

Health Centre Herald

Dr. Kingston Memorial
Community Health Centre

June 11, 2018



Did you know that remaining socially active is an important part of healthy aging?

While anyone can experience social isolation research tells us that seniors are disproportionately affected. Involuntary isolation can impact both our physical and mental health resulting in increased rates of chronic disease, depression, risk taking behaviours and even leaving seniors vulnerable to abuse. The good news is there are many ways that we can challenge ourselves to maintain or recreate our social networks. The Dr. Kingston Health Centre has a number of programs and services that help us to remain socially active. To learn more reach out to Senior's Safety & Social Inclusion Coordinator Michele MacPhee. 902-587-2800 Ext:5 seniorsafetycoordinator.dkmchc@gmail.com

Healthy People Healthy Communities

JAVA GROUP PROGRAMS

The Dr. Kingston Memorial Community Health Centre is excited to announce that they are preparing to launch JAVA Club programming.

1. JAVA Music Club
2. JAVA Memory Care
3. JAVA Mentorship



JAVA Group Programs are peer support interventions that address depression and loneliness across the senior population. With an emphasis on music, inclusion and mentorship, JAVA programs build a culture of positive mutual support. There will be an opportunity for volunteers to receive training in the program of their choice.

Questions? Interested in Volunteering? Looking for more info? Please Contact:

Michele MacPhee 902-587-2800 Ext 5 or seniorsafetycoordinator.dkmchc@gmail.com

WEEKLY WALK&TALK - happening every Thursday @ 10 am. Meet outside the Dr. Kingston Memorial Community Health Centre. Open to everyone! Rain or Shine!

ADULT DROP-IN GROUP - happening every Wednesday 1-4, St. Peter's Lions Hall (September-June). An opportunity to socialize, learn and meet new people.

MENTAL HEALTH FIRST AID FREE TRAINING

for Richmond County residents. **July 17-18, 2018.** The MIND-BODY-SPIRIT Project is offering FREE Mental Health First Aid training (\$100 value) to volunteers and service providers in Richmond County this summer. Location TBD. For more information or to register please call the Dr. Kingston Memorial Community Health Centre at 902-587-2800 or email: mindbodyspiritpc.dkmhc@gmail.com

PHOTOVOICE

- Document your community through photography
- For seniors 55 and older
- No photography experience necessary
- Specific times and locations TBD

July 4-5-6, Louisdale. For more information about Photovoice go to: www.kingstonarts.org

For more information or to register: mindbodyspiritpc.dkmhc@gmail.com
902-631-5890



Research shows that there are five actions you can take to optimize your health and happiness as you age. What are they?

Check out the Fountain of Health link below for the answers and the first person to contact the Dr. Kingston Health Centre (902-587-2800) will win a \$30.00/half day voucher for **Out and About Respite**.

<https://fountainofhealth.ca>

Kimberly Burton, MA, RCT-C, CCPA

We would like to welcome Kimberly Burton to our team. Kimberly has a Masters Degree in Counselling Psychology, licensed under the Nova Scotia College of Counselling Therapists and a professional member of the Canadian Counselling and Psychotherapy Association. She is an experienced helper guiding people as they strive to improve their day to day life. Kim is currently available at the Dr. Kingston Memorial Community Health Centre every second Monday. Kim offers individual counseling, couples counseling and family counselling. She is also a trained facilitator for group programming in Domestic Violence, Elder Abuse and Options to Anger.

Kim is an approved health provider under many health plans and EAP programs and is currently taking on new patients and welcoming self-referrals. She encourages you to contact her with any questions and looks forward to being part of our team.

(902)631-3931 kimburtoncounselling@gmail.com

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



Out And About Respite Adult Day Program

Jamie Morrison owner/operator

(902)302-3498

oanda.respite@gmail.com

Out & About Respite is dedicated to providing seniors and their families with a safe and welcoming environment where relatively independent seniors can come and enjoy the company of others in a pleasant supervised environment.

During their stay my clients will have the opportunity to be a part of group activities such as:

| | |
|-------------------|--------------------|
| Cards | Board games |
| Crafts | Outdoor activities |
| Group discussions | Music |

Services provided to clients during their stay:

- ◆ During their stay, my clients will enjoy a pleasant cheerful atmosphere where they are able to socialize and interact with their peers
- ◆ They will have the opportunity to participate in activities, both outdoor and indoor, in a supervised environment
- ◆ A capable and experienced caregiver
- ◆ We are also giving the primary caregivers some much needed personal time

Benefits

An adult day program offers many benefits to our beloved seniors and their families. Some of these benefits include:

- ◆ Providing our seniors with the opportunity to develop new relationships
- ◆ Encouraging and allowing our seniors to be active and engaged with others
- ◆ Provides our seniors with a personal sense of independence
- ◆ Allowing their families to have flexibility
- ◆ Providing families with a peace of mind knowing that their loved ones are being cared for by an experienced caregiver

June Giveaway - Everyone who books a stay with Out & About during the month of June will receive a voucher worth \$30.00 or 1/2 day stay. The perfect opportunity to try out our service free of charge.

WALL OF ART

The Dr. Kingston Memorial Community Health Centre now has displayed art for Sale with a portion of the proceeds going to the Dr. Kingston Memorial Community Health Centre.

To purchase or request to have your art displayed Contact Sherry Sampson.

902-587-2800 Ext 3

sherrysampson.dkmchc@gmail.com



ANNUAL GENERAL MEETING

DR. KINGSTON MEMORIAL COMMUNITY HEALTH CENTRE



Tuesday
June 26, 2018

Presentations at 6 pm
AGM at 7 pm

40 School Rd., L'Ardoise, NS

Please join the Dr. Kingston Memorial Community Health Centre for its Annual General Meeting. This is an opportunity for you to meet the board members, hear about our programs and services in Richmond County communities, and learn how you can become more involved.

For more information contact Sherry Sampson:

- 902-587-2800 Ext 3
- sherrysampson.dkmchc@gmail.com

Mission:

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

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Visit our Website:

www.drkingstoncommunityhealthcenter.com

Like our Facebook page!
Dr.Kingston Memorial

