

# The Health Centre Herald

Volume 1, Issue 3

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## Dr. Kingston Memorial Community Health Centre

Mission Statement:

**“Dr Kingston Memorial Community Health Centre encourages and supports activities that promote health and wellness in our communities.”**

### Board Members:

**Chair Person**—Dorothy Barnard

**Vice Chair**—Lillie Spray

**Treasurer**—Peter Goth

**Secretary**—Rene Samson

Susan Napier, Sharon McGrath, Gordon MacKenzie, Elsie Deveau, Juanita Mombourquette

**Municipal Representative**—Steve Sampson

**Project Developer**—Sherry Sampson

### BOARD MESSAGE:

We have just completed an eventful year with many bumps along the road. However, with our newly appointed Project Developer (Sherry Sampson) we are ready to embark on a journey to establish the Dr. Kingston Memorial Community Health Centre as one of the finest Community Health Centres in Nova Scotia. The Board is participating in a strategic planning workshop the end of this month. Subsequent strategic planning sessions will involve all who work at the Centre as well as community members. The first opportunity for community members to express their vision for the Centre will be at our **Annual General Meeting February 22<sup>nd</sup>**. Please come and join us to make our Centre truly a community centre.

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# Services Offered at Dr. Kingston Memorial Health Centre

**Community Outreach Worker Project** - Jenny Comeau is here to assist you with any issues including: education, literacy, health, justice, housing, disability, employment, financial, mental health, etc. She works with all age groups and will also help fill in the gaps between organizations and communities. She works in various locations throughout the Strait Richmond area. St. Peters: Monday 9-4, L'Ardoise: Tuesday 9-4, Arichat: Wednesday & Thursday 9-4, Port Hawkesbury: 1st & 3<sup>rd</sup> Friday 9-4. Please call her to set up an appointment at 902-535-21833 or 902-226-1204

**Ren's Reflexology** – Ren Gundlack is a Registered Reflexology Therapist & Registered Reiki Practitioner. She will help reduce stress, improve circulation, reduce inflammation, speed healing, manage pain and detoxify! Happy feet and hands mean a happy healthy self-healing body! Service is also provided in home or workplace. To book an appointment with Ren please call 902-951-0213.

**Well Women's Clinic** – Providing cervical cancer screening (pap smears) and breast exams to women. This service is available to all women residing in the Strait Richmond Area—you do not need to be a patient at the Health Centre to receive the screening exam. Please call 902-587-2800 to book your appointment.

**Health Connections** – The first Wednesday of each month join us at 6:30pm for an informative discussion with a Family Practice Nurse, a Nurse Practitioner, and a Primary Health Care Dietician. Discussions are set around Healthy Eating, Active Living, Coping with Life and its Challenges, and Motivational Goals for people at a higher risk of chronic disease or for people who have been recently diagnosed with a chronic disease..

**Root Cause Wellness Clinic** – Dr. Theresa Donovan is a Naturopathic Doctor at Root Cause. At Root Cause Health and wellness Clinic, they are committed to helping you reach optimal health by identifying the unique underlying causes of disease and treating them. Diet and lifestyle modifications, in combination with specialized testing, supplementation, botanicals and homeopathy are used to address individual needs. Book an appointment by calling 902-735-3995.

**Addiction Services** - Are you worried about how drugs or gambling activities are affecting your life or the life of someone you care about? It's never too soon or too late to get help – Even if you're not ready to make a change just yet, you can still get information, advice and support. **Appointments can be arranged at the Health Centre please call 902-625-4366 to set an appointment time that works for you.**

**Foot Care Clinic** – This service is offered by Down Home Foot Care. Services include nail trim and file, cream applied to feet to enhance circulation; treatment of corns, calluses, in-grown, fungal and thickened toenails; education and prevention on foot health; diabetic foot health education. Price is \$35 and reimbursement is available via personal insurance. In home visits are also available; pricing varies. Call 902-587-2800 to book your appointment.

**Blood Collection**—Runs Wednesdays beginning at 08:00. Please see reception to make an appointment, once booked in please give blood requisition to reception. Registration is not required with reception on the day of your appointment, proceed directly to Blood Collection waiting room.

## *Other Services offered in the Strait Richmond Area*

**Adult Mental Health Drop In Centre** – Join the volunteers and staff at the drop in centre in a supportive and welcoming environment. We meet weekly and we regularly have community kitchens, bingo games, group trips and holiday meals. Every Wednesday 1:00-4:00pm at the St. Peters Lions Hall.  
**Drop in's are welcome!**

**Health Connections** - Sessions are offered in 3 locations within the Strait Richmond Area: Dr. Kingston Memorial Community Health Centre in L'Ardoise on the 1st Wednesday of each month, The Medicine Shoppe Pharmacy in Port Hawkesbury on the 2nd Tuesday of each month, and The New Horizons Senior Building in Arichat on the 3rd Thursday of each month. The sessions are delivered by health professionals and are based around **Eating Healthy, Active Living, Your Motivational Goals** and **Coping with life and its challenges**.

**BaBE Strait Richmond Chapter** – Join us in revitalizing BaBE's work to normalize breastfeeding in the Strait Richmond area. We look forward to sharing our ideas, and collaborating on what's next for BaBE. For more information please call Amanda Shepherd: 902-587-2800, Joanne Decoste: 902-625-4242, or Marie Noseworthy: 902-625-1124

**Adjusting to Motherhood** - Join Jessica with Mental Health and Addictions and Anne with Public Health Services as they offer information and tools to help you feel like yourself again. This group meets monthly. **Please call Anne Gosse at 902-625-1836 for more information.**

**Richmond County Mental Illness Family Education & Support Group** - Family members and friends of folks living with mental illnesses are all welcome to attend. These mental illnesses can include, but are not limited to: psychosis, schizophrenia, bipolar disorder, anxiety disorders, and depression. Meeting participants will be provided with information, education, and links to resources to help assist in supporting their loved ones. There will also be an opportunity to ask questions, and time for sharing experiences with each other. For more information please call Jubanti Dhan Toppo at 902-631-1336.

**Smoking Cessation Program** - This is a FREE 10-Week Stop Smoking Program with the assistance of nicotine replacement (Patch, Gum, etc.) or Medication is available as part of the program. **Registration is currently being accepted for programs in both St. Peter's and Port Hawkesbury please contact Colette Sampson MacLean @ 902-625-8819.**

### *Important Telephone Contacts in the Strait Richmond Area:*

<i>Leaside Transition House</i>	<i>1-902-625-2444</i>
<i>Mental Health Crisis Line</i>	<i>1-888-429-8167</i>
<i>Strait Area Women's Place</i>	<i>1-902-625-1614</i>
<i>Dr. Kingston Memorial Health Centre</i>	<i>1-902-587-2800</i>
<i>Port Hawkesbury Public Health</i>	<i>1-902-625-1693</i>
<i>St. Martha's Regional Hospital Mental Health Outpatient Unit</i>	<i>1-902-867-4500 ext: 4345</i>
<i>Nova Scotia Telecare Service</i>	<i>811</i>
<i>Community and Social Services Directory</i>	<i>211</i>
<i>Homecare Nursing Office</i>	<i>1-902-535-3846</i>

# Collaborative Care Practice

The Dr. Kingston Memorial Community Health Centre is a **collaborative care practice**.

Our team is made up of:

- Family Doctors,
- Nurse Practitioners and
- Family Practice Nurses
- Primary Health Coordinator.

The Team is led by the Family Doctor who oversees your care and the work of other members of the team as required to assure you receive the highest quality of care possible.

**What does a collaborative Care Practice mean to you the patient:**

- When you see a member of the team they will be able to see and add to your medical file, so others on the Centre's team who see you later have access to all the information they need;
- You may be referred to another member of the team, for support or service;
- Although you have the choice of who you see, keep in mind that if we are offering you an appointment with another member of the team

it is because they will be able to help you and you will have the care you need sooner.



*In keeping with the Collaborative Care Model. It is important for us to understand the health care needs of our community. To facilitate this understanding we will be asking **YOU**, our surrounding community to participate in various surveys, focus groups etc., throughout the coming year. We appreciate all input and we look forward to hearing from you.*

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