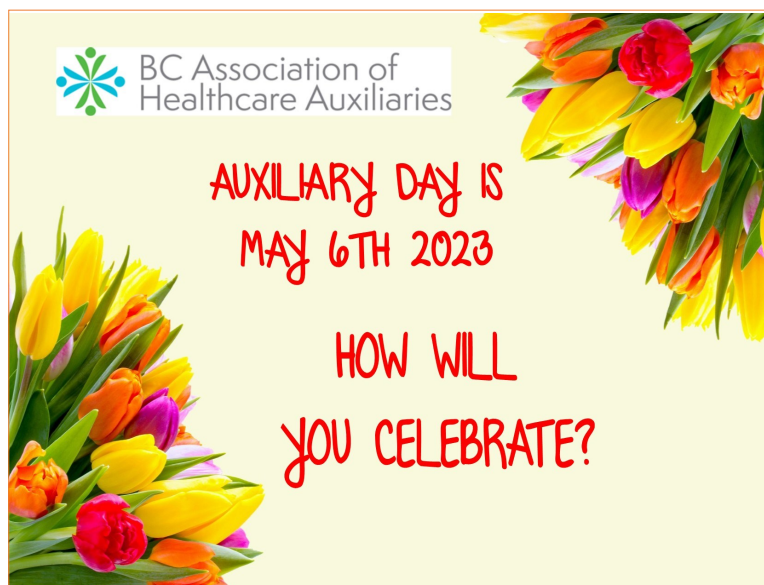
The winner of the BCAHA Newsletter Subscription Contest is:

Judith Reynolds

Invermere Auxiliary

Judith wins \$50.00 for herself and \$100.00 for her Auxiliary!!

Many thanks to all who entered the contest! We hope you enjoy the newsletter!





BCAHA AGM 2023

BCAHA BOARD OF DIRECTORS 2023

President: Carole Murray
Past President: Diane Thornton
Vice President: Ian Burke
Secretary: Lynda Hudon
Treasurer: Allan Ferro
Communications: Cheryl Fry

Area Directors:

Northern Health: Fern Hansen
Lower Mainland: Yvonne Chard
Kootney Boundary: Wendy Schwab
Vancouver Island: Nadi Bottomley
Fraser Valley: Joanne Bydal
Okanagan (OMA): Val Wright



Experience is something you don't get until just after you need it.

Steven Wright



THANK YOU DIANE THORNTON

BCAHA PRESIDENT 2020-2023

Thanks Diane, for guiding us through uncharted Covid-19 times.

Thanks Diane, for hours spent in our service diligently working away in your office.

Thanks Diane, for learning to Zoom.

Thanks Diane, for encouraging everyone to try to just 'hold on'.

Thanks Diane, for encouraging us on ways to reopen under new rules.

Thanks Diane, for using the quiet times to help update and revise our communications.

Thanks Diane, for helping to grow our newsletter readership.

Thanks Diane, for being the 'detail' person that you are.

Thanks Diane, for untold hours spent on the phone and handling emails.

Thanks Diane, for bringing an idea we called 'outreach' to fruition.

Thanks Diane, for giving us an extra year of extraordinary service to ensure a smooth transition.

Your hard work and dedication have been appreciated by our members! Your great friendship, leadership, wisdom & vision are best known and respected by your Board!

Out Going President's Message

This message is going to be short and sweet. For the past three years as President, I have had a great pleasure to work with many talented people and as a team we have accomplished a great deal. Thank you to each and every one of you for your support and enthusiasm, Carole, Marge, Allana, Arline and Cheryl. I would also like to thank all the Area Directors that I have worked with as well as our Past President Marge Anderson and our Past, Past President Lynda Avis. As Carole takes over the reins, I know that she will have your support as well, as she puts her own stamp on the job.



Diane Thornton



DIANE THORNTON

HONORARY LIFE MEMBER BCAHA





BCAHA Extends “Anniversary Congratulations” to the Following Auxiliaries 2023

North East Area District

Cariboo Memorial Hospital Auxiliary.....100 years

Arrow Lakes Health Care Auxiliary Society.....115 years

Kootenay Boundary Area District

Rossland Health Care Auxiliary Society.....85 years

Trail Healthcare Auxiliary Society.....80 years

Arrow Lakes Health Care Auxiliary Society.....115 years

North West Area District

Burns Lake & District Health Care Auxiliary.....85 years

Mills Memorial Hospital Auxiliary.....75 years

Okanagan Mainline Area District

Ashcroft & District Health Care Auxiliary.....110 years

Revelstoke Hospital Auxiliary Society.....50 years

Fraser Valley Area District

Auxiliary to the Abbotsford Regional Hospital.....102 years

Lower Mainland Area District

Aux. to Maple Ridge Hospital & Health Care Center.....70 years

Sunshine Coast Healthcare Auxiliary.....85 years

Vancouver Island Area District

Alberni Health Care Auxiliary.....110 years

Gold River Healthcare Auxiliary.....50 years





REPORTS:



BCRHN

British Columbia
Rural Health Network

BCRNH REPORT

BCRNH goals include the following:

- Share successful strategies in an effort to address rural healthcare concerns
- Advocate for policy changes that provide all rural residents with attachment to a health care practitioner
- Identify areas of research aimed at improving access to healthcare in rural communities and to provide fertile ground for research to take place
- Inform the BC Ministry of Health of rural healthcare concerns
- Recommend solutions for the improvement of services to rural BC residents
- Work in partnership with other provincial organizations to influence policy changes that improve access to healthcare services
- Recognize the healthcare concerns of indigenous communities and include their issues and concerns as part of our work
- Improve access to mental health services
- Promote patient-centered, community-based primary healthcare reform

DO YOU LIVE IN A RURAL AREA?

Check out this website for health information relating to rural communities.

<https://bcruralhealth.org/>

Overview of Provincial Auxiliary Support for Extended Care Facilities

My thanks to each and every auxiliary that took the time to respond to the survey I circulated last Spring. It was the first time that I had tried to gather information this way.

It was somewhat disappointing to me, that there was only an approximately 45 % reply rate.

However, those that know, told me that it should still be considered a positive response.

Although we proudly declare dollar figures earned through our Thrift Stores and Gift Shops, thus enabling us to support our healthcare communities, this topic has remained mostly under documented. Based upon the 30 submitted replies, these auxiliaries helped to:

*support over 2,400 in care residents

*donate over \$808,000. to programmes & activities

*engage over 60 dedicated volunteers to provide hands on 'care & comfort'.

Imagine how these figures might have doubled if every auxiliary could have taken part!

After providing support for my mother in an extended care facility for almost a year, I found out that my daily visits were making a difference not only to her life, but also to several other's daily lives, as I always included them in our afternoon 'tea'. Upon later moving to my beloved Sunshine Coast community, it was the number one reason I joined the auxiliary. Glad to say that I have been able to link with several other auxiliaries who feel the same way! I'll always be interested in hearing from auxiliaries making a difference for our seniors.

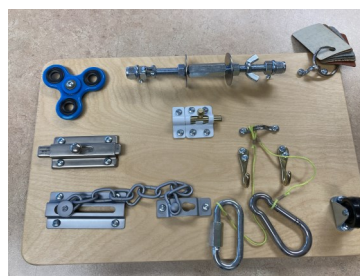
Please stay in touch!

Best regards,

Carole J. Murray

Sunshine Coast: Here's a clever idea for long term care residents!!

For extended care residents with love—Take a look at what a request for a gentleman's 'fidget' piece could turn out like! Created by a local Sunshine Coast woodworker, this exquisite piece is amazing.





The *Societies Amendment Act, 2021* received Royal Assent in March 2021, with some changes taking effect at that time and others to be implemented this year.

These changes will help Societies with the following improvements, to name a few:

- Directors can request that the Registrar remove them from the Statement of Directors if the society has failed to remove them and certain requirements have been met
- At the time of dissolution, societies must now appoint a Record Keeper
- Require that the current register of directors include the name and contact information of each director and the date on which they became or ceased to be a director*
- Societies must keep meeting minutes of the general meeting of members only and not for social gatherings*
Register of members must contain name and contact information only. All other personal information must be removed*

Note *: These requirements are internal to societies only. There are no filing requirements with the Corporate Registry.



BCAHA TRIBUTE BURSARY FUND 2023

The BCAHA Tribute Bursary Fund exists to assist in the education of deserving youth or adult students enrolled in post-secondary education, at a recognized British Columbia institution, in a human healthcare field.

This bursary is funded by member auxiliaries, businesses and private individuals who share the value in financially supporting future healthcare professionals in our province.

Two (2) \$1,500 bursaries will be awarded in any healthcare related program

Bursary Application Requirements:

1. Qualifications of Applicants:

- A. The applicant must be a resident of the Province of British Columbia;
- B. Preference will be given to the applicant related to and or sponsored by a BCAHA member or auxiliary in good standing.
- C. The applicant for the Tribute Bursary Fund must be registered with a post-secondary institute in an accredited human healthcare program.

2. Application:

- A. The Bursary will be advertised and promoted on the BCAHA website, through the BCAHA newsletter and through school counselling offices.
- B. Application forms will be obtained through the BCAHA website; (bchealthcareaux.org) bchealthcareaux.org/resource-library/#42-57-wpfd-bursary-application-form

- C. Applicants must submit by **May 15, 2023**, to the following:

BCAHA Tribute Fund Board

c/o MS Allana Ferro, 682 Montcalm Road, Trail, BC V1R 2J8

A Three-fold Celebration in Salmo

While we all like to celebrate our fund-raising efforts, the Salmo and District Healthcare Auxiliary Society held a celebration of a different style on August 23, 2022. Keeping it quiet from our main target, our members came together for a lovely potluck luncheon in the beautiful back yard of one of our members in downtown Salmo. On the auspices of celebrating our 50th anniversary, we more specifically came together to celebrate the 90th birthday of Giustina Dalcanale, our longest standing member of 40 years. It was a beautiful afternoon with fabulous food, fantastic volunteers, and one beautiful, very special woman. It could not have been a better day!



Giustina Dalcanale



50 Year Anniversary Luncheon

A Celebration in Dawson Creek

Dawson Creek Hospital Auxiliary gave ourselves a day off and enjoyed a Christmas luncheon. At that time, we presented 20 year service pins to 3 of our members.



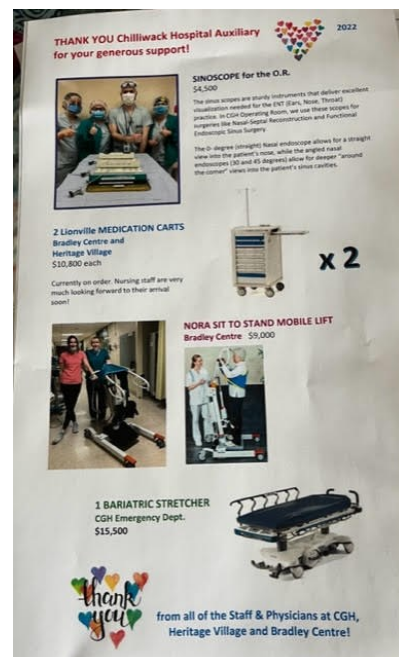
Lorraine

Carol

Sandy

The Chilliwack Auxiliary Gets a Thank You!!

These were the items on the hospital equipment Wish List for 2022. Administration kindly made up this handout with pictures of the purchased equipment. The total for the equipment was \$50,300.00



Nicola Valley Health Care Auxiliary

2022 has been a busy year for the Nicola Valley Health Care Auxiliary in Merritt. Our Thrift Shop is continuing to provide a much needed and valued service in our town, enabling us to raise funds to provide equipment and financial support to various health care related groups. While our focus has traditionally been to provide items to the local hospital and to long term care, we were apprised of a need within our community for Men's Mental Health Counselling and were pleased to be able to provide assistance to help fill this gap in health care services.

Many residents are still recovering from the effects of the catastrophic flooding that occurred in November 2021. Identifying an ongoing situation, our Auxiliary donated 30 (\$25) Thrift Shop Gift Certificates to the Resource Centre for distribution to those in greatest need who are continuing to require assistance to replace seasonal clothing and household items.

Four \$2000 bursary/scholarships were awarded in 2022 for students continuing their education in the field of health care. In prior years our scholarships were offered to students graduating from Merritt Senior Secondary School. This year the criteria expanded to also include applications from Nicola Valley students graduating through the Distance Education system and/or a recognized Home School system.

Christmas Cheer from our Auxiliary continued this year with providing funds to Gillis House so that each resident would receive a little something special on Christmas morning, to the Adult Day Services Centre, and to Ska-lu-la Workshop for people with disabilities - a great group who cut our 100% cotton into rags to be sold in the Thrift Shop. Hampers filled with food, gifts of clothing and toys, fruit and chocolates, were donated to three needy families and funds were also given to the Food Bank and Soup Bowl Society to assist with their programs. To acknowledge and show our appreciation for the ongoing support our emergency services and medical teams provide to our community, our Board President delivered meat & cheese trays and a thank you card on Christmas Eve to the RCMP and Ambulance Services and on Christmas morning to the Fire Hall, Hospital staff, and Gillis House long term care staff on behalf of our Auxiliary.

We are looking forward to another exciting and rewarding year ahead. Joining together with the Nicola Valley Health Care Endowment Foundation and the Merritt & District Hospice Society, plus other members of our community, we have started exploring the possibility of creating a stand-alone Hospice facility in Merritt. With this in mind, our members pledged to set aside \$10,000 per month over the next five years for the project should it go ahead.

Although a few members have not renewed, we have had new members sign up so our membership is staying level. We continue to celebrate and thank our dedicated volunteers by hosting fun social events at least twice a year. What a great group!

Joanne Easedown, President



The Thrift Shop crew helped to raise funds for the scholarship fund for recipient Julie Smith shown here with president Joanne Easedown.



AUXILIARY NEWS

In Prince George, finally after two years, Santa and Mrs. Claus (Dale and Corinne Printz) visit the Auxiliary to University Hospital of Northern British Columbia, at their December 2022 Christmas dinner.



So happy to socialize together again.
Seated: Kathy Lee, Susan Andrist, Margaret Ramsey, Karen Hudson
Standing: Shirley Samuels, Sue Lorrie, Jean Budesheim

In Maple Ridge, as part of the BCAHA outreach initiative, BCAHA President Diane presents a 70th Anniversary Certificate to Ridge Meadows Auxiliary President Sue Bucholz.



In Ladysmith, we were delighted to have Marge Anderson's assistance as she presided over our elections. Much appreciation goes to Nadi Bottomley who graciously officiated our 2023/24 Installation of Officers Ceremony. Look at us - we've all got big smiles on our faces!



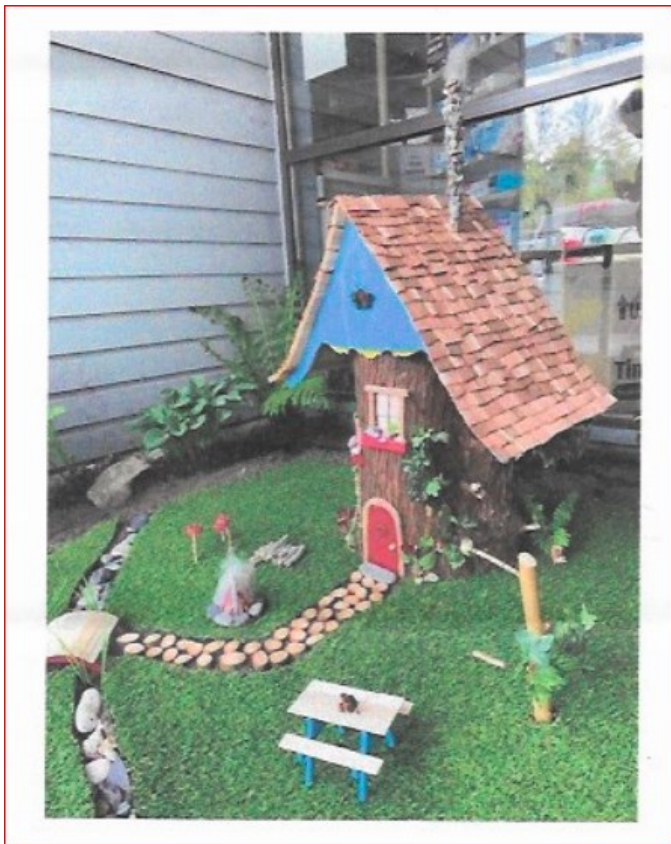
(l to r): Nadi Bottomley, Ruth Goodbody, Lynn Nightingale, Paula Scott, Susan Watt, April Marring-ton, **Eithne Reichert (President)**, Pam Fraser, Sara Stayte, Anna Costello, Bill Brown, Missing: Andrea Rosato-Taylor



Nadi installs Eithne and Nadi and Marg are presented tulips in appreciation of their installation assistance.

The journey is the reward.
Chinese proverb





IN BELLA COOLA—A Gardening Project

The large cement planters at the front of the hospital/ clinic/pharmacy were in poor shape and with discussions with Kim Markle, our hospital manager, we agreed to look after the upkeep if Kim would see to the watering. Maintenance removed some oversized, unsightly and dangerous cedar trees from the planters. When this was done our Gardening Committee weeded, fertilized and added new soil to two of the planters. They then replanted some plants that were in the planters and others that were shoots taken from their own gardens. The third planters was up against the building in total shade and the garden committee made a gnome garden for this area.

IN KAMLOOPS In recognition of \$500,000 funding for the OB Wing in new Gagliardi Tower, the wing has been named after us.



Left to Right: Jillian Venables, Carol Howie, Nancy Matthews, Carol Frost, Judy Hornback, Lorna Fuoco and Jenny Quince

Being nice to others is one of the easiest, most inexpensive ways to keep anxiety at bay.



ON THE SUNSHINE COAST



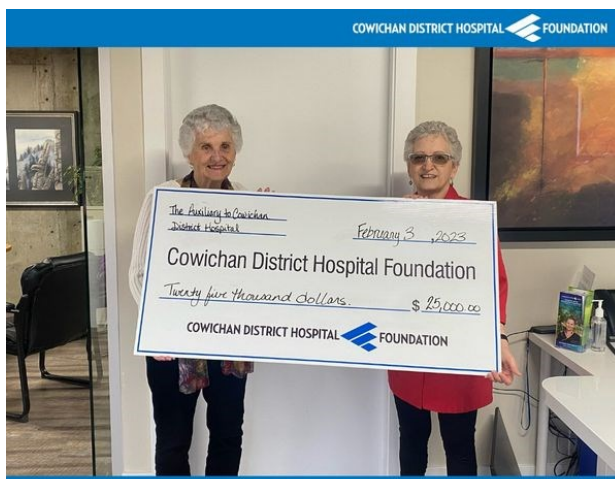
Sunshine Coast
Healthcare Auxiliary
Supporting Healthcare on the Sunshine Coast

Hospital Support!



SUPPORTING THOSE THAT SUPPORT US ALL
The Auxiliary is proud to be able to offer funding throughout the year to the Sechelt Hospital for much needed equipment. Displaying two reclining chairs funded by the Auxiliary are: Back row left to right; Brenda Rowe, Operating Room PCC and Gina Phan, Housekeeping Services. Front row left to right; Lisa Ehly, Recovery Room/Day Care nurse and Gail Jeffrey, Recovery Room/Day Care nurse. 👍

IN COWICHAN



COWICHAN DISTRICT HOSPITAL FOUNDATION

The Auxiliary to Cowichan District Hospital
February 3, 2023
Cowichan District Hospital Foundation
Twenty five thousand dollars. \$25,000.00
COWICHAN DISTRICT HOSPITAL FOUNDATION

Thank You Auxiliary to Cowichan District Hospital!

The Foundation is so honoured that the Auxiliary to Cowichan District Hospital has presented \$25,000 towards our campaign for Automated Dispensing Cabinets. Thank you!

The Auxiliary to Cowichan District Hospital has been a longstanding supporter of the Cowichan District Hospital Foundation, assisting with the purchase of equipment from several campaigns for our hospital. They've also jointly funded public WiFi service at the hospital. Partnership speeds up procurement and strengthens the community services that any of us might need. We are so grateful for their partnership!

Photo: President of Auxiliary to Cowichan District Hospital, Arlene Cristofoli (right) presents the Auxiliary funds to Cowichan District Hospital Foundation Board Director, Denise McKinley (left).

IN HOPE

AUXILIARY TO FRASER CANYON HOSPITAL AND FRASER HOPE LODGE



This year's Annual General Meeting was held February 13th at Kawkawa camp and Retreat. Joanne Bydal, Fraser Valley Area Director and Alice Campbell of the BCAHA; were on hand for the installation of the 2023 Executive Committee - Marianne Cameron, President; Donna McAllister, Secretary; Karin Topnik, Treasurer and Barb Moeller, Past President.



AUXILIARY NEWS

IN STUART LAKE



♥♥ Junior Volunteers bringing Valentines to our hospital patients and residents!!! ♥♥♥



IN VANDERHOOF—ST JOHN HOSPITAL AUXILIARY SOCIETY



An education session was attended by some members to complete the Northern Health Authority requirements for volunteers.

IN MCBRIDE—MCBRIDE AND DISTRICT HOSPITAL

AUXILIARY



To say we are grateful is an understatement!! Thank you so much to all of the community who took part in the **Sock it Away Fundraiser**. Our ladies have been very busy counting money! This is just another example of how supportive our community is. All of our fundraising goes towards direct patient care! Stay tuned!

IN TRAIL— THE TRAIL HOSPITAL AXILIARY



Trail Hospital Auxiliary's new executive was installed on January 31st by BCAHA Kootenay Boundary Area Director, Wendy Schwab

IN CHRISTINA LAKE



Christina Lake Healthcare Auxiliary makes a \$1000 donation to the Grand Forks Food Bank. Our Food Bank supports Kootenay Boundary residents from Christina Lake all the way to Christian Valley. The need is great, especially with current high food prices. Thank you to the community for supporting our fundraising efforts and remember to donate to the Food Bank if you can.

Pictured left to right: Food Bank Supervisor on duty Margaret, Christina Lake Health Care Auxiliary Vice President Roseanne Brewer, Treasurer Ellen McDonnell, Secretary Heather McQuiggan, President Melissa McCluney

IN DELTA—THE DELTA HOSPITAL AUXILIARY



SO MUCH FUN! Our Delta Hospital Auxiliary Lifeline Program participated in a Downton Abbey theme event at KinVillage Community Centre on Jan. 24th. It was a great afternoon with the TV show movie and then a delectable Afternoon Tea sitting! Delta Lifeline provided winning prizes for Best Dressed - lots of amazing outfits worn to the event, inspired by favourite Downton Abbey characters. Many thanks to KinVillage Community Centre for hosting the event and to all who attended!



IN COQUITLAM—THE EAGLE RIDGE HOSPITAL AUXILIARY

Mayors Brad West and Meghan Lahti of Port Coquitlam and Port Moody respectively cut the ribbon for our store opening yesterday. Also present was Yvonne Chard Lower Mainland Hospital Auxiliaries Director and Lynda Gold President ERHA Auxiliary.

The new Eagle Ridge Executive is installed.



Left to right Lynda Gold - President, Teresa Warner - Treasurer, Barbara Warwood - Vice President, Julie Colquhoun - Publicity Chair, and Ann Higgins -Secretary.



Lynda Gold - President and Area Director Yvonne Chard presenting to Daisy Roemer an Honorary Membership. Daisy started with the Auxiliary in 1987.



Lynda Gold - President and Area Director Yvonne Chard presenting to Sylvia Dubickas an Honorary Membership. Sylvia started with the Auxiliary in 1995.

IN CLEARWATER— Dr. Helmcken Memorial Hospital Auxiliary. A newsletter!

From My Desk April 2023



A Garden Party meeting was held March 17/23. Letters should be passed out



by the end of the first week of April. A big thank you to all members that agreed to approach businesses to ask for donations and special thanks to new members Judy and Hazel who didn't hesitate to put their names down. There are still quite a few

businesses that no one has offered to approach. Plans are well underway. Carol showed a picture of the wicker chairs (pictured above) that will be the prize for the "in house" raffle. Tickets to the event are printed and some handed out. Call Gail (250-674-3521) for tickets to sell.

From the executive meeting: Nurse administrator from the hospital, Kristy Culbert, presented the executive with the wish list. Also attending the briefing were Joanne and Judy from the 'Curiosity Shop'. It is a long list that the reps will be presenting to the units to look at. Voting on what we spend our money on is done at the AGM May 4, 2023 so please plan on attending. (RSVP by April 19 please)



A recent picture of the hardworking Vavenby Unit members. Lori, Joan, shop Convener Mary, Carol, unit Rep Marion and Shannon. (missing - Lou and Hollie)



Dr Helmcken Memorial Hospital Auxiliary
 Editor: Gail Capostinsky – lgcapo@gmail.com
 President: Marilyn Collison – marilyn.collison@gmail.com
 Web page: dhmha.weebly.com

PROUD MEMBER OF THE
 BC Association of
 Healthcare Auxiliaries



DO YOU HAVE AN ERIKA? Featuring exemplary auxiliary members

Ilene Hayes has been a member of the **Dawson Creek Hospital Auxiliary** for 45 years which is fully half of the time we have existed.. Although she was always willing to help with any job which needed doing, her artistic strength was flower arranging. She has a great eye for building beautiful flower arrangements.

In our gift shop operations, available to help wherever



she is always she is needed!



Ilene Hayes (left)
with Fern Hansen,
president of Dawson
Creek Auxiliary and
Northern Area Director.



TESTIMONIALS

Part of our mandate is to provide "Education, Resources and Support" for our members ! Here is what some had to say about our effort to do this.

From a Member from Vancouver Island Area

I just realized I never thanked you for getting us this information. It was very helpful and saved us a lot on our Insurance premium.

From a member from the Fraser Valley Area

By the way, the use of credit cards, as per your suggestion, has changed everything just the way you said it would. Thanks !

From a member traveling to Barbados, wanting to introduce them to the world of Hospital Auxiliaries

Thank you for the great information. I have saved the info and will try to connect with people there. We are there for 2 months. so hopefully I will connect with people that would move forward with it..

A HISTORY LESSON #2

BCAHA History - Have you ever wondered how much financial assistance has been given, over the years, to BC Healthcare by the BCAHA member auxiliaries? The numbers are impressive.

Comparative Statistical Figures – Compiled by BC Association of Hospital Auxiliaries

Year	Member Aux.	Total Amount Raised
1946	60	\$75,000.00
1953	108	\$300,000.
1965	124	\$303,236.
1972	118	\$500,000.
1985	123	\$2,505,239.
2016	80	\$8,120,352.
2017	76	\$8,871,137.
2018	76	\$10,250,245.
2019	76	\$8,062,963.
2020	66	\$8,333,519.
2021	66	\$5,267,065.

As you can see, our best year to date had been 2018. However, we hope that we will be growing stronger again now that the Covid years seem to be behind us!

We will all be looking forward to our statistics for 2022.



Compiled from data available from “Years of Caring” & AGM Reports



CORRECTIONS:

Please note the following corrections from the December Newsletter.



Area Directors: -Left to Right

Wendy Schwab-Kootney Boundary

Joanne Bydal—Fraser Valley

Nadi Bottomley—[Vancouver Island](#)

Fern Hanson—Northern

Val Wright—Okanagan Mainline

Ian Burke—Lower Mainland

Yvonne Chard—Lower Mainline

(away)



LADYSMITH President Ruth Goodbody



CHEMANIUS President Donna



Sorry

We're missing some members' names in a few of the photos in this edition! Please remember to include them when submitting your great photos for the next newsletter!



You too can be in the newsletter!! Send your articles and photos to:

bcahanewsletter@gmail.com

Contact us at:

Website: <https://bchealthcareaux.org>

Facebook BC Association of Healthcare Auxiliaries

Instagram <https://www.instagram.com/bchealthcareauxiliaries>

Twitter