

Health Centre Herald

Dr. Kingston Memorial
Community Health Centre

December, 2018

Unique approach to getting seniors Around the Dinner Table a success in Richmond County

A new program called Around the Dinner Table is showing great success in addressing social isolation among seniors and building stronger social connections in Richmond County.

Twenty-two people hosted more than 100 guests at a community dinner in Louisdale, N.S. on Dec. 5, 2018. The community feast was set up with 11 tables and two hosts. Hosts invited guests they wanted to bring together to socialize. Each host was responsible for preparing the meal earlier in the day and transportation for their guests. During the dinner a loosely structured story circle was done in order to promote meaningful conversation at each table – in this case Christmas traditions.

“It was a wonderful, well-organized event with a beautiful meal and great company,” dinner guest Lorraine Briand. “It was so good to hear all the stories of Christmas at the table. A thoroughly enjoyable evening”

Debbie Samson led organizing the event in association with the Fleur de Lis Seniors Club at the Louisdale Parish Hall.

Samson says the Around the Dinner Table program is a way of putting thought into gathering socially among supportive people to share experiences and stories. And as communities change, the ability for people to reach out or ensure community members are taken care of is becoming more difficult.

“The hosts of this event did just that,” she said. “It was heartwarming to see all the invitees arrive and light-up with the warm welcome, a good meal as well as engaging in enthusiastic conversation on past and present Christmas traditions. Most were asking, as they were leaving, when the next event would be - a great testimony to the meaning of this event and the need for social inclusion.”

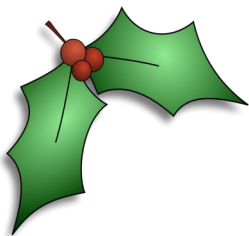
The Around the Dinner Table concept was created under a grant administered by the Dr. Kingston Memorial Community Health Center (DKMCHC) called the MIND-BODY-SPIRIT project, funded by the Nova Scotia Department of Health and Wellness and the Municipality of the County of Richmond.

Samson took the original idea and tweaked it in a way that suited the community of Louisdale as a pilot project in May 2018. People surveyed said the event provided them with camaraderie and fellowship.

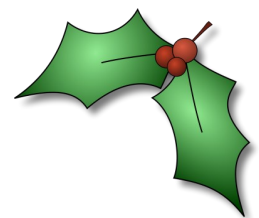
Samson notes that during the meal preparation hosts also share a bonding experience.

Social isolation among seniors has been linked to adverse health effects comparable to smoking. Richmond County has one of the highest populations of seniors in Canada.

As the program develops it is hoped that participants from all Richmond County communities will take part. For more information about how community groups can use the Around the Dinner Table program please email mind-bodyspiritpc.dkmchc@gmail.com or call the DKMCHC at 902-587-2800.



Healthy People Healthy Communities



Are you interested in learning more about the art of friendship, aging well, mindfulness, or how to avoid falls, fraud and scams or abuse? Contact Michele Mac Phee and book a presentation for your club or group today.

Michele Mac Phee
Richmond County -Seniors' Safety & Social Inclusion Coordinator
Phone: (902) 587-2800 ext: 5
seniorsafetycoordinator.dkmchc@gmail.com

The Dr. Kingston Community Health Centre in conjunction with Toastmasters International is organizing a one day seminar regarding the art of public speaking. Participants will be introduced to the various techniques used to enable individuals to perform different levels of public speaking. Anyone who is interested in this seminar should contact Gordon Boutilier at 902-578-2319 or by email tropix902@hotmail.com in a effort to clarify the number of people who are willing to attend in the new year.

Possible topics include:
How to be an effective speaker
Table topics/ impromptu speaking
How to give a toast
Prepared Speech example





Community Skill Exchange - Richmond County Time Bank

Imagine an economy where community members use their talents and knowledge to help others, and get help when they need it without having to spend money. This idea has become a reality in Richmond County. Whether it's help securing transportation, achieving wellness, locating someone to do home repairs, assistance with computer questions, searching for companionship, recreation, crafts, music, or education opportunities, the Community Skill Exchange-Richmond County TimeBank is the place to find the connections for these services and opportunities.

Community Skill Exchange-Richmond County TimeBank is an organized not-for-profit web-based way to share your knowledge, skills, services or energy to help others throughout Richmond County. We recognize that everyone has something to offer and sharing our talents with one another helps strengthen our communities. When you spend an hour doing a job or sharing a skill for a member(s), you earn a time credit. That time credit can be exchanged with another member's time or you can bank the credit for a later time. You can exchange something you enjoy like; reading, cooking, teaching a new skill or gardening in exchange for house cleaning, transportation or even taking a painting class. The sky is the

limit! An hour of your time is equal to an hour of another member's time. Members use a very simple online tool to build a profile that lets others know what they want to give and receive while tracking time credits going in and out of their TimeBank account. Don't worry if you don't use a computer, assistance from the TimeBank Coordinator is available by phone.

There are many benefits to joining! In addition to receiving valued services without having to spend money, it allows each and every one of us to feel a part of our community as a whole. While it is a definitely an asset, we don't want to be seen as competing with those providing paid services. The Community Skill Exchange is an opportunity to meet new people, expand our social network, while enjoying the satisfaction of giving and receiving. It is free to join! We believe this fundamental idea of equality encourages friendships, a stronger community and empowering connections of respect.

For more information or to sign-up visit: richmond-county.timebanks.org
Or by calling the Dr. Kingston Memorial Community Health Centre

Mission:

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

2019 Calendars - featuring the breath-taking beauty of our catchment area photographed by Annie MacDonnell. Available at the health Centre and several other local venues.

Christmas giving - Honoring and Remembering **The Ones we Love**. For those who 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 deductible 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 a Seniors Wellness Centre and Seniors Safety Program to meet the growing needs of our community.

The staff and Board of the Dr. Kingston Memorial Community Health Center would like to wish everyone a very happy and safe Holiday season, and all the best in the New Year!

Christmas Hours: Mon Dec 24 - 8:30 - 12:30, Tues Dec 25 - Closed, Wed Dec 26 - Closed, Monday Dec 31, 8:30 - 12:30, Tuesday Jan 1 - Closed

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