

# Health Centre Herald

Dr. Kingston Memorial  
Community Health Centre

Nov 2021

## Meet the team

We have seen many changes in staff over the past year and we would like to take this time to introduce our current primary health care workers and welcome them all to this exceptional team.

LPN, Alicia MacLeod joined the team in April of 2021 and will be with us until the end of December. Thank you, Alicia, for the vital support you provided to our practitioners during this time.

Dr. Shaun MacCormick joined the team in May of 2021. We would like to thank him for his commitment to our community by filling this much needed position.

FPN, Ashley MacDonald joined the team in August of 2021. Ashley is a welcome addition after an extended period with this role being vacant.

NP, Amanda Landry returned in the role of Nurse Practitioner in Oct 2021. The benefit of Amanda's knowledge of the community and patient base cannot be understated. Welcome back Amanda.

Other team members include Dietician, Shelley Marchand, Social worker, Holly Wilson, LPN -footcare nurse, & MOA, Cheryl Leblanc, MOA PT, Jennifer Tanner, Seniors Safety, social inclusion coordinator, Michele MacPhee and Managing Director, Sherry Sampson.

## **Healthy People! Healthy Communities!**

### Board Recruitment

Join the Dr. Kingston Memorial Community Health Centre Board of Directors and help us achieve our Vision of Healthy People! Healthy Communities!

Are you concerned with health care in Richmond County? Do you wish you could have a say in how services are provided? If so, consider joining the Dr. Kingston Memorial Community Health Centre (DKMCHC) Board of Directors. The DKMCHC is a community governed, community centered, non-profit organization that houses an interdisciplinary, collaborative, primary health care team. The DKMCHC strives to integrate services and programs in primary care, health promotion and community well-being through collaboration with Nova Scotia Health, community-based organizations and community member participation.

Here are some examples of the work that the DKMCHC has supported in the past year:

- Senior's Safety Coordinator program helping seniors live healthier lives

- 2020 Holiday Happiness Project reaching 876 seniors throughout the Strait Richmond area. Spreading holiday cheer through food vouchers, cards made by local students with messages of care and a multicultural entertainment video.
- Richmond River Roots Market Garden addressing food insecurity in Richmond County through affordable local produce, gardening skills education, and distribution of produce to local foodbanks and care facilities.

You can apply to join the board if you are from the areas served by the DKMCHC. Our Board of Directors volunteer for a 3-year term and the Board welcomes all applications with enthusiasm!

If you want to be part of the health care conversation and help take action to achieve Healthy People! Healthy Communities, contact Sherry Sampson at [sherrysampson.dkmchc@gmail.com](mailto:sherrysampson.dkmchc@gmail.com).

**We'd love to hear from you!**



**Christmas giving** - Honoring and Remembering The Ones we Love. For those who are hard to buy for a donation to the Dr. Kingston Memorial Community Health Centre is a thoughtful gift that will

keep on giving. A tax deductible receipt will be issued to you and a Christmas Greeting/Thank You card will be sent to the recipient or the family. Your gift will support existing health programs and assist in the development of a Seniors Wellness Centre and Seniors Safety Program to meet the growing needs of our community



### Richmond River Roots Market Garden – Update

We thank community members who gave us support as we discover and learn how to grow produce that people in our area enjoy. Over the summer, we had the help of three summer students and expanded our growing capacity.

As we wind down the growing season in the market garden, we look forward to growing produce in our new geothermal greenhouse. We hope to have carrots, cabbage, kohlrabi, spinach, lettuce, leeks, broccoli and beets available late fall and through the winter.

Next year we hope to develop an active volunteer program where volunteers can 'adopt a plot' to weed, participate in farm markets selling produce, deliver produce to those who have difficulties travelling, develop/adopt recipes that utilize market garden produce, etc.

Together we can increase the availability of eco-friendly, fresh produce in Richmond County.



### Ticket Fundraiser



#### Solo Firepit Stove & Outdoor Family Fun pack

\$2.00 each or 3 for \$5.00 To be drawn Nov 29, 2021 at The Dr. Kingston Memorial Community Health Centre

Tickets available at DKMCHC and various community locations or by calling Sherry @ 902-587-2800 Ext 3

Thank you for your support

## RICHMOND CO. SENIORS' SAFETY & SOCIAL INCLUSION COORDINATOR MICHELE MACPHEE

DID YOU KNOW?

OFFERS FREE  
PROGRAMMING &  
PRESENTATIONS  
THROUGHOUT  
RICHMOND COUNTY.



### WHAT ARE THEY?

- FRAUDS & SCAMS AWARENESS
- FALLS PREVENTION
- DEPRESCRIBING 101
- YOGA & MINDFULNESS
- ABUSE PREVENTION & AWARENESS
- SOCIAL ISOLATION-WHAT IS IT? WHAT DOES IT LOOK LIKE?
- FOUNTAIN OF HEALTH
- ART OF FRIENDSHIP/RECOVERY
- YOUR WAY TO WELLNESS
- JAVA MUSIC

### PROVIDES SERVICE NAVIGATION

INTERESTED IN LEARNING MORE  
ABOUT A PROGRAM? WONDERING  
HOW TO APPLY OR IF YOU QUALIFY?  
CALL TODAY



WOULD YOU LIKE TO  
BE MORE SOCIALLY  
ACTIVE?  
REACH OUT TO LEARN  
MORE

MICHELE MACPHEE  
DR. KINGSTON MEMORIAL COMMUNITY HEALTH CENTRE  
(902) 587-2800 EXT:5  
SENIORSAFETYCOORDINATOR.DKMCHC@GMAIL.COM

**There is still time to purchase tickets on our fundraiser. Draw date is Nov 29th, 2021**

**They can also be purchased by e-transfer to [sherrysampson.dkmchc@gmail.com](mailto:sherrysampson.dkmchc@gmail.com)**

**Indicate ticket sales and your phone number on the e-transfer**

### Mission:

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

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Dr. Kingston Memorial Health Centre