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 undertaken 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 multifaceted 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.

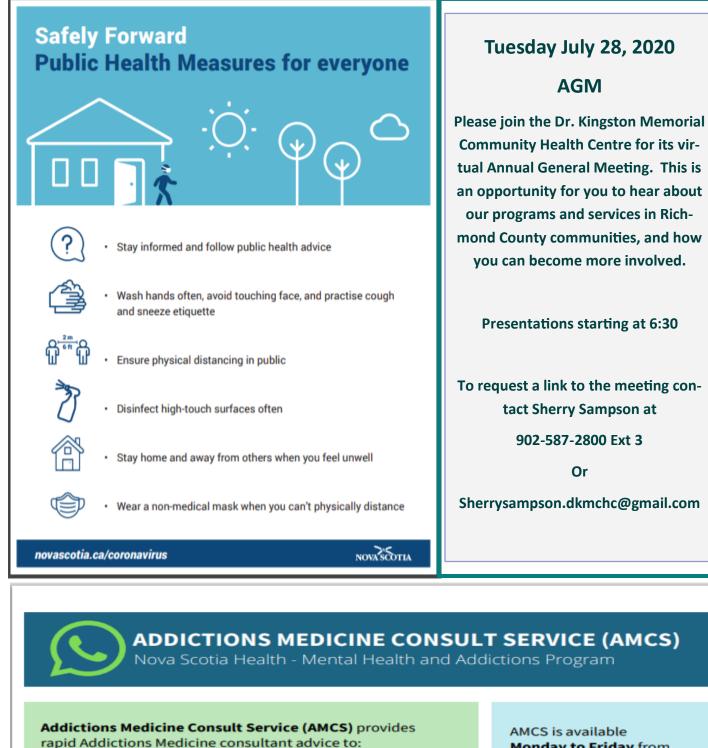


Exposure to **nature** in whatever way you choose, not only makes you feel better emotionally, it contributes to your physical wellbeing, reducing blood pressure, heart rate, muscle tension, and the production of stress hormones



The social enterprise will be modeled on St. Martha's New Growers Program (https://

bethanygarden.wordpress.com/2017/11/23/st-marthas-newgrowers-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.



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.

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 : -855-970-0234

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

Visit our Website:



Mission:

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

Dr. W .B. Kingston Memorial Community Health Centre 40 School Road L'Ardoise, NS B0E 1S0

Phone: 902-587-2800 Fax: 902-587-2813 Email: drkingstonmemorialclinic@gmail.com



COMMUNITY HEALTH CENTRE

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