

Health Centre Herald

Dr. Kingston Memorial
Community Health Centre

October 31, 2016

Family Violence - Initiative

We are pleased to announce Denise Martell has joined our Team here at the Dr. Kingston Memorial Community Health Centre. Together with the RCMP, she will be working towards greater awareness and the reduction of elder abuse and victimization in Richmond County. She is available to speak with

community groups, seniors clubs and individuals within Richmond County. Everyone is encouraged to participate in her **SeniorsTalks** sessions being offered throughout the county. Contact information: 902-587-2800, denisemartell@hotmail.ca

Healthy People, Healthy Communities

Christmas Donation Campaign

Honoring and Remembering The Ones We Love

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 a

Seniors Wellness Centre and Seniors Safety Program to meet the growing needs of our community seniors.

Merry Christmas!

Clinician Update

Dr. Kristen Iverson joined our team, Sept. 26th and is seeing patients Mon – Fri.

Nurse Practitioner (NP), Bonnie Gagnon is back and seeing patients Monday and Thursday.

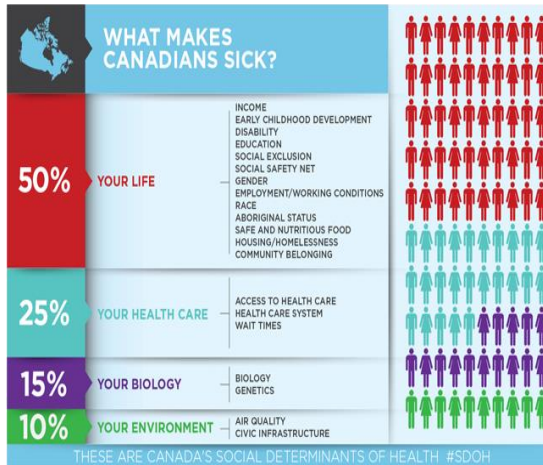
NP, Richelle Sparks is seeing patients on Tuesday, Wednesday and Friday.

Dr. Jonah Samson will be taking a leave from December, 2016 – April, 2017.

Board Recruitment

The Dr. Kingston Memorial Community Health Centre is undergoing major growth with new programs and services continually being added. To further strengthen our Board of Directors the Community Health Centre has created openings for additional board members. Board of Directors Information Kits are available by contacting Sherry Sampson, Managing Director @ 902-587-2800 Ext. 3

Social Determinants of Health



The figure above illustrates the factors that affect health and well-being of individuals and communities. Building strong community relationships, sharing healthy nutritional information and encouraging physical activity are some of the ways the Community Health Centre is creating healthy communities.

2017 CALENDARS

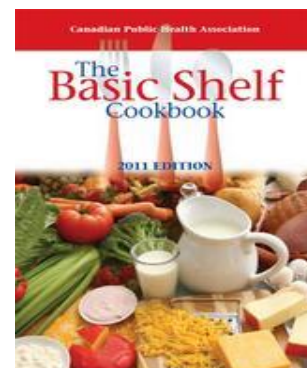
A great Christmas gift idea for those who are away. Beautiful local scenery photographed by Cecile Samson. Available at the Community Health Centre.



Community Kitchen Offers Cooking on a Budget

The Dr. Kingston Memorial Community Health Center will be hosting **The Basic Shelf Community Kitchen** later this fall. This four week program will follow the Canadian Public Health Association's "The Basic Shelf Cookbook". This easy to read cookbook offers those with little cooking experience or equipment the opportunity to prepare nutritious meals and snacks for all ages. This is a great opportunity for those on a fixed income to learn to prepare nutritious meals on a budget, while promoting healthier living and building cooking confidence.

The Basic Shelf Community Kitchen is a partnership between NSHA Primary Health Care, local food banks, local Health Care Providers and the Dr. Kingston Memorial Community Health Center. Contact Tiffany Peoples at [902-587-2800 Ext 2](tel:902-587-2800) or tiffany.peeples@nshealth.ca for further information.



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



Dr. Kingston Memorial
Community Health Centre

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