



Hants Shore Community Health Centre

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April 2019 - The Health Centre will be closed for Good Friday April 19th, and Easter Monday, April 22nd, 2019

Choosing Wisely - Taking Medicines Safely- A dose is the amount of medicine you take each time. You may take several doses in one day. It is very important to take the right dose, especially for children.

Don't use a kitchen spoon - It is more precise to use millilitres.

Avoid an Overdose - Slightly too much of an over-the-counter medicine may not cause harm to an adult, for children it is very important to give exactly the amount of medicine recommended or prescribed. Even a little too much medicine can be harmful to children as they weigh less than adults. An overdose can cause serious problems, even death.

Use the dosing device that comes with the medicine - most liquid medicines come with an oral syringe or a small cup, if one is not included with your prescription ask the pharmacist for a cup or syringe so you can measure accurately. If your prescription calls for teaspoons or tablespoons, ask your doctor or pharmacist to give you the dosage in millilitres. Make sure you know how much medicine to give/take and how often. Ask your pharmacist to show you how to measure the medicine correctly if you are not sure or for over-the-counter medicines, call the help line on the package.

You can call the IWK Poison Centre - You can call 1-800-565-8161 for advice and help. Keep this phone number handy to call immediately in case of an accidental overdose.

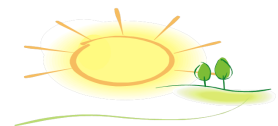
Health Centre News - Please be advised that we are changing our electronic medical record system (Nightingale to Med Access) as the Nightingale platform will be retired at the end of 2019. You can expect interruptions to our office hours as we prepare for the transition and to allow for training to learn to navigate the new system. We will advertise scheduled interruptions in the May newsletter and on our Facebook page as they are determined. We thank you for your understanding as we navigate this process.

2019 Arnold Gallagher Bursary

Applications are now being accepted for 2019. Application forms are available at the Health Centre and soon on our website and Facebook page. Please contact Kim at the Health Centre for more information. The deadline is 4pm May 10th, 2018

Thank you Telus for the grant to start our Learning for Life Youth programs

Thank you West Hants Uniacke Community Health Board for the grant to host our cooking for Health program in Walton



Hants Shore Health Association Fundraiser Mother's Day Basket

The Hants Shore Health Association will be selling tickets on a Mother's Day basket as part of ongoing fundraising efforts for the maintenance and upkeep of the building and grounds.

Tickets will be on sale soon at Health Centre and through various businesses and board members.

If you are interested in helping out with this fundraiser either by donating new product or by selling tickets, please contact Ginette Banville at 902-633-2224 or call the Health Centre 902-633-2110.

Tickets will cost \$2 each or 3/\$5, draw will take place Friday, May 19th at the Hants Shore Community Health Centre

Yoga and Strengthening Evening Class -Yoga Hen

Dr. Arthur Hines School

Starts on April 17th, for 6 weeks.

Every Wednesday Evening from 6 to 7pm. This 6 week program costs \$30/person. Payment will be taken on the first day. Please register by calling 902-633-2110 or email programs@hschr.ca by April 1st. Wear comfortable clothing, bring water and a mat

<p align="center">BENEFIT JAM for Tim Jacoy Saturday, April 13th, from 1 – 4pm Centre Burlington Hall - Donation at the Door Featuring: Nancy & Blake Bowman and Many Others 50/50, Bake Table, Cake Raffle, Pie Auction, Canteen</p> <p>Timmy was in an accident and his car was written off. He's volunteered at many community events to help others. Now let's raise some money so he can get back on the road.</p> <p align="center">For further information call: David 902-757-2008 or Sandie 902-528-2940</p>	<p align="center"><u>Summerville Fire Department</u> AUCTION/NICKEL AUCTION</p> <p><u>Saturday, May 4, 2019</u> at the Summerville Fire Hall Viewing from 4 to 5pm and Auction starts at 5 pm. New and slightly used items. For pickup please call 902-633-2680. Pick up will be after April 29th, 2019. Canteen will be available and 50/50. Proceeds will go toward a department gear washer and dryer.</p> <p><u>Saturday, March 30th</u> - Fish Supper and Jam Session at the Summerville Fire Hall, 4 to 6pm and jam until 7 pm.</p>
<p align="center"><u>Dr. Arthur Hines School</u> <u>Vesey's Fundraiser</u></p> <p>The Edible Garden and Healthy Lunch program at Dr. Arthur Hines School will be doing a Vesey's bulbs fundraiser starting March 25th. All orders need to be in by April 10th. Anyone interested in purchasing seeds through the fundraiser can do so with students and staff at Dr. Arthur Hines School or the Health Centre. Cheques should be made payable to Dr. Arthur Hines School. Orders will be shipped mid-May to the school.</p>	<p align="center"><u>Walton Fire Hall</u></p> <p><u>Sunday, March 31st - Nickel Auction</u> - Viewing at 12:30pm, draw starts at 2:00 pm. All new items and baked goods.</p> <p><u>Friday, April 12th- Paint Night with Amanda Taylor</u> Starts at 7pm, cost \$35.00/person. All supplies included. To register or for more information please call; Mavis Aza at 902-528-2608 or Alice at 902-528-2173 by April 9th.</p> <p><u>Sunday, April 14th - Merchandise Bingo</u> - Starts 1:00 pm. Canteen will be available and Toonie Pot is over \$300</p>
<p align="center"><u>Centre Burlington Hall</u></p> <p><u>Jam Sessions</u> – every Sunday night! Shared lunch. 7-9pm. Free will offering. Proceeds to Hall maintenance.</p> <p><u>Saturday, April 13th</u> - from 1-4pm BENEFIT JAM (by donation) for Tim Jacoy. 50/50, Bake Table, Cake Raffle, Canteen. For further information call: David - 902-757-2008, or Sandie 902-528-2940.</p>	<p align="center"><u>Citizen Action to Protect the Environment (CAPE)</u></p> <p>CAPE will hold its next meeting on Thursday, April 11th, at 7 pm, at The Flying Apron in Summerville. New information has recently confirmed health concerns about using glyphosate products, such as herbicides Roundup and Vision. In March a federal jury in San Francisco ruled that the herbicide, Roundup, was a substantial factor in causing a man's cancer: https://www.nationofchange.org/2019/03/20/jury-finds-monsantos-roundup-weed-killer-contributed-to-mans-cancer/</p> <p>Another recent article (March 21/19) describes how many of us may be unaware that we are indirectly supporting fracking in Colorado and also the health consequences for children in that state: https://www.thecoast.ca/halifax/how-your-paycheque-supports-fracking-in-colorado/Content?oid=21027311</p> <p>In addition to concerns re herbicide spraying, and fracking news, agenda items for our meeting will include: Climate Change issues such as Water Protectors vs. Alton Gas storage activities and local coastal strategies. New members are always welcome at CAPE meetings. For info, call 902-633- 2513 or 902-633-2108.</p>
<p align="center"><u>The East Walton Community Hall</u></p> <p>Sunday, April 14th – Ticket Auction – viewing at 1pm, auction starts at 2pm</p>	
<p align="center">Caregivers & Tots Fitness</p> <p>Prenatal, Postnatal, & low impact friendly exercise. Babies & toddlers welcome! Open to Parents, Caregivers, Grand- parents.</p> <p align="center">Cost: \$30/caregiver</p> <p>Wednesdays (6 week program), May 1- June 5, 2019 You pick your location:</p> <p>9:30am-10:15am - Hants Shore at Hants Shore Community Health Centre</p> <p>12:15-1:30pm - Windsor at Family Resource Centre of West Hants</p> <p>2:30-3:15pm - Hantsport at School Street Studio Glass</p> <p>To Register: Drop into West Hants Municipal Office, 76 Morison Dr. Monday-Friday (8:30am-4:30pm) before April 26th, 2019</p>	
<p align="center"><u>May 2019 Newsletter Deadline</u></p> <p align="center">Ensure all submissions for our May newsletter are received by noon on April 22nd, 2019. Email submissions to programs@hschc.ca, fax (902) 633-2332 or drop off information at the Health Centre.</p>	