



VOL. 1 · WINTER 2025

HEALTH CENTRE HERALD

Official Newsletter of the Dr Kingston Memorial
Community Health Centre

MEET YOUR HEALTHCARE TEAM!

HEALTHY PEOPLE, HEALTHY COMMUNITIES.

Your local primary health team! We are here to help you find health solutions that work the best for your life. Did you know that as a Community Health Centre, we work in as a team to provide you care across different professions? That means we help you as a whole person, beyond just your physical health alone. We are community governed! So we understand the social realities of the places we live. We partner with other non-profits working in our communities to enact positive change in the lives of those who need it most. We hope you'll come for an appointment, or attend one of our events.



FLU SEASON CHECKUP

Flu season is here, of course. But did you know its never too late to check up on your child's routine vaccinations as well? We were all affected during the pandemic years, when we couldn't have access to health care and school programs the way we were used to. And when things move so quickly, it can be hard to keep track!

- Up to 25% of kids missed doses of routine vaccines in the pandemic, and their parents may not be aware.
- Even older kids can still be missing doses. Kids in Grade 7 typically receive vaccines such as Hepatitis B and HPV.

Our Family Practice Nurse is here to help! Call us today for an appointment!

Current Programs

Memory Cafes:

January 14, February 11th, and March 11th. 1:00 to 2:30 pm. A low stimulation social event for folks with memory loss and their loved ones. FREE. Call us to register!

Emergency preparedness workshop:

12:00 pm, January 19th at Grand River Fire Hall, 11 Eastside Grand River Rd. Come learn about weather hazards in our region and how to prepare an emergency kit.

Adult Drop-in Centre

Have you paid a visit to the Adult Drop-In Centre? Every Thursday from 1-4 pm at the St. Peter's Lions Club. Volunteers come together with food, games, music and prizes.

Collaborations

ACTing Collectively (with Dalhousie University)

Community research to explore how well NS communities support the needs of older adults. Now in the analysis phase.

Seniors Take Action Coalition

The coalition assists, supports and advocates to ensure all seniors issues and concerns are addressed. Our team has partnered with STAC in the past to advocate for important policies.

No family doctor? here are some services you can still access:

- Foot Care Clinic
- Well Women's Clinic (Pap and breast exams)
- Counselling Therapy
- Addictions services and Stop Smoking Programs.
- Social Worker sessions



drkingstonmemorialclinic@gmail.com



902-587-2800



40 School Rd, L'Ardoise



Volunteer of the month

CAROLYN MARTELL

Carolynn Martell is our volunteer of the month! Carolynn has been putting in the legwork right since the beginning. She's been helping us since 1983! In speaking with Carolyn, she recalls when she and volunteers like her fundraised door-to-door selling tickets. No easy feat in Cape Breton weather! Those early efforts helped to secure some of our facilities we use today.

She is an avid volunteer, so you will also see her helping groups such as L'Ardoise Social Action.



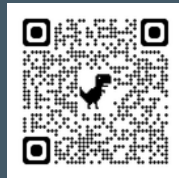
FUNDRAISING HIGHLIGHT

THE YEAR AT A GLANCE, WITH YOUR HELP!

This year we held two major community events: Our Live Auction, and our Community Yard Sale. We also participated in one digital event, the global generosity movement of Giving Tuesday. We are always so grateful for all the people who continue to show up for us! We really couldn't do it without you, and we continue to be so impressed by your efforts! Thank you for helping keep our doors open, and keeping healthcare at home!

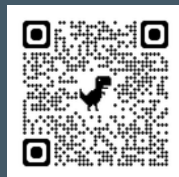
Together you raised over \$15,000 dollars!

Help us keep going! Donate today



or cheques can be mailed to:
P.O. Box 40, 40 School Road
L'Ardoise, NS, Canada BOE 1S0

Join a wonderful team!
Volunteer with us
OR
Join or board of directors!



Dedicated volunteers Alice Frost and Marie Burkey!

