

Health Centre Herald

Dr. Kingston Memorial
Community Health Centre

March 31, 2017

Shelley LeBlanc – Primary Health Care Dietitian

March is Nutrition Month! This year's Nutrition Theme is to *Take the Fight out of Food.*

Food is all around us- so how do we take the Fight out of food?

- We spot the Problem.
- We get the facts.
- And we get support.

Knowing where your information comes from is important. What better source than a Dietitian to provide you with the information and support that you are looking for.

I will now be providing services to the Dr. Kingston Memorial Community Centre, based on referral. I will be there once a week, and will be able to help and support you to take the fight out of food.

Talk to your Health Care Provider for more information.

Think Tanks

The Dr. Kingston Memorial Community Health Centre sponsored two Think Tanks which were held in March. Both were looking at the feasibility of developing a Centre for Well-Being of Seniors in the Richmond County/Strait Richmond area. This Centre is envisioned as one without a physical building associated, but rather a network of collaborators working together in many locations throughout the area to provide services and programs for, involving and/or led by seniors. One of the ways such a Centre could be partially financed is through the establishment of a 'Social Enterprise'.

"Social Enterprises are businesses owned by non-profit organizations, that are directly involved in the production and/or selling of goods and services for the blended purpose of generating income and achieving social, cultural, and/or environmental aims" (Social Enterprise Council of Canada)

Documents detailing a conceptual model of such a Centre as well as reviewing the feasibility of developing social enterprise can be found on our website and Facebook.

Healthy People, Healthy Communities

AGM/Open house 2017

We held our first Health People! Healthy Communities! open house and our Annual General Meeting on March 16, 2017. During both these events, Dr. Dorothy Barnard made a presentation on our history, our direction and plans for the future. A copy of this presentation can be found on our website and Facebook.

During our AGM, our progress in achieving changes was outlined. A summary "report card" of our progress can be also found on our website and Facebook. We thank all who attended for valuable input and direction. We hope that you will continue to work with us over the next years.

Seniors Safety & Social Inclusion Coordinator



It is with pleasure that the Dr. Kingston Memorial Community Health Centre introduce our Seniors' Safety & Social Inclusion Coordinator Michele MacPhee.

Michele MacPhee has a university degree in sociology and experience working as a crisis support assistant/community outreach coordinator for a women's shelter. She has non-violent crisis intervention, yoga and mindfulness based stress reduction certification as well as applied suicide intervention skills,

mental health first aid training and responses in situations of conflict training. She brings skills in facilitation, presentation, project coordination, negotiation, advocacy, teamwork and collaboration to this new position.

The Senior Safety Program is administered by the Kingston Health Centre, the NS Department of Seniors, RCMP and the Municipality of Richmond County. As Seniors' Safety Coordinator Michele will be a resource that seniors can contact if they have any needs, concerns or questions regarding their overall safety.

Michele will also act as Project Coordinator for our Chronic Disease Innovation Fund grant. This grant is held in partnership with the Strait Richmond Community Health Board. The purpose of this grant is to examine ways in which we can decrease

social isolation and thus improve the health of Richmond County residents.

Planned and ongoing activities include safe driving for seniors, falls prevention, vision testing, increasing awareness of the effects of social isolation on health and the design of a wellness home model to integrate the health and social aspects of the lives of seniors.

If you are interested in offering any of these programs in your area, would like to be placed on a wait list for the next Driver Refresher program or have any input on inclusive social activities please contact Michele at: seniorsafetycoordinator.dkmchc@gmail.com and phone 902 587-2800, extension 5

These two grants will run until March 31st, 2018.

Board Recruitment

Are you interested in improving health and wellness services and programs for our communities? Join the Board of the Dr. Kingston Community Health Centre!! Board of Directors Information Kits are available by contacting Sherry Sampson, Managing Director @ 902-587-2800 Ext 3

Sponsor List

101.5 The Hawk is the Quad Counties Hit Music Station
Clearwater Seafoods

Mission:

Quality health services and programs that are accessible and responsive to our communities' needs.



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