

The Health Centre Herald

Volume 1, Issue 4

August 2016



Dr. Kingston Memorial Community Health Centre

VISION:

**HEALTHY PEOPLE,
HEALTHY COMMUNITIES**

Mission Statement:

**"Quality Health Services
and Programs that are
accessible and responsive
to our communities
needs."**



Inside this issue:

Welcome new team members	2
Partnerships, Women's expo, RBC days of service, Helping Hands Community garden	3
Dietician message, Age friendly grant, Calendar fundraiser	4

Members of the Board of Directors:

Chair Person—Dorothy Barnard

Vice Chair—Lillie Spray

Treasurer—Peter Goth

Secretary—Vacant

Rene Sampson, Sharon McGrath, Gordon MacKenzie, Elsie Deveau, Juanita Mombourquette

Municipal Representative—Steve Sampson

Project Developer—Sherry Sampson

Message from the Board Chair:

The Board is in the process of proactive planning for the next several years. As part of that process, we have updated our Vision and Mission Statement to better represent the mandate of the Centre to promote all aspects of health and well-being. As we move forward with our planning processes, we are seeking input from members of our communities. There will be several opportunities to give input. One of these is through answering a short survey. The survey can be accessed through the link below, on our website or Facebook page. There will also be paper copies available at the clinic that can be placed in a drop off box on completion.

Other opportunities are through becoming a member of the Board, working on a Board committee, becoming a participant in our Age-Friendly grant project and as a volunteer in future activities. You can send suggestions about how we could develop the land around our Centre to achieve better health outcomes for community members. We will also be having an open house and focus groups in the fall. And you may contact any of the Board members or Sherry Sampson to give input.

As mentioned, we are actively recruiting for at least three new Board members. During this past year of transition, we extended the terms of two Board members. However, they will be resigning in the fall. In addition, our Board meetings are open to the public and we will post the times of the meetings on our website and Facebook.

I look forward to hearing from many of you as we move forward to create a truly wonderful Community Health Centre!

Dorothy R. Barnard

<https://www.surveymonkey.com/r/5ssctr7>

Welcome new team members

The Dr. Kingston Memorial Community Health Centre would like to welcome our newest team members. Dr. Kristen Iverson, FNP Richelle Sparks , Registered Massage therapist, Tracy Mariner, and Summer Student Alicia Mombourquette.

Message from Dr. Kristen Iverson

I'm originally from Salt Spring Island, British Columbia. Salt Spring Island is quite rural, the entire island has a population of just over ten thousand people and is only accessible by ferry. It was a great place to grow up, I really appreciate the sense of community that is unique to small towns.

I received my medical degree from The University of Manchester, England, enrolled in their joint program with the University of St Andrews School of Medicine in Scotland. My goal was always to return to practice in Canada and I was thrilled to have the opportunity to train in New Brunswick and practice family medicine in Nova Scotia. I completed my Family Medicine residency in Moncton, NB, through Dalhousie University.

I am excited to be working at the Dr. Kingston Memorial Community Health Centre, and happy to have the opportunity to be part of such a wonderful community. Thank you!

Dr. Iverson's anticipated start date is Sept 26, 2016

Richelle L Sparks MN FNP

Richelle is joining our team from Antigonish (originally from Halifax, NS). She graduated from Dalhousie University in May 2015 with her Masters in Nursing, Family All-Ages. Her most recent work experience as a Family Nurse Practitioner was in Digby, NS where she practiced collaboratively serving a rural population of all ages. Previous to her career as a Nurse Practitioner she dedicated her time as a Registered Nurse at St. Martha's Regional Hospital for over 6 years with experience in maternity, medical and emergency areas. Richelle also has experience with northern nursing and International work in Rwanda. She is very excited to be joining the team and looks forward to serving the members of the L'Ardoise community and surrounding areas.



Richelle will be joining our team on Aug 2, 2016.

Tracy Mariner RMT

Tracy Mariner graduated in June 2016, with honors from Island Career Academy, in the Registered Massage Therapy program. Prior to this Tracy worked in Health Care, first with Richmond County Home Support as a CCA and then at the Richmond Villa in the same capacity. We are happy to have her join our team.

Back 2 Balance Massage Therapy

Tracy Mariner of Back 2 Balance Massage Therapy will be offering relaxation, deep tissue, pregnancy, therapeutic, and sports massage. Direct billing to medical insurances where option is available. To book an appointment, follow the Facebook link below, and hit the book now button.

<https://www.facebook.com/Back2Balance16/>

Alicia MacLeod Summer Student

Alicia is entering her second year of the Licensed Practical Nursing program at NSCC Strait Area Campus. She has 5 years previous experience as a CCA with Richmond County Home Support. A great addition to our team.



The Dr. Kingston Memorial Community Health Centre was pleased to be a partner in the annual Women’s Health Expo. In its’ third year it continues to have a lasting impact on attendees and presenters alike.

The 2016 Women’s Health Expo Planning Committee would like to thank the Dundee Resort and Golf Club for providing exceptional service for our event. Thank you to the exhibitors, presenters, musicians and all registered participants for such a great women’s weekend. We would also like to thank the local businesses and organizations for sponsoring the event, including the major sponsors - Strait Richmond Community Health Board, Strait Richmond Hospital Foundation, Nova Scotia Power, Richmond County Recreation, Richmond County Councillors, Richie Mann Invitational, Nova Scotia Advisory Council on the Status of Women, RBC, East Coast Credit Union, 101.5 The Hawk, and The Dr. Kingston Memorial Community Health Centre. A big thank you goes out to everyone that helped along the way to make this weekend such a success!

RBC Days of Service

We would like to thank the Staff at the Royal Bank, St. Peters branch for helping us to beautify our property during our planting day on June 25th. We had a beautiful day and a great start to developing the grounds for all to enjoy!



Over time it is our goal to develop the grounds of the health centre to encourage physical activity and provide an opportunity for all to enjoy the beautiful scenery.



If anyone has any suggestions on how to best accomplish this goal, please contact Project Developer, Sherry Sampson at

902-587-2800 Ext. 3

Helping Hands Community Garden

The Dr. Kingston Memorial Community Health Centre is delighted to be a partner in the development of the Helping Hands Community Garden.

The Helping Hands Community Garden is located on the lawn of the Richmond Villa in St. Peters. It has been constructed as a joint project of government departments, community organizations and community members. The mission of this community garden is to encourage the community to grow and share healthy food, promote physical activity and support the inclusiveness of all citizens. We hope to achieve this by developing a network of garden boxes in St. Peters that are maintained and supported by groups or individuals for the benefit of the entire community.

Sitting Kitty corner to the walking track, ballfield, and playground at EREC, this site was chosen for its open access and great amount of morning light. With the approval of the Richmond Villa, our group chose to create 6, 4X8’ ground level boxes, 2, 2X8’ elevated/accessible boxes and 1, 4X4’ accessible box following square foot gardening methods. We welcomed the community to three events, constructing the boxes, filling and mixing soil, and planting; new members are welcomed at any time. With a shared watering schedule, the garden is taking off and growing well.



Shelley LeBlanc, Pdt (Dietitian) - 902-625-7904.
Please don't hesitate to call for questions or concerns.

If you have a topic of interest for group education that you would like to see happen at the clinic, please connect with Tiffany Peeples, PHC Coordinator: 587-2800 ext 2
Summer Hydration:

Now that it is summer, the heat is here, and with that is the need to ensure that you are staying hydrated. Below are some tips that can be helpful to stay hydrated.

Tips to meet your fluid needs

- Be aware of your thirst and drink fluids often throughout the day.
 - Choose water to drink when you are thirsty. Avoid soft drinks.
 - Keep water nearby when you are at work, at school, at play or out and about.
 - Enjoy other fluids such as skim, 1% and 2% milk, fortified soy beverages, 100% vegetable or fruit juices (in small amounts) and soups to help you meet your fluid needs.
 - Choose decaffeinated drinks more often to keep you well hydrated. Drinks with caffeine should be limited to 3 cups per day.
 - Take sips of water while eating meals and snacks.
 - Keep a jug full of ice water, with lemon, lime, orange or cucumber slices in your fridge at home or at work.
- Remember to drink more in hot weather and when you are very active.

Hydration as you get older

Drinking liquids throughout the day is especially important for older adults. Dehydration can lead to dizziness, fainting and low blood pressure which may put older adults at risk for falls. Dehydration may also make constipation worse.

Resource: https://www.eatrightontario.ca/en/Articles/Water/Facts-on-Fluids-How-to-stay-hydrated.aspx#_V3vFxVJTHIV

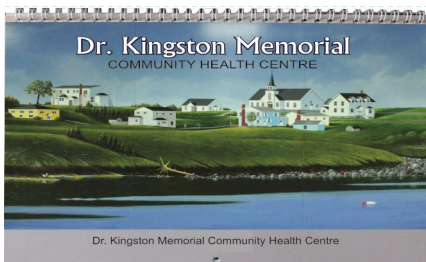
The Dr. Kingston Memorial Community Health Centre is working with partners to improve the health of our communities. We are a charitable organization and rely on the generosity of our supporters to continue our programing. To make a donation please visit our website and click on the make a donation tab, or use the link below. As a registered charity, official income tax receipts will be provided for all donations. Donations can also be mailed to Dr. Kingston Memorial Community Health Center, 40 School Rd., L'Ardoise, NS B0E 1S0.

<http://drkingstoncommunityhealthcenter.com/index.php/site/page/make-a-donation>

Thank You for your continued support!

Age-Friendly Grant

The Centre has received a \$10,000.00 Age-Friendly Community grant. Age-friendly communities strive to have policies, services and structures related to the physical and social environment that are designed to help seniors "age actively" and to allow community members of all ages and abilities feel welcomed and a vital component of their community. There are two components to our grant. First, we will be researching the best model for a Centre for Well-Being of Seniors. Second, we will be exploring the feasibility of establishing a social enterprise in our area that could provide affordable services such as light housekeeping, yard care, grocery shopping and basic home repairs. we have hired Kalen Long to help us with this project. We will be seeking input from community members as we proceed with this project.



Look for our Calendar Fundraiser featuring the breath-taking beauty of our catchment area, photographed by Cecile Samson. On sale late summer at several local venues.

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Visit our Website:

www.drkingstoncommunityhealthcenter.com

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Dr.Kingston Memorial Health Centre

