

Health Centre Herald

Dr. Kingston Memorial
Community Health Centre

Oct 27, 2017

Advance Care Planning

Workshop

November 16, 2017 1:30-3:30 Riverdale
Community Centre, Lower River

FREE

For more information or to register please contact
Seniors' Safety and Social Inclusion Coordinator
Michele Mac Phee @ [\(902\) 587-2800 ext:5](tel:9025872800)

seniorsafetycoordinator.dkmchc@gmail.com

Christmas Donation Campaign

For those that 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 de-
ductible 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 others
that meet the growing needs of our Community.



Healthy People Healthy Communities

Coming Soon:

Walk & Talk/Playgroup

A weekly indoor winter exercise and social group aimed at
everyone from 0-100+ . A chance for all ages to come to-
gether in a fun and relaxed atmosphere. Stay tuned for
more as the program evolves.

Your Way to Wellness

Your way to wellness is a 6 week chronic disease self man-
agement program. It will be starting in November with
time & location to be determined.

For further information on any of these programs please
contact Seniors' Safety and Social Inclusion Coordinator
Michele Mac Phee @ [\(902\) 587-2800 ext:5](tel:9025872800)

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DID YOU GET YOUR FLU SHOT YET??

FLU SHOTS ARE AVAILABLE NOW, FREE OF CHARGE

*Please speak with reception to book an appointment
with Amanda Shepherd, Family Practice Nurse for
your flu shot.*

ASK ABOUT EVENING APPOINTMENTS

Power to

STOP THE FLU

Starts with YOU

Free arts-based workshops available for Strait-Richmond area seniors

(L'Ardoise, N.S., October 19, 2017) – Starting November 13, 2017, the Dr. Kingston Memorial Community Health Centre (DKMCHC) is offering three free arts-based workshops to Strait-Richmond area seniors who are 55 or older. The Arts for Seniors project will explore the importance of maintaining social connections after retirement.

A New Horizons for Seniors grant, administered by the DKMCHC, will see the creation of a community theatre workshop, as well as Zine and PhotoVoice classes. In April, 2017, the DKMCHC received the \$25,000 grant, a Government of Canada initiative that provides funding for projects led or inspired by seniors who want to make positive changes in their communities.

“These workshops will help us to understand how people view the changing conditions under which they live after retirement,” said DKMCHC board chair Dorothy Barnard. “There are both challenges and benefits to getting older that are not well understood. There is a chance to participate in community life in ways one can not before retirement. And there are challenges such as a sense of lost purpose, sometimes compounded by loss of mobility, financial health, physical health, family and friends. It is these challenges we hope to address by doing things differently.”

Barnard says the arts-based workshops have two purposes. First, getting people involved in meaningful projects regardless of whether they are searching for deeper social connections or currently satisfied with that part of their lives. “We are looking for a variety of people,” she says. The second purpose is to gather insight about life, as rural senior citizens, directly from seniors and those nearing that designation.

Bobby Cotton is 63. He is excited to take part in the Zine workshop, where he will be creating a self-published, small circulation magazine about the subject of his choice.

“Being a volunteer and getting behind community projects in St. Peter’s is a big part of who I am,” he said. “I want other people to understand that great things can happen in our communities when they get together with a dream or a purpose. I’m excited to create my own Zine to help encourage that.”

The workshops will be facilitated under a collaboration model that allows participants significant control within the projects. For example, there is no script for the theatre workshop since the subject matter must be determined by workshop participants themselves.

The New Horizons for Seniors grant outlines a need for 15 participants in each workshop. While there is still some room in all workshops, the deadline to sign up is November 8, 2017.

For more information or to register please contact:
Christine Oakley, Arts for Seniors Project Coordinator
902-631-1000
oakley.ann@gmail.com

WHAT IS A ZINE?

Zine is short for magazine. They are homemade, personal versions of a magazine that can be about any topic or issue, not usually covered by mainstream media. Historically, Zines were used as a way to get alternative, often under-represented, points of view out to a wider audience. With widespread use of photocopiers in the latter part of the century, people often made zines from scratch, photocopied them and distributed to people by mail. Zines fell off in popularity after the 90s as social media and digital communication became the norm, seemingly replaced by blogs. But, they have made a resurgence as an arts-based method of exploring issues and interests. Today, Zines are created for all sorts of purposes, ranging from comics, radical politics and stories for children to literary reviews and teapot collections.
Facilitator: Dawn Ostrem

WHAT IS PHOTOVOICE?

A community-based PhotoVoice project consists of a group of people, cameras and the idea for a theme. Participants do not need to be actual photographers. They will be taught photography basics. The group is asked to determine an issue or theme in the community that they would like to study by taking pictures. Each photo allows individual participants to express his or her point of view. In the end, the group’s collection of photos are interpreted through discussions, both by the PhotoVoice group itself, and in a larger community setting such as a photo exhibit. Historically, PhotoVoice projects have been connected to promoting dialogue, mobilizing change in policy and simply helping to better understand changes seen in, often rural, communities, through the eyes (or lens) of community members.
Facilitator: Dawn Ostrem

WHAT IS THEATRE FOR DEVELOPMENT/POPULAR THEATRE?

Theatre for Development is referred to as Tfd. It is made up of live performances that can include one or many forms such as plays, skits, spoken-word poetry, music, singing and dancing. It can be a combination of these. It is a way for people to join with others and explore their realities. It is a way to communicate with others to increase understanding. We are looking for people to contribute and work together to create and perform a production while enjoying the process and contributing to the life of our communities.
Facilitator: Adam Cooke

Seniors needed now more than ever!

Dwight Brymer moved away from his home in L'Ardoise, N.S. when he was just 16 years old. He moved to Toronto initially but eventually saw every province in Canada while working in electronics for Northern Telecom and later Environment Canada.

The 70-year-old senior decided to come back home after retirement about six years ago and built a house just outside St. Peter's. "More than anything else it's because my roots are here. I have lots of cousins here and it's always felt like home to me," he says.

While Brymer fits the demographic of senior, he does not fit any of the false stereotypes. He is fit as a fiddle with a sharp mind and memory. He is a board member for the newly created Coastal Arts & Culture Guild in Richmond County. In fact, when you look around the Strait-Richmond area, Brymer is more like most seniors who live here – mobilizers of communities who spearhead projects in the arts, fitness or economy, which make life better for both young and old.

Brymer admits there is a need to encourage others. "I asked a friend of mine who retired recently if people treated her differently and she said she feels like people started excluding her," he explains.

It is not difficult to see how exclusion can lead to higher rates of situational depression and loneliness. Many studies show activities that not only get seniors out of

the house, but also encourage input and acknowledgement of an individual's experience that are hugely beneficial for positive mental health and addiction outcomes.

"Sometimes seniors are made to feel that their input does not matter. I think they would volunteer more if they felt it did," Brymer says. "I try to dig into what motivates them."

That is the kind of knowledge and grace that comes from the wisdom of experience. Today's seniors have a myriad of professional experiences that often surpass those still in the workforce. When it comes to community engagement and volunteering, it's the soft skills - communication, conflict resolution, ability to give and accept critique, confidence, positivity and time management - that are vital to building a cohesive group. Seniors are a great resource.

But while seniors like Brymer are community catalysts, there is a desperate need to encourage others to shed the shackles of social isolation for the benefit of community, but also for their own well-being, including mental and spiritual health. Mobility issues, expenses and a loss of family and friends aggravate the problem for seniors. A 2016 federal Report on the *Social Isolation of Seniors in Canada* shows that "socially isolated seniors are more at risk of negative health behaviors including drinking, smoking, being sedentary and not eating well."

The Dr. Kingston Memorial Community Health Centre is applying this knowledge

to a variety of programs it operates outside its primary care services. With a new project now underway it is hoped that a community development framework can be created to help a grassroots effort in which seniors can volunteer to help other seniors.

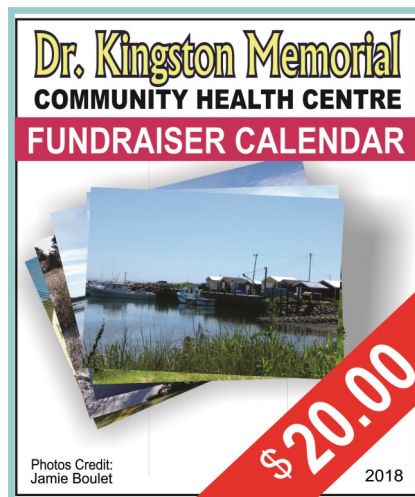
"Adult education principles are at the core of the project," said Dr. Dorothy Barnard, Chair of the DKMCHC Board. "The MIND-BODY-SPIRIT project will use the experiential knowledge of seniors to motivate other seniors to become more involved with others and engage in familiar and new activities. In this way, programming can offset the effects of social isolation such as mental health and addiction issues."

The project is funded by the Department of Health and Wellness, Government of Nova Scotia and the Municipality of the County of Richmond. As we celebrate International Day of the Older Person on October 1, people like Brymer help dispel that age discrimination, and sometimes neglect and abuse of older persons, is a social norm in many parts of the world. His valuable input and voice, will help shape the MIND-BODY-SPIRIT project, along with other seniors who have the greatest expertise.

"I think part of what makes seniors feel isolated from the rest of the population is no longer feeling like what they say matters," he says. "You see some incredibly talented people who just need direction. And we all need to realize the responsibility of looking after your fellow man."

Find a Family Physician or other Primary Care provider

If you are looking for a family doctor, a nurse practitioner or other primary health care service please call **811** or visit needafamilypractice.ca



Calendar Fundraiser

Look for our 2018 Calendar Fundraiser featuring the breath-taking beauty of our catchment area photographed by Jamie Boulet. On sale at several local venues .

With a new season of fall,
Comes new foods to choose,
Don't be scared to try,
There is nothing to lose

Let it be apples, or squash
Potatoes, and more
Healthy eating can fit anyone
It doesn't have to be a chore.

If you want to make a change
If you want to walk the walk
If you need help to do so
Come see me, and we can talk.

Shelley LeBlanc, PDT
Shelley.leblanc@nshealth.ca
902-587-2800

There are many foods in season during the fall, and although some may not be local, we do have access to some whether at a local farmer or local grocery market. Aim to try one new vegetable a week if possible. Below is a recipe for leek and potato soup, a nice warm meal for a cold day that is low cost, and using seasonal veggies.

I continue to be at the Health Centre Tuesday mornings for one on one sessions. If you wish to speak with me to discuss diet, or other lifestyle change, please discuss with your health care provider to be referred.

Potato Leek Soup

Leeks look like giant green onions. They add a nice flavour to this soup

Ingredients:

4 Leeks
1Tbsp vegetable oil
2 onions, chopped
4-5 medium sized potatoes, peel and chopped
3 carrots, chopped
6 cups low sodium chicken broth, or homemade chicken broth
½ cup plain yogurt
Salt and pepper to taste

Directions:

Cut the base and the dark green parts of the leek. Throw away these parts. Use only the light green and white parts of the leek. Slice these parts of the leek into small strips. Put the leeks in a strainer (colander). Spread the layers apart and wash under cold water. Turn on stove to medium-high heat. In a large pot, heat the oil and cook the onion until soft. Add leeks, potatoes, carrots, and chicken broth. Bring to a boil. Reduce heat and simmer for about 15-20 minutes or until the vegetables are soft. Remove from heat and let cool slightly. Use a hand held blender or potato masher to blend the soup until it is smooth. Add salt and pepper to taste. To reheat the soup, simmer over low heat. Pour into soup bowls and stir in about 1Tbsp of yogurt in each bowl.

Recipe from the *Basic Shelf Cookbook*; Adapted from Parmalat Canada 2011

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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