

Health Centre Herald

Dr. Kingston Memorial
Community Health Centre

July 2020

Thank You!

Two words that hardly seem like enough for all that you are doing and continue to do!

- Health care workers
- Social workers
- Grocery store workers
- Retail employees
- Restaurant staff
- Truck drivers and delivery services
- Postal workers

- Firefighters, police officers and other first responders
- Teachers
- Housekeeping staff
- Utility workers

“Keep your face always toward the sunshine and the shadow will fall behind you”

Walt Whitman

Healthy People Healthy Communities

Richmond River Roots Market Garden

Recognizing the extent of food insecurity in the area, the Kingston Centre is excited to undertake the development of a social enterprise based on a market garden. The Richmond River Roots Market Garden centres around increasing food security in Richmond County and surrounding areas through a multi-faceted approach. Our objectives are (1) to increase access to fresh, affordable produce; (2) to increase knowledge and implementation of ‘backyard gardening’ by County residents; (3) to establish a sustainable social enterprise whereby two to three apprentices/year are educated in eco-agricultural/heritage approaches to market gardening that honour our land; and (4) to establish a community kitchen to both teach about and produce meals for community members.



Exposure to **nature** in whatever way you choose, not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones



The social enterprise will be modeled on St. Martha's New Growers Program (<https://bethanygarden.wordpress.com/2017/11/23/st-marthas-new-growers-program>). We have relationships with farmers in our area who have knowledge of, and experience with, using traditional, eco-friendly methods of farming. Our target groups include those whose challenges inhibit their ability to live in food security (including living in poverty and/or isolation). The project was initiated through community member donations. It began late spring, 2020, with a donation of land, the purchase of a former Glebe and adjacent land, hiring of a project manager and recruitment of two apprentices. This year is envisioned as a year for building the infrastructure and learning about our particular piece of land and its most suitable crops for people living in Richmond County.

Safely Forward Public Health Measures for everyone



- Stay informed and follow public health advice



- Wash hands often, avoid touching face, and practise cough and sneeze etiquette



- Ensure physical distancing in public



- Disinfect high-touch surfaces often



- Stay home and away from others when you feel unwell



- Wear a non-medical mask when you can't physically distance

novascotia.ca/coronavirus

NOVA SCOTIA

Tuesday July 28, 2020

AGM

Please join the Dr. Kingston Memorial Community Health Centre for its virtual Annual General Meeting. This is an opportunity for you to hear about our programs and services in Richmond County communities, and how you can become more involved.

Presentations starting at 6:30

To request a link to the meeting contact Sherry Sampson at

902-587-2800 Ext 3

Or

Sherrysampson.dkmchc@gmail.com



ADDICTIONS MEDICINE CONSULT SERVICE (AMCS)

Nova Scotia Health - Mental Health and Addictions Program

Addictions Medicine Consult Service (AMCS) provides rapid Addictions Medicine consultant advice to:

Community pharmacists as well as physicians and nurse practitioners working in Mental Health and Addictions (including Offender Health), Primary Care, Emergency Departments, and Acute Care in Nova Scotia.

AMCS is available **Monday to Friday** from **8:30 a.m. to 4:30 p.m.**

Voicemail only evenings, weekends, and holidays.

AMCS provides verbal evidence-informed **clinical advice** and **guidance** to:

- Diagnose and manage substance use disorders in adults, adolescents, and children; and
- Manage medications related to substance use.

Call AMCS toll-free at :

1-855-970-0234

To learn more about our Mental Health and Addictions Program visit: MHAhelpns.ca



Mission:

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

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Visit our Website:

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Like our Facebook page!



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