

Health Centre Herald

Dr. Kingston Memorial
Community Health Centre

July 24, 2017

New Horizons Art for Seniors Project

- The project is for people 55 years or older who would like to participate in arts based research by discussing their experiences in one of three offered workshops.
- Participants should be from a variety of backgrounds and communities within Richmond County.
- Participants should be diverse in age range.
- We are looking for all kinds of seniors, especially those who want to be more involved in social groups that are supportive and fun.
- The following workshops will take place in the Fall of 2017 and are free of charge: Photovoice, Theatre & Zine writing.

Each workshop needs about 15 participants from across Richmond County to proceed.

For more information or to sign up please contact
Christine Oakley: 902-587-2321// oakley.ann@gmail.com

Healthy People Healthy Communities.

Walk & Talk

Interested in getting some physical and social activity? Join us for a **WALK & TALK** Every Thursday at 10 am (rain or shine)
Dr. Kingston Community Health Centre *40 School Road, L'Ardoise - Everyone welcome
*Nordic walking poles available
For more information please contact:
Seniors' Safety & Social Inclusion Coordinator
Michele Mac Phee
[902-587-2800](tel:9025872800) ext: 5
seniorsafetycoordinator.dkmchc@gmail.com

Helping Hands Community Garden

Helping Hands Community Garden is growing for it's second year! Located on the lawn of the Richmond Villa, the garden is open to anyone who may wish to stop in and enjoy it. Our group has added four new raised boxes this year, and fencing to keep out the four-legged critters.

Did you know the health benefits of gardening are nearly endless? Getting involved in gardening can increase your physical activity, reduce stress, improve well being, increase access to nutritious foods and lessen you carbon foot print. Community gardening is a great way to give back to your community, learn new skills, and gain confidence while meeting new people. Last year Helping Hands Community Garden was able to donate much of it's yield, and hope to continue to do so this year and possibly try a harvest meal. We could use your help! Find us on Facebook [@helpinghandscommunitygardenclub](https://www.facebook.com/helpinghandscommunitygardenclub), or by email helpinghandscommunitygarden@gmail.com or call the Health Center at [902-587-2800](tel:9025872800) for more information.



PHC Dietician – Shelley Leblanc

Summer is the season for picnic lunches and family fun! It is important to keep in mind food safety during the summer months.

Store

- Don't keep food at room temperature for more than one hour on hot summer days
- Keep perishable foods cold in a cooler filled with ice packs
- Keep the cooler out of direct sunlight and avoid opening it too often
- Marinate meat in the refrigerator or in a cooler filled with ice--not on the counter.

Cook

- Bacteria are killed by heat. Raw meat, poultry, and seafood must be cooked to a **safe internal temperature** to eliminate harmful bacteria. Check the temperature of meat that you are cooking on the barbecue by taking it off the grill and placing it on a clean plate.
- Inset the digital food thermometer through the thickest part or piece of meat.
 - For hamburgers, insert the digital food thermometer through the side of the patty, all the way to the middle. Make sure to check each patty.
 - Always clean your digital food thermometer in warm, soapy water between temperature readings to avoid cross-contamination.

<https://www.canada.ca/en/health-canada/services/seasonal-food-safety/summer-food-safety-tips.html>

Shelley is taking appointments weekly on Tuesday mornings at Dr. Kingston Memorial Community Health Centre. Bookings can be made by calling 902-587-2800.

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.



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