

Health Centre Herald

Dr. Kingston Memorial
Community Health Centre

Dec 18, 2017

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.

Thursday Clinic

Dr. Jonah Samson will be holding a clinic to serve Dr. Nault's patients who have not yet found a family physician.

This Clinic will take place every Thursday.

Please have your health card on hand and call 902-587-2800 to book your appointment.

Falls Prevention - Book a Falls Prevention presentation or home assessment with Seniors' Safety Coordinator - Michele MacPhee.

Financial Literacy & Abuse Prevention - Join Tryphena MacDonald of East Coast Credit Union for a Financial Literacy & Abuse Prevention Presentation. What is financial abuse? Learn how to recognize if you or a loved one is being taken advantage of and tools to protect yourself. Monday, January 29, 2017 10 am. The Bonnie Brae in St. Peters.

Advance Care Planning - Join George Landry for an Advance Care Planning presentation. Learn how to make plans about your future and end of life care. Friday, February 9, 10 am at the Louisdale Lions Den.

Coming Soon - The Art of Friendship with Michele MacPhee & Dawn Ostrem. Participants will learn the skills of friendship building, meet new people and learn about recovery and wellness skills. If you are interested in hosting this series or learning more please contact us.

For more information or to register for any of the above please contact Seniors' Safety and Social Inclusion Coordinator Michele MacPhee.
Dr. Kingston Memorial Community Health Centre. Phone 902-587-2800 Ext 5
seniorsafetycoordinator.dkmchc@gmail.com

Healthy People Healthy Communities

Happy Holidays!

Shelley LeBlanc, PDt Shelley.leblanc@nshealth.ca 902-587-2800

This is the time of year that many of us meet up with friends and family, and food is always the focal point. There are ways where you can have the best of both worlds, enjoying the company of others while still making healthy choices.

Let's think about this. Most of us are in the same situation: trying to be a healthier self throughout the year. How can we continue our healthier self during this time of year, where tradition has become to indulge in many high sugar, high fat, high salt options.

- Don't skip meals throughout the day. Have your breakfast, & don't go longer than 4-6 hours without eating- This can lead to overeating at your next meal or later in the day.
- Limit amounts of high sugar, high fat foods, like cakes and cookies, and squares. Limit yourself to small amounts of these, and choose healthier nutrient-dense foods the rest of the time.
- Watch your drinks. Drinks can add up in calories, so be mindful of the quality and quantity of fluids you drink. Sparkling water and fruit infused water can keep in the season, and be a healthy choice for you.
- Try some tips to help avoid overeating. Using smaller plates, loading up on veggies, having a salad before a meal, eating slowly and enjoying every bite.
- Make time for exercise! Adults need 150 minutes of activity/week, what better way than to go for family walks after meals.

May the spirit of Christmas be with you now and throughout the new year!

Mind-Body-Spirit

Walter is just finishing up a walk with Buster, his mixed-breed mutt, taking short, shallow strides through the slush on a wet December morning in Louisdale, NS. Buster walks patiently at his master's heels as they walk up the short path to Walter's small house. As Walter puts on a kettle for tea he listens to his telephone messages. His daughter calls to break the news. Her tinny voice on the old answering machine, remorseful and awkward, explains she won't be able to make it home from Calgary for the holidays. Walter hears his 6-year-old grand-daughter playing in the background. His face shows anguish.

Walter is 86 years-old. His wife passed away 10 years earlier. While his family always lived in Richmond County, he finds Buster is the only friend he sees regularly, and conversations with humans grow sparse. Walter is lucky enough to have his children help out with money when necessary; though, he rarely asks. He has a hard time getting to medical appointments since he no longer has a driver's license. Public transportation is incredibly inconvenient. But, even more frustrating for Walter is the loss of independence.

Walter used to work at the mill and he remembers the Christmas parties he and his wife used to host for his work buddies and their wives. Many of them are gone now – moved or deceased. Charlie is still alive. He lives in Halifax but he might as well live on the moon.

Walter watches what goes on in people's lives through Facebook. But Charlie doesn't like computers. When Walter sees all the smiling, happy people sometimes it makes him feel on the outside and that makes him lonelier.

Walter gives Buster's head a caress and sits down to his supper, alone in a house that used to be filled with voices. Their echoes are fading.

Walter and Buster do not actually exist. They are based on a popular 2015 German ad for a supermarket chain But, in a way they do exist. Don't we all know someone like Walter? It's the kind of universal story that nets 40 million views because it rings true.

The Strait-Richmond area has one of the highest populations of seniors in Canada. That puts a strain on local health care, transportation and housing systems necessary to take care of the elderly. The fact that many seniors live in rural settings intensifies the lack of services. Communities here seem to know intuitively that older folks need the kind of help government services can not always give. So, they do their best to find ways to fill the gaps.

The German Christmas vignette ends in an unrealistic plot twist. Walter fakes his own death to get his family in the same place for his funeral. When the deception is revealed they laugh at the joke and soak up family

togetherness. Though unlikely people would find such a trick funny in reality, they pour each other glasses of wine and smile. But, the figurative Walters living all around us the season are still lonely during the holidays.

While we tend to live in communities that wrap their collective arms around those who need it most at this time, people like Walter will always feel a little hole in their hearts while dreaming of a Christmas just like the ones they used to know. Which is why those collective arms need not pretend everything is merry and bright, but just be there for people.

To end off this inaugural MIND-BODY-SPIRIT column, here is the link to seasonal services provided by 211: <http://ns.211.ca/seasonal>. Maybe even better is to just ask around in your community. But, I'm not sure anything beats the authentic caring of Cape Breton culture quite like seeking out people, heading over with cookies, tea and maybe even a fiddle, to share space with someone who is lonely

By: Dawn Ostrem
project coordinator for the MIND-BODY-SPIRIT Project. She can be reached at mindbodyspiritpc.dkmchc@gmail.com

Sponsor List

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Mission:

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

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