



Take care of your Body and it Will Take Care of You

Benefits of Healthy Habits

- * Controls weight
- * Improve mood
- * Combats diseases
- * Boosts energy
- * Improves longevity

Community Health Supports

There are many services in Fredericton to help support good physical and mental health, however, they are hard to access if we don't know they exist. This edition of At Home & Beyond includes information about free and inexpensive health services in our community. This is not a complete list: the more you look around and talk to others about what they do to maintain good health, the more services you will find. Be sure to share what you know about service and support options with the At Home & Beyond Program so that we can include your ideas in this resource.

450-2750 (ext. 227)

Keep your body the best it can be, with eating healthy and exercising.

Better health is central to human happiness and well-being. It also makes an important contribution to economic progress, as healthy populations live longer, are more productive, and save more. When we are talking of health, it is not just about a healthy body but also about sound

mental health. Good health can be described as the condition where both our body as well as our mind are functioning properly. The main causes behind poor health conditions are diseases, improper diet, injury, mental stress, lack of hygiene, unhealthy lifestyle, etc



10 Tips to Stay Mentally Healthy

Enjoying mental health means having a sense of wellbeing, being able to function during everyday life and feeling confident to rise to a challenge when the opportunity arises. Just like your physical health, there are actions you can take to increase your mental health. Boost your wellbeing and stay mentally healthy by following a few simple steps.

- 1. Connect with others.** Develop and maintain strong relationships with people around you who will support and enrich your life.
- 2. Take time to enjoy.** Set aside time for activities, hobbies and projects you enjoy. Let yourself be spontaneous and creative when the urge takes you.
- 3. Participate and share interests.** Join a club or group of people who share your interests. Being part of a group of people with a common interest provides a sense of belonging and is good for your mental health.
- 4. Contribute to your community.** Volunteer your time for a cause or issue that you care about.
- 5. Take care of yourself.** Be active and eat well – these help maintain a healthy body. Physical and mental health are closely linked; it's easier to feel good about life if your body feels good.

- 6. Develop a new skill or take on a challenge** to meet a goal. Learning improves your mental fitness, while striving to meet your own goals builds skills and confidence and gives you a sense of progress and achievement.
- 7. Deal with stress.** Be aware of what triggers your stress and how you react. You may be able to avoid some of the triggers and learn to prepare for or manage others.
- 8. Rest and refresh.** Get plenty of sleep. Go to bed at a regular time each day and practice good habits to get better sleep. Sleep restores both your mind and body.
- 9. Notice the here and now.** Take a moment to notice each of your senses each day. Simply 'be' in the moment.
- 10. Ask for help.** The perfect, worry-free life does not exist. Everyone's life journey has bumpy bits and the people around you can help. If you don't get the help you need first off, keep asking until you do.

John Howard

THE JOHN HOWARD SOCIETY OF FREDERICTON
La SOCIÉTÉ JOHN HOWARD DE FREDERICTON

Accessing Services with your Social Development Health Card

The Health Services Program offers a variety of coverage for qualifying individuals: Allergy serum, Convalescent/ Rehab, Dental, Enhance Dental, Hearing Aid, Hyperalimentation, Out of Province Medical/ Hospital, Orthopedic, Ostomy/ Incontinence, Oxygen & Breathing Aids, Prosthetic, Vision and Wheelchair/ Seating. Some services require partial payment from the service user, specifically dental and vision, as such, it is good to know which dentists and optometrist directly bill the Department of Social Development for the services you use. It is also good to know how much you might be expected to pay before seeking services.

Fredericton Dentist who Direct Bill for Social Development Health Card

Dental Care

Oral health is not only important to your appearance and sense of well-being, but also to your overall health. Cavities and gum disease may contribute to many serious conditions, such as diabetes and respiratory diseases. Untreated cavities can also be painful and lead to serious infections.

The following dentists are accepting new patients, including those who are part of the New Brunswick social assistance health card program. All clinics require patients to show their health card, with valid expiry date, and an indicator of dental coverage. These dentists will do direct billing to the social assistance program for patients with dental benefits on a valid health card (patients do not have to pay up front costs).

Dr. Peter Currie
(506) 446-3300

Dr. Meghan Dicks
(506) 999-3368

Dr. Barry Bower
(506) 455-8660

Brookside Dental Clinic
(506) 452-1985

Dr. Cairns & Stymiest
(506) 458-9583

Rowe Dental Center
(506) 261-0576

Dr. Brent Graham
(506) 455-8592

Family Dental Center
(506) 458-0296

Gibson Street Dental Office
(506) 450-4266

Dr. Stephen Woodworth
(506) 446-3002

York Dental Clinic
(506) 451-1085

Dr. Caroline Lubbe-D'Arcy
(506) 454-1230

Dr. Matt Steeves
(506) 454-5105

Carriage Place Dental Center
(506) 472-1445

Dr. Joy Graham
(506) 458-8898

Dr. Val Biskupski
(506) 458-8036



CGM Denture Clinic
(506) 458-1590

Chedore Denture Clinic
(506) 357-3111

Fit Right Denture Clinic

Denturist who Direct Bill for Health Card

These denturists are accepting new patients, including those who are part of the New Brunswick social assistance Health Card program. All clinics require patients to show their health card, with valid expiry date, and an indicator of dental coverage. Individuals will need approval from social development in order to receive coverage for dentures. There is no cost for initial appointment to see if patient will be approved for coverage. If approved all costs for dentures covered by social development, with the exception of a %30 service fee that the patient must pay, approximately \$114.

Fredericton Optometrists Direct Bill for Health Card

The following optometry clinics are accepting new patients, including those who are part of the New Brunswick social assistance program. All clinics require patients to show their health card, with valid expiry date, and an indicator of optical coverage. There is an up front cost to be paid by clients for service provided (30% of total cost). This ranges from \$20.00-\$30.00 for major eye exams, at the following clinics (one every two years). Additional services vary in price, and can be clarified with individual optometrists.

Dr. Neal Patel
(506) 455-3030

Dr. Richard Lee
(506) 458-1580

Dr. Bill Woolner
(506) 458-1025

Spectrum Vision
(506) 450-8636

Dr. Marisa Blanchard
(506) 459-1222

Bohnsak Steffler Optometrists
(506) 455-2020

Dr. Brian Dairymples
(506) 472-9267

Downtown Optometry Clinic
(506) 454-4000

Health Supports in Fredericton

Downtown Community Health Center

The Fredericton Downtown CHC offers a range of health services including scheduled and unscheduled appointments with a health-care provider, as well as a wide range of diagnostic and support services from the health-care team.

Services

- * Blood work and health screening
- * Blood sugar monitoring, blood pressure monitoring
- * Immunization
- * Nutritional counselling
- * Therapeutic massage

Laundry Services (1 bag/week)

Location Address: Centennial Building, 670 King Street

Hours of Operation: Monday-Friday: 8:30 am to 4:30 pm, with evening hours Tuesday, Wednesday and Thursday.

Drop-in Health Services

Regent Street After Hours Clinic

1015 Regent Street
Fredericton, NB

Monday to Friday: Sign-up sheet is put out at 3:30pm, registration begins at 5:30pm.

There is no phone number for this clinic.

Brookside Mall Walk-In Clinic

435 Brookside Drive
Fredericton, NB

Monday to Friday, 7:30am- 1:30pm

There is no phone number for this clinic.

Dr. Beland Evening Medical Clinic

475 Brookside Drive
Fredericton, NB

Monday, Tuesday and Wednesday, 5pm-8pm

Call (506) 458-5548 from 10am-11:30am and

1:30pm-3:30pm to book a same-day appointment

Mew Maryland After Hours Medical Clinic

636 New Maryland Highway

Monday to Friday

5pm-Full

(506) 458-8927

When you or someone you know requires non-urgent health advice or information, call Tele-Care. A registered nurse will assess your needs and provide information, education, advice about self-care or, advise you to make an appointment with your doctor, go to a clinic, contact a community service or go to a hospital emergency room



Do you want your own FREE Health Coach to help support you in your health goals?

The Live Well Program offers one-on-one coaching and support for people who want to increase confidence and motivation to create long-term lifestyle changes. A Live Well coach can help you prevent type 2 diabetes or help you take steps to manage it. For more information, call: 452-9009



Diabetes Support

Support Group: DECH
Meetings held 4th Tuesday of each month: 7:30 pm
Conference Room A

D-Support

Speak to a trained volunteer over the phone about living and dealing with diabetes.
1-800-226-8464, Option 7

Free and Confidential Prevention

AIDS NB

Offers completely anonymous services.

* Condom distribution

* Needle exchange

* Testing: every other Tuesday 9:00am-10:30am for HIV, HEP C, Syphilis, Gonorrhoea, and Chlamydia. HIV, Hepatitis C, Syphilis, Chlamydia, and Gonorrhoea are all preventative infections. Many STBIs are considered in outbreak status throughout New Brunswick and across Canada.

1-800-561-4009

YMCA Variable Rate Memberships

- * Access to 570 York Street and 605 Cliffe Street (Willie O'Ree Place)
- * Access to YMCA facilities across Canada
- * Group Fitness orientation
- * Personal weight training consultation
- * Discounted program rates of specialty programs
- * Use of squash courts

Variable Rate Memberships-Pay what you can!

Call: (506) 462-3000



Capital Region Mental Health and Addictions



A non profit organization dedicated to providing people in the Capital region the opportunity to enhance their mental health and wellness. They offer advocacy, employment support, activities, support groups, homelessness outreach, certification in suicide prevention/mental first aid, and education.

The CRMHA offers a wide variety of FREE supports; such as:

Emotion's Anonymous is a place to heal with others, instead of alone. In an EA meeting you can share your stress and release it. You can also make natural friends with people going through the same problems as you. You learn that recovery is possible from those who walk it daily. Our goal is for you to leave meetings feeling uplifted and inspired.

CONTACT Jonah, 506-261-3290 FOR EA INQUIRIES

SUICIDE BEREAVEMENT SUPPORT GROUP

Have you or someone you know suffered a loss due to suicide? There is no need to go through it alone. The CRMHA offers a free 6 week support group to help:

CONTACT: 458-1803

Addictions and Mental Health Services



**FREE GOUP & INDIVIDUAL
SUPPORT PROGRAMS**

453-2132

EARLY RECOVERY GROUP: Tuesdays, 10:00 – 11:00 am
First Floor Board Room

ACUPUNCTURE CLINICS

Mondays, 1:00 – 2:00 (Doors open at 12:30)
Fridays, 2:00 – 3:00 (doors open at 1:30)
Reach Activity Room – Ground floor

RECOVERY GROUP

Thursdays, 12:00 – 2:00 – 1st Floor Boardroom
April 30th: Dealing with problems in Recovery
May 7th: Positive thinking
May 14th: Gender issues in recovery
May 21st: Addictive vs. Recovery Thinking
May 28th: Forgiveness
June 4th: Recovery Planning
June 11th: Relapse Prevention

EMOTIONS AND ANGER MANAGEMENT PROGRAMS AT THE JOHN HOWARD SOCIETY OF FREDERICTON

The John Howard Society of Fredericton offers programs to help men and women develop skills to build relaxation, improve stress management and strengthen communication skills. Please call to enquire about the MADE program for men and Understanding Our Emotions for women:



John Howard
THE JOHN HOWARD SOCIETY OF FREDERICTON
La SOCIÉTÉ JOHN HOWARD DE FREDERICTON

Ensemble pour vaincre
la pauvreté
Overcoming
Poverty **Together**
2014-2019



Resources: 10 tips to stay mentally healthy. (2015, January 1). Retrieved April 21, 2015. Health and development. (n.d.). Retrieved April 21, 2015, from <http://www.who.int/hdp/en/>. Eye Health Tips. (n.d.). Department of Health and Human Services. Retrieved April 21, 2015, from <https://www.nei.nih.gov/healthyeyes/eyehealthtips>.