

Health Centre Herald

Dr. Kingston Memorial
Community Health Centre

May 30, 2017

New Website Launch

After months of hard work, we are delighted to officially announce the launch of our website on June 1st, 2017. You can find us at www.drkingstoncommunityhealthcenter.com

Our goal with this new website is to provide our visitors with an effective way to learn about our facility, the mission of our health centre, the programs and services offered, and how to access these programs. The new website is interactive and easier to use. We will be constantly updating our content with helpful information, articles, blogs, and newsletters. We hope you find the new website fresh and modern; we worked hard to make sure it contains relevant information to help you stay healthy. For any questions, suggestions, feedback or comments, please E-mail us at drkingstonmemorialclinic@gmail.com

Healthy People Healthy Communities.

Walking track

The Dr. Kingston Memorial Community Health Centre would like to extend its sincere thanks to all who worked so hard to make the Trivia night in support of a walking track on the Health Centre Grounds, such a success. The fundraiser was a joint effort organized by the L'Ardoise Men's Club and the L'Ardoise Adult Recreation Club. Andree Sampson, Secretary of the L'Ardoise Adult Recreation Club, presented a cheque in the amount of \$620.00 to Sherry Sampson, Managing Director of The Health Centre.

New Horizons grant Funding

The overall goal of this community-based project is to reach the many seniors presently not involved in community activities and those civically engaged. We plan to achieve this goal by inviting local seniors to explore and record our surrounding communities through proven arts-based methods (Photography, zine/poetry, song and theatre). We would like to welcome Christine Oakley as coordinator for this project & Dawn Ostrem as writing lead on our New Horizons grant funding. If any seniors are interested in participating in this project please contact Christine Oakley at 902-587-2321 or 902-631-1000 email oakley.ann@gmail.com

150 Donations for Canada's 150th Birthday

The Dr. Kingston Memorial Community Health Centre is setting a Community Donation challenge. We would like 150 Community donations to celebrate Canada's 150th anniversary. Since the campaign started, 38 donations have been made. We would like to thank all that have supported us and encourage others to show your True Canadian spirit! Help the Centre meet its challenge of 150 community donations before Canada's Birthday!!!

Arrive Alive Driver Refresher Program

Renew your driving skills for today's traffic

Update your driving skills in an informal classroom environment. This course is designed to help seniors maintain their independence and driving confidence. There is **NO** test.

June 2, 2017, 9:30-3:30, Louisdale Lions Club, 3154 Whiteside Rd. Open to Richmond County Seniors 55 and over. Free of Charge. Lunch is provided and space is limited. To register or for more information Contact: Seniors Safety Coordinator, Michele MacPhee @ 902-587-2800 Ext 5.

RBC Days of Service

Royal Bank staff will once again be helping us with a grounds cleanup and planting day on June 15th, at 6pm. Anyone interested in getting your hands dirty while lending a hand, meet us in the parking lot.

Welcome New Board Members

We are pleased to welcome two new members to the board of the Dr. Kingston Memorial Community Health Centre. Paul Zinck, pharmacist at MacDonnell's Pharmacy in St. Peters and Jennifer Touesnard, pharmacist at Lawton's Drug Store in St. Peters. With their

knowledge of medicine and the needs in our community, we know they will make a valuable contribution to our board, and help us recognize programming opportunities to meet our community's needs. We look forward to working with them during their terms.

Board Recruitment

Are you interested in improving health and wellness services and programs for our communities? Join the Board of the Dr. Kingston Community Health Centre!! Board of Directors Information Kits are available by contacting Sherry Sampson, Managing Director @ 902-587-2800 Ext 3

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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