

Health Centre Herald



Dr. Kingston Memorial
Community Health Centre

December 16, 2016

Vial of Life

We are pleased to announce that 'Vial of Life' kits are now available at the Dr. Kingston Memorial Community Health Centre. In an emergency, sick and injured persons may be unresponsive and not able to provide important medical

information to fire fighters, RCMP and paramedics.

Six easy steps can save your life or the life of someone you love.

1. Kit contains a form sticker, and orange plastic container.
2. Make blank copies of your form to update information as needed.

3. Fill out and answer all pertinent questions.

4. Fold and store your completed form in the container provided.

5. Put container in fridge.

6. Put the 'Vial of Life' sticker on the fridge where it is clearly visible.

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.

Annual General

Meeting

The AGM is another opportunity to participate in our Centre. Come out in March 2017, and hear the progress we have made, learn about our plans and make suggestions for improvements!

Healthy People, Healthy Communities

Christmas Donation Campaign

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 seniors.

A New Tradition

This February 6th, we will be celebrating *Community Health and Wellness Day!* We will be holding an open house and all are welcome. In addition we will be kicking off our Sponsorship Campaign to raise money to cover operating expenses as well to expand the services and programs we can provide.

Mental Health First Aid

Mental Health First Aid Talks are now being offered by Denise Martell, who recently completed her Mental Health First Aid Certificate.

Mental Health First Aid is the help given to a person experiencing a mental health problem or in a mental health crisis.

The aim of Mental Health First Aid is to preserve life where a person may be a danger to themselves or others, provide help to prevent the problem from becoming more serious, promote the restoring of good mental health and provide comfort to an individual experi-

encing a mental health problem. First aid is given until appropriate professional treatment is received or until the crisis is resolved.

“Good mental health is so important because it influences how we think and feel about ourselves and others and affects our ability to cope with change, transition and life events, said Martell. “ It also impacts our ability to learn, communicate and sustain or end relationships”.

Recognizing the symptoms, providing immediate help and support and guiding the person towards appropriate professional help were a few of the sections covered in the Certificate Program offered by The Mental Health Commission of Canada.

In Canada, one in five will experience some form of mental health issue in the course of a year. One in three will experience a mental health problem in their lifetime. Life events such as job loss, death of a loved one, loss of health, accidents, family break-up, abuse, neglect, food insecurity and poverty can be stressors that can become a disorder if prolonged. The most common forms of mental health are depression, anxiety and addictions.

“With greater awareness, people will be able to recognize their own problems, or those of others, and feel more comfortable about seeking professional help”, said Martell.

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!



Mission:

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

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**Dr. Kingston Memorial
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