

Health Centre Herald

Dr. Kingston Memorial
Community Health Centre

September 20, 2017

Community Health & Wellness Day

September 23, 2017, 1-4 pm

Retired Teachers Association – George Landry will be sharing information and answering questions on advance care planning.

EMM Law – Maurice Boudreau will be available to answer questions in a private setting on POA's, estate planning and wills.

Greens Funeral Home – John Green will be available to answer questions in a private setting on the benefits of preplanning your funeral.

Senior Safety & Social Inclusion Coordinator for Richmond County – Join Michele MacPhee and learn about the program, how she can assist you and register for upcoming events.

Healthy People Healthy Communities.

Thank you from the Adult Drop in Group

The adult drop in group would like to extend their thanks to all who sold tickets, and all who purchased tickets on the Huffy 7 speed cruiser bicycle. Ticket sales were in support of the Adult Drop In centre lunch fund. The ticket was drawn on September 13, 2017 at the St. Peters Lions Hall and Gerry Bennett of L'Ardoise was the lucky winner. 😊

Estate Planning workshop

October 18, 2017, 10 am at the Louisdale Fire Hall. Bring your questions as we discuss topics related to estate planning, last wills and Testament, enduring powers of attorney, personal directives (including Canada's new medical assistance in dying law)

Driver Refresher

October 30, 2017, 9:30-4:30 at the Tara Lynn Community Centre. Update your driving skills in a relaxed classroom environment. There is no test and lunch is provided.

Both programs are free

For more information or to register contact Seniors' Safety & Social Inclusion Coordinator Michele Mac Phee
 [\(902\) 587-2800 ext: 5](tel:9025872800)
seniorsafetycoordinator.dkmchc@gmail.com



A beautiful day, where fun was had by one and all at the Teddy Bear Picnic sponsored by the Dr. Kingston Memorial Community Health Centre & The Nova Scotia Health Authority

Mind, Body, Spirit Project (MBS)

MBS is meant to come up with the best way of helping community volunteers to be involved in grassroots programming. The programming is focused on reducing situations that lead to mental health and addiction problems among the senior population. A major factor leading to those problems is seniors living in social isolation.

- MBS is an approximate one-year project that will be carried out in three phases.
- Phase 1 has started: Education, Training and Evaluation.
- Some specific initiatives underway are Mental Health First Aid training and the Seniors and Technology program through the Richmond County Literacy Network.
- **P2. Program Development - P3. Implementation**

Right now:

- We are working with others to collaborate and plan for future programming.
- We realize we must work together with many partners to be successful.
- We recognize that a grassroots approach must involve the real expertise and experiences of community members.
- We need to hear the voices of community members so we all can understand how to work together to improve the mental health and wellness of people in our communities.
- The project programming can provide resources for better mental health with your support.
- It's an opportunity to use your own experience to build better communities for seniors.

We think this is a key time to get as many partners together in the same room at once to brainstorm, discuss and get feedback on **building a framework** for collaborative programming in order to help move the grassroots initiatives along. Stay tuned for a meeting in which you can participate!

For further information contact:

DAWN OSTREM – MIND-BODY-SPIRIT PROJECT COORDINATOR
(902) 587-2800 / mindbodyspiritpc.dkmchc@gmail.com

Calendar Fundraiser

Look for our 2018 Calendar Fundraiser featuring the breath-taking beauty of our catchment area photographed by Jamie Boulet. On sale at several local venues.

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.



40 School Rd. L'Ardoise, NS B0E 1S0
P.902-587-2800 F. 902-587-2813