

## “Put a Spring in your step!”

*Three out of four people develop serious foot problems as they age - putting their independence and well-being at risk. Your feet can give you an early warning about serious health problems such as diabetes, nerve damage, poor blood circulation and arthritis.*

### **Services Include**

- *Assessment of lower legs, feet and nails*
- *Toe nails trimmed and filed, cream applied and feet massaged to enhance circulation*
- *Treatment of corns, calluses, in-grown toe nails, fungal and thickened toe nails*
- *Education on maintaining foot health and prevention of foot and nail problems*

*\*cost - \$35 per visit*

### **Clinic Locations**

#### **Blandford**

*Every 6 weeks on Tuesdays  
9-1:30PM (2 nurses)  
Sponsored by the Blandford Seasideers.  
Held at Blandford Community Centre  
For appointments  
Phone 471-0661 Edna Norris*

#### **Bridgewater**

*Every Tuesday afternoon  
12 noon - 4PM (2 nurses)  
Held at Senior Citizen Room  
Bridgewater Arena, Churchill and  
Empire Streets  
For appointments  
Phone 624-1897 VON*

#### **Lunenburg**

*Every Friday morning  
9:30 - 12 noon (1 nurse)  
Sponsored by the Fishermen's  
Memorial Hospital Ladies Auxiliary  
Held at Medical/Dental Center,  
Lunenburg  
For appointments  
Phone 634-3064 Joy Saunders*

#### **New Germany**

*Every 2nd Thursday  
9:30 - 12 noon / 1-4PM (1 nurse)  
Held at New Germany Medical  
Center, 100 Varner Road,  
New Germany  
For appointments  
Phone 624-1897 VON*

VON Lunenburg County Site  
1924 Northwest Road  
PO Box 147, Blockhouse,  
Nova Scotia B0J 2E0  
PH: 902-624-1897



CANADA

HEALTH STARTS AT HOME

[www.von.ca](http://www.von.ca)

### **What sets VON Apart**

- Experience
- Quality of service
- Dependability
- Reliability
- Trustworthiness
- Responsiveness
- Community focus
- Integrated approach in service delivery

VON Lunenburg is dedicated to being a leader in the delivery of innovative comprehensive health and social services and to influencing the development of health and social policy in Nova Scotia. We are a national health organization and registered charity offering a wide range of community health care solutions that meet the needs of Canadians from coast to coast and people in your community.

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### **VON Canada Mission Statement:**

*Von, a charity, guided by the principles of primary health care, works in partnership with Canadians for a healthier society through:*

- Leadership in community based care
- Delivery of innovative, comprehensive health and social services.
- Influence in the development of health and social policy

**For more information please contact:**  
Volunteer Services VON Lunenburg County

PH: 902.624-1897 FAX: 902.624-0319  
Email: [leslie.taylor@von.ca](mailto:leslie.taylor@von.ca)



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# VON Foot Care Clinics

**Keeping Lunenburg County  
Residents Mobile**



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# “Put a Spring in your step!”

## The value of Foot Care Clinics

- Have specialty trained nurses who provide hands on medical foot care
- Have your foot care needs assessed
- Receive care that includes clipping, and filing of toe nails
- Receive treatment of corns and calluses, in-grown nails and thickening nails
- Receive care for high risk clients with diabetes, arthritis and circulation problems
- Be provided with health teaching materials and also limb assessments when necessary

## VON commitment to you

VON Lunenburg is committed to promoting and delivering programs for the betterment of health for all persons in Lunenburg County. If you, or anyone you know could use one of the services mentioned in this brochure please contact VON Lunenburg Site at 624-1897 or [leslie.taylor@von.ca](mailto:leslie.taylor@von.ca).

**Call VON Lunenburg at 902.624.1897 to access any of these programs or services.**

- ✓ Donations are gratefully accepted. Your donations will be used to offset operational costs of this service. Tax receipts can be issued upon request for donations of \$10 or more.

## Steps for healthy feet

# 1

### General Health

- Control your glucose levels
- If you smoke - quit.
- Exercise daily as directed by your health care professional

# 2

### Caring for your feet

- Look for signs of redness or blisters on your feet. This shows your shoe may not fit properly.
- Wash your feet daily. Dry well, especially between your toes. Apply a moisturizer to your feet but not between your toes.
- Do not soak your feet.
- If you are unable to reach your toes have a VON health care professional trim them for you.

# 3

### Footwear

- Shake your shoes before you put them on.
- Wear shoes at all times, indoors and out.
- Buy shoes with closed toes as they protect your feet.
- Change your socks every day.
- Buy shoes late in the day as feet tend to swell.
- Have your shoes professionally fitted by a footwear specialist.

Have VON health care professionals check your feet **at least** 1-2 times per year or more if required.

## VON Lunenburg Services

- Adult day program
- Visiting nursing
- Wellness sessions
- Frozen Favorites Meal Program
- Volunteer transportation
- Foot care clinics
- Volunteer Visitations