



**NL Health  
Services**

## TIME FOR THE SHOT!



Appointments are available for COVID-19 vaccine and Influenza vaccine.

It is recommended that individuals 6 months of age and older receive an influenza vaccine AND receive a COVID-19 vaccine.

Pharmacists and physicians are also offering Influenza and COVID-19 vaccine. Please contact your local clinic/pharmacy for availability and appointment times.

Some Local Public Health Offices may be offering appointments by phone. If there are no online appointments available in a clinic near you, contact your local public health office for more information.

To book online call 1-833-951-3884 or online at [timefortheshot.ca](https://timefortheshot.ca)

### Client Surveys

- Did you know that we mail out surveys every year in November and April to our clients? These surveys are reviewed by management, and all responses are taken into consideration so that we can continue to provide the exceptional service you deserve.

### Client Advisory Committee

This Committee consists of many professional individuals, community members, clients and family members who will work together to ensure you have the best possible service available. If you have any comments or concerns that you would like discussed in the committee, please contact our office and ask to speak to Eloise Peddle, Client Care Manager or Maxine Avery, HR Specialist.

### Employee Spotlight: Trina Tucker, Office Administrator

We're delighted to shine the spotlight on our office administrator, Trina Tucker! Trina lives in beautiful Bunyan's Cove with her husband and two girls. She has been a valued member of our Total Care team for the past four years. When she's not at work, Trina loves spending time with her girls—whether it's a day of shopping, getting their nails done, or enjoying sunny days out on their boat. You'll often find her out on the water, making the most of every summer day she can.

At the office, Trina is the bright, welcoming face at our front desk, always ready to greet everyone with her warm smile and friendly personality. Her kindness and positive energy make her a joy to work with and a wonderful representative of Total Care.

Thank you, Trina, for all that you do!







## Client Thanksgiving Appreciation Event

This October, we celebrated Thanksgiving with our wonderful clients in both Clarenville and Bonavista areas! The gatherings were filled with warm smiles, laughter and true spirit of gratitude. We are thankful every day for the clients and families who place their trust in us. Thanksgiving reminds us just how special our connections are and how grateful we are to share in these meaningful moments together. From all of us at Total Care – we are thankful for you!

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*Be present in all things and thankful for all things!*

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*What if today, we were just grateful for everything!*



## TOTAL CARE – IN THE COMMUNITY

In September, we were proud to take part in the Relay for Life event held in Bonavista in support of the Canadian Cancer Society. Our team set up a booth offering granola bars, water and helpful information about our home care services to participants and visitors. The event brought together survivors, families, caregivers and community members each with their own story of strength and hope. It was an honour to stand alongside those who have faced cancer, to remember loved ones and to support the ongoing efforts to make a difference in the lives to those affected.



We were please to donate cereal to Random Island Academy in support of their Breakfast Program. We know that a healthy breakfast helps students start their day focused and ready to learn, and we're proud to lend a helping hand to this important initiative. Supporting local schools and the well-being of our community's children reflects what "Because We Care" truly means.



**We attended Apple Fest with our booth full of fun and prizes!**



**Seniors Fair**



**Influenza**

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B	S	U	R	I	V	E	H	I	B
S	S	E	N	L	L	I	D	J	T
X	R	U	N	N	Y	N	O	S	E
C	S	E	N	I	C	C	A	V	H

Wash Hands  
Runny nose  
Illness  
Sick

Influenza  
Immunity  
Virus

Congested  
Vaccines  
Germs

**Planting Goodness in Our Community.**

We're so happy to share that we donated the necessary seeds to help a local church start their community garden! This wonderful project is all about growing healthy food and using the produce for local initiatives such as providing meals as well as Summer Snack Packs.

