



**Drop-in Pfizer Vaccine Clinic
 For Everybody Ages 5+**

Our Health Centre

3769 Nova Scotia Trunk 3, Chester

Wednesday, May 11 from 10 a.m. - 2 p.m.

Offering all doses to those who are eligible.
 Please bring your health card number and ID if you have it.

Due to limited space, we ask that only one support person accompany each child.

Nervous about needles? Let us know. We are ready to help.

Vaccine outreach clinics are healthcare environments. Masks are required.

Walk-in Clinic Schedule for MAY 2022

902-273-2098

Schedule Is Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 5:00 pm to 9:00pm	5 9:00 am to 1:00 pm 5:00 pm to 8:00 pm (Telehealth Only 5-8)	6 9:00 am to 2:00 pm	7 CLOSED
8 CLOSED	9 CLOSED	10 CLOSED	11 5:00 pm to 9:00pm	12 9:00 am to 1:00 pm 5:00 pm to 8:00 pm (Telehealth Only 5-8)	13 9:00 am to 2:00 pm	14 9:00 am to 1:00 pm
15 CLOSED	16 CLOSED	17 CLOSED	18 5:00 pm to 9:00pm	19 9:00 am to 1:00 pm 5:00 pm to 8:00 pm (Telehealth Only 5-8)	20 9:00 am to 2:00 pm	21 CLOSED
22 CLOSED	23 CLOSED	24 CLOSED	25 5:00 pm to 9:00pm	26 9:00 am to 1:00 pm 5:00 pm to 8:00 pm (Telehealth Only 5-8)	27 9:00 am to 2:00 pm	28 9:00 am to 1:00 pm
29 CLOSED	30 CLOSED	31 CLOSED				

PLEASE do not come to second floor walk-in clinic if you do not have an appointment.

Call 1-902-273-2098 to make a same day appointment; pre-booking is no longer available

You must wear a mask – please bring one with you.

Admin office 902-275-3847 lburch@ourhealthcentre.ca

Walk-in clinic 902-273-2098

Address: 3769 Hwy #3 PO Box 74, Chester NS B0J 1J0

Invisible Champions Award

On Friday April 29th the Invisible Champions Awards, sponsored by the United Way and the Bhayana Family Foundation and supported by the Impact Organizations of Nova Scotia (previously the Community Sector Council of Nova Scotia) and the Province of Nova Scotia, celebrated the unsung heroes of social change across Nova Scotia. The ceremony included singing, poetry, drumming and wonderful stories. Bria Miller sketched throughout the event. At the closing her completed graphic was unveiled (see below)

These awards allowed us to shine a light on Cindy Robichaud , OHC’s medical walk-in clinic administrator, and Erin Perry, OHC’s mental health walk-in clinic administrator as they accepted the award on behalf of Our Health Centre . We are very grateful for the way these two women care for the people in our communities !



Erin Perry Cindy Robichaud




This Hour Has 22 Minutes studio



ASSOCIATION PROGRAMS & SERVICES at OHC

Please wear a green mask when you enter OHC



Death Café
Join us for an open and casual discussion about death and dying.
Monday, May 16th 2022 7-9pm
Our Health Centre, Chester
RSVP and information 902 275-3847

Talking about death won't kill you!

Hospice
South Shore Hospice
Palliative Care Society

Thrive – Mental Health Walk-in Clinic

2nd floor

- **FREE 50 minute one-on-one or family sessions every NEW TIME : TUESDAY 3-8 pm.**
- In person, phone, or virtual appointments available with Shauna Van Niekerk
- Call Erin 902-273-2098 anytime after 2 on Tuesdays to make an appointment.

Hearing Life

1st floor/FLEX ROOM 2

- **Every Wednesday 9:00am - 4:30pm.**
- Please call 1-844-504-9296 (toll free) or email info@hearingspecialists.ca to book. Services include hearing tests, hearing aid fitting and repair, hearing aid maintenance and cleaning, custom hearing protection and wax removal. We are now accepting new patients!

Open Mindfulness Group (OMG) via ZOOM

- **FREE: Thursdays 9-10 am**
- Facilitated by experienced mindfulness practitioners ...all welcome!
- Contact Julia Creighton for more information juliamcreighton@gmail.com

Second Story Women's Centre (SSWC).

1st floor/ FLEX ROOM 2

- **Monday afternoons based on availability;** call Nicole to book 1-902-640-3044 X 115.
- FREE: SSWC supports women and gender-oppressed people, provides safer spaces, and advocates for social change. Our vision is gender equity and safe, healthy relationships on the South Shore.

Private Counselling

1st floor / FLEX ROOM 2

- Compassionate Connections Therapeutic & Consulting Services
- Please call Shauna (902) 877-5855 for a brief telephone consultation, or email her at info@compassionate.connectiontherapy.com

Nutrition Counselling

1st floor /FLEX ROOM 2

- **Saturday mornings based on availability** Alana Barry, Registered Dietitian, will be joining us as a visiting provider from "902 Athletics Health & Wellness"
- If you are interested in learning more, or to book an appointment with Alana, you can contact her at alana902dietitian@gmail.com, or by calling her at 902-212-2490.

Textiles & Tea

OHC COMMUNITY ROOM

- **FREE 3-5 pm Friday May 6 & 20; June 3 & 17 ALL WELCOME !**
- *Facilitator: Kathleen Long* is an experienced knitting, spinning and textile instructor who is happy to help, and loves an opportunity to provide a welcoming space to learn ,visit or socialize.

OHC FOUNDATION NEWS



9th Annual Community Yard Sale



Plants available for purchase

Location: **Chester Area Middle School-Gymnasium***
204 Duke Street, Chester

All proceeds go to OHC Foundation

Saturday May 28th

9 am- 2 pm

Rain or Shine

Please drop off gently used items at CAMS on

May 27th 4pm-8pm

****No clothing or stuffed animals****

Questions? Contact - Leo Blaine 902 277 0055

subject to COVID guidelines

Annual Community Check-Up Survey

Thank you to everyone who filled out OHC's annual community survey! Your responses and suggestions are very appreciated, and will help us find solutions for the issues that have been identified as priorities. Survey results have been posted on OHC's website. <https://ourhealthcentre.ca/wp-content/uploads/2021/08/Annual-Community-Check-up-March-2022.pdf>

We welcome your feedback at any time. Please give us a call at 902-275-3847 or 902-273-2283 or use the Compliments/Complaints button on the website.

Here are some answers to some issues that were raised. More Q&A will be featured in the next few issues of the Buzz.

- Q. We want to walk in to the walk-in clinic at OHC, why can't we ?
- A. Since the pandemic started the medical clinic on the second floor has been a "walk-in with appointment" clinic. This allows us to screen for COVID symptoms and keep everyone safe with distancing protocols. For now we will continue this process of booking same day appointments -Cindy starts answering the phone one hour before each walk-in clinic shift. We will re-evaluate once public health restrictions allow. We ask for your patience and kindness when dealing with our staff.
- Q. We don't understand the difference between the medical clinic on the first floor and the medical clinic on the second floor ?
- A. Nova Scotia Health rents space on the first floor for their collaborative care clinic which is called "Chester Community Clinic". The provincial Dept. of Health & Wellness hires the doctors, nurse practitioners, nurses, and support staff for that clinic. OHC supports NS Health in many ways, particularly recruitment, but does not have any role in managing the day to day operations of the first floor clinic. OHC does manage the second floor Medical walk-in Clinic. OHC hires and pays the fee-for-service doctors, nurse practitioners and support staff, purchases the supplies, etc. Currently the walk-in clinic is open 4 or 5 shifts a week. The walk-in clinic space is also used for OHC's Mental Health Walk-in Clinic and is rented out to NSHA for their opioid use disorder clinic.

WHY DO I NEED A BOOSTER SHOT?

Over time protection from the primary series of a COVID-19 mRNA vaccine can decrease.

Booster doses can increase the immune response and help improve protection against COVID-19.

Both the Moderna and Pfizer mRNA COVID-19 vaccines provide enhanced protection against COVID-19 when offered as a booster dose.

HELPFUL LINKS :

1. **COVID -19 self assessment** [Use the self-serve tools to find out if you need a COVID-19 test and then book your test. - Find out if you need a COVID-19 test - Government of Nova Scotia](#)
2. **COVID -19 testing sites in Nova Scotia** [COVID-19 Testing | Nova Scotia Health Authority \(nshealth.ca\)](#)
3. **What do I do if I test positive** [I have tested positive | Nova Scotia Health Authority \(nshealth.ca\)](#)
4. **Living with COVID-19- How to protect myself and others** [Living with COVID-19 - How to Protect Myself and Others | Nova Scotia Health Authority \(nshealth.ca\)](#)

NS HEALTH (NSH) SERVICES at OHC

NS Health Primary Care clinic on the first floor: 1-902-275-4414 PRESS OPTION 2; fax: 1-902-275-5080

- Monday – Friday: 08:30 am – 04:00 pm Phones not answered from 12:00 – 1:00 pm for lunch.
- Clinic is operating in a reduced capacity to help reduce the spread of Covid-19. At this time, we are offering phone and in-person appointments depending on your clinical concern. Thank you for your patience and understanding. Thank you from Drs. Lucas ,Hackshaw ,Finnegan, and Aktar, Nancy LaPierre NP, Sierra Kaizer RN/FPN; Dominique Kwan /Social Worker

NS Health Mental Health & Addiction Services- first & second floors:

- The Opioid Use Disorder Clinic: Self-referral, for more information or to book an appointment call 902-634-8807 ext. 171-3307.
- For other Mental Health & Addictions services please call the Bridgewater office 1-902-543-5400 or the provincial intake line at 1-855-922-1122.

NS Health Continuing Care- second floor:

- If you have questions or concerns, please call the intake line 1-800-225-7225.

NS Health Public Health -second floor:

- Staff will be working from home; if you have questions or concerns, please call 1-902-275-3581; 1-902-634-4014 or 1-902-543-0850

NS Health Blood Clinic -first floor:

- **Thursdays** 7:30 am – 1:00 pm
- **WATER SAMPLES & other specimens must be dropped off by 10:30 am on Thursdays**
- **Call to book: 1-833-998-2722 between 7 a.m. to 5 p.m.- Mon. to Fri.**
- **NS Health is working on the online booking glitch; they hope to have it fixed soon**
<http://www.nshealth.ca/blood-collection>

NS Health Nicotine Addiction Treatment Groups

- 1-on-1 sessions (phone/virtual/in-person) typically for 8 weeks, but can be flexible to meet client needs
- F2F Group on Thursday evenings @ 6pm for 8 weeks (Group is currently suspended due to Covid-19 but that could change soon) Call for details and to register: (902) 527-5083. By engaging in the nicotine programs clients are eligible to receive funding towards their nicotine quit aids (patches, gum, lozenges, mouth spray, inhaler, Zyban & Chempax).

NS Health Diabetic Clinic: first floor:

- Call 1-902-634-7338 to make an appointment and/or to get an update on the return of the Lunenburg Hospital's satellite diabetic clinic to OHC.

If you have concerns or questions for NS Health contact 1-844-884-4177 or email feedback4@nshealth.ca

*For trusted, everyday health information and advice, call the NSHealth 811 line to speak to a registered nurse 24 hours a day / 7 days a week. **IF YOU DO NOT HAVE A FAMILY DOCTOR**, please call 811, or visit <https://needafamilypractice.nshealth.ca/> to add your name to the provincial waiting list*

OHC CONTACT INFO

Phone number for admin office 902-275-3847 lburch@ourhealthcentre.ca

Phone number for walk-in clinic 902-273-2098

Address: 3769 Highway #3 PO Box 74 Chester NS B0J1J0

Facebook: [facebook.com/OurHealthCentre](https://www.facebook.com/OurHealthCentre)

Website: ourhealthcentre.ca

Instagram: [ourhealthcentre](https://www.instagram.com/ourhealthcentre) Twitter: [@OurHealthCentre](https://twitter.com/OurHealthCentre)