

Health Centre Herald

Dr. Kingston Memorial
Community Health Centre

October, 2019

Renewable Energy - Solar power

“Healthy People, Healthy Communities”



After much consideration the board has decided to move forward with a solar energy project to both decrease our global foot print and help reduce electrical costs. The system will be fully operational on Oct 31, 2019.

Happy Halloween! 🎃

Doing our part to keep our community healthy!

Get you Flu shot! Clinics available on the following dates:

Oct 29, 2019 - 1pm - 7:30 pm

Oct 30, 2019 - 1 pm - 3:30 pm

Nov 5, 2019 - 1:30 pm - 3:30 pm

Call to book your appointment! If you miss these dates shots may also be given by regular scheduled appointment.



De-clutter your cupboards

The Adult drop-in centre in St. Peter's is in need of small bingo prizes. Call Marie Burkey at 587-2226 and she will pick up any items you may have; or drop items off at the Dr. Kingston Memorial Community Health Centre to Sherry Sampson and she will bring them to the Centre.

Thank You for your help in bringing happiness to our group! 😊

Healthy People! Healthy Communities!

November is Falls Prevention Month

Did you Know?

- Falls cause 40% of admissions to nursing homes.
- In Nova Scotia, falls among seniors cost the health care system \$72 Million each year.
- Most falls are predictable and preventable.

To learn more or to book a presentation for you group call:

Richmond County Seniors Safety & Social Inclusion Coordinator

Michele MacPhee

902-587-2800 Ext 5

seniorsafetycoordinator.dkmchc@gmail.com

Looking for ideas for healthy school lunches?

Try to think outside of the regular sandwich:

Get creative when choosing items for your child's lunch. Sometimes changing something as simple as the type of grain. For example, using pita, flatbread, tortilla, or cereal instead of bread can make lunch more interesting for your little eater.

With fruits and veggies, mix it up: fresh cut peppers, cut up cucumber, baby corn, sliced mango are some ideas

With dairy products, they can complement any meal; fruit yogurt, hot chocolate, milky soups, yogurt dip for veggies

Add in some protein: cheese, boiled eggs, scrambled eggs, pumpkin seeds, meat, chicken salad, and fish

A good balance between these choices are great to pair together for school lunches!

* Foods that need to be kept cold or hot can be packed into a thermos to keep the food at a safe temperature. Cold foods can also be stored with an ice pack or frozen juice box.

Sample lunch #1: Pepper strips with hummus dip, and cheese-filled pasta with tomato sauce.

Sample lunch #2: Marinated cooked tofu in a whole wheat tortilla wrap with shredded lettuce and grated carrot. Add a fruit yogurt on the side.

Sample lunch #3: Why not breakfast for lunch? Hot cereal in a thermos topped with frozen berries with a cold milk or soy beverage.

For added information please visit unlockfood.ca and make an appointment to see me in the clinic if you want some more advice or support.

Shelley LeBlanc, P.Dt.

Primary Health Care Dietitian

Christmas Donation Campaign

For those that 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 others that meet the growing needs of our Community.

Farewell and best of luck

Over the past two years Dawn OStrem has shown herself to be a great asset to the DKMCHC. It was a great pleasure to work with her on several community projects of the Kingston Health Centre. She has an ease with communication through story, telling, documentaries and videos that has allowed her to build solid partnerships that will continue to work for us in the future.

Dawn has helped us to discover the depth and breadth of compassion and talents of many of the unsung unrecognized wonderful people of Richmond County. She has helped us to tell others about what we are endeavoring to accomplish through the Kingston Centre. And, in return, she has gleaned information about how people of Richmond County feel about living here and how we can work together so that we all can experience well-being

It is with much regret that we say goodbye to Dawn. We are sad to see her go but are happy for her and wish her well as she begins her new adventure. We look forward to a time in the future when we may work together again. To view the video "We All Live Here" please go to the link below.

<https://youtu.be/3XqvOKO4JTI>

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



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