

Health Centre Herald

Dr. Kingston Memorial

Community Health Centre

March 26, 2018

What is a Family Practice Nurse

A Family Practice Nurse (FPN) is an integral part of the Primary Health Care collaborative care team. This team approach improves our ability to match the care provider's skills and knowledge with the health care needs of each patient. This results in shorter wait times, an increased understanding of one's health and needed changes to improve well-being, and improved navigation through our complex health care system. **When nurses work with others in primary care settings, they help to support individuals and communities in managing their own health.**

What are the benefits of having an FPN?

- Timely access to primary care
- A team that works together to support patients with complex health challenges

- More time with a health professional for education, guidance and counselling
- Enhanced chronic disease management
- Comprehensive preventive health maintenance planning
- Support and promotion of healthy lifestyle behaviours
- Improved screening, early detection and diagnosis
- Access to two or more health-care providers with complementary strengths and perspectives
- Comprehensive health records
- Health care delivered in a cost-effective manner
- Improved patient outcomes
- Decreased costs to the health system in the future
- Reduced emergency department visits and hospital admissions
- High career satisfaction for nurses due to greater independence, quality of team interactions and ability to achieve work-life balance.

Driver Refresher for Seniors - FREE May 23 (1-4pm) & 24 (9-12pm) 2018 * Must attend both days to receive certificate. Isle Madame New Horizons Seniors Club, 2373 Highway 206 Arichat.

DKMCHC Walk and Talk - Resumes April 19, 2018. Open to everyone! Meet each Thursday at 10am outside of the health Centre. 40 School Rd, L'Ardoise. Walking poles available. Rain or Shine (please dress appropriately)

Are you interested in learning more about Optimal Health, the Art of Friendship/Recovery, Your Way 2 Wellness or how to prevent Falls, Fraud or Abuse.

For more information, to book a presentation for your group or to learn more about available programs please contact:

Seniors' Safety and Social Inclusion Coordinator Michele MacPhee. Dr. Kingston Memorial Community Health Centre.
Phone 902-587-2800 Ext 5 seniorsafetycoordinator.dkmchc@gmail.com

Healthy People Healthy Communities

New Horizons Arts For Seniors Proudly Presents "Senior Moments"

Richmond Villa, St. Peters April 15, 1:30 -
No Admission

La Picasse, Petit de Grat Sunday April 22, 1:30 pm
Admission: Non perishable food items or coin collection for local food banks

Lower River Parish Hall on, Sunday April 29th at 2:00pm
Admission: Non perishable food items or coin collection for local food banks

Theatre, song & dance: Various Skit performances by
Richmond County New Horizons' Theatre group
Special Guests: "Richmond Highland Dancers &
Richmond MacAdian Dancers"

- ◆ Zine Showcase
- ◆ Photovoice Gallery



Funded in part by the Government of Canada's
New Horizon for Seniors Program

The MIND-BODY-SPIRIT Project is offering a FREE two-day training course in Level 1 Music care

Students will learn about:

- Positive and adverse power of music in care
- Practicing musical skills and building confidence using them
- Developing their own approach to making music a part of their care communities

To apply for this **FREE** training please fill out an online application using this link:

<https://form.jotform.com/80073255692256>

Applications are accepted on a first-come, first-served basis **AND** on how you plan to practice and pass on music care skills in your community (as described in your application).

For more information please contact Dawn Ostrem
(MBS project coordinator) at

Mindbodyspiritpc.dkmchc@gmail.com

Build a Balanced Diet - Work with a Dietician

Almost 80 percent of premature stroke and heart disease can be prevented through healthy lifestyle behaviors. These include eating healthy, being active and living smoke-free.

The journey towards well-being begins with how we eat and dietitians have the knowledge, compassion and flexibility to help you achieve your goals.

Consider working with a dietitian if you have health goals or concerns about your risk of chronic disease. They will work with you to embrace food, understand it and to enjoy it while considering your overall objectives, needs and challenges. We look beyond fads and gimmicks to deliver reliable, life-changing advice.

PHC - Dietician, Shelley Leblanc

Shelley is taking appointments weekly on Tuesday mornings at Dr. Kingston Memorial Community Health Centre. Bookings can be made by calling 902-587-2800.

Richmond County Literacy Network - Upcoming Classes/Certification Training

For more information or to register for any of the following classes and/or workshops, please call the Richmond County Literacy Network at 902-226-0383.

Adult Upgrading, GED Preparation and Job Readiness/Employability Skills Training - Tuesdays, Wednesdays and Thursdays (On-going) - St. Peter's. No fee.

Emergency First Aid/CPR Level A & AED - Will be held at the St. Peter's Learning and Technology Centre on Saturday, March 24 th. Registration fee: \$75.

Food Safety Course - Will be held at the St. Peter's Learning and Technology Centre on Saturday, April 21st. Registration fee: \$60.

WHMIS - Available On-Line with Password Fee: \$10

New: Transportation of Dangerous Goods - Available On-Line with Password Fee: \$20

The Dolly Parton Imagination Library

Any child in Richmond County from the age of 0-5 can receive a book a month through this program administered by Richmond County Literacy. These books will be mailed monthly directly to children who are registered in the program. To register in the program pick up a registration form at your local post office, or contact Sharon McGrath at 902-587-2128.

Annual General Meeting

April 17, 2017

Dr. Kingston Memorial Community Health Centre 40 School Road, L'Ardoise 7 pm.

Join us at our Annual General Meeting. Meet your board members, give us your feedback and learn how you can participate.

Mission:

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

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Visit our Website:

www.drkingstoncommunityhealthcenter.com

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Dr. Kingston Memorial Health Centre