

## SITE PROFILE – PORT SAUNDERS



### **Rufus Guinchard Health Centre**

P.O. Box 40  
Port Saunders, NL  
AOK 4H0  
Tel. (709) 861-3139

#### **Site Information:**

Rufus Guinchard Health Centre is located in the town of Port Saunders and provides Primary Health Care Services and Long Term Care Services to the Communities of Port Saunders, Port au Choix, Hawkes Bay, River of Ponds, Eddies Cove West, Castors River North and South and Bartletts Harbour for a population of approximately 4000.

The Centre is a 29-bed facility with an allocation of:

- 22 Long Term Care Beds
- 7 Acute Care Beds (which includes 1 palliative care bed)

The Health Services provided include:

- Medical Services
- Nursing Services
- Emergency Care Services (24 hr Coverage)
- Out-Patient Clinics
- Laboratory & Diagnostic Services
- Clinical Dietitian
- Palliative Care
- Social Work Services

- Occupational Therapy (visiting)
- Physiotherapy Services
- Recreation Therapy
- Telehealth Consultations
- Administration Support Staff
- Cafeteria
- Gift Shop
- Pastoral Care
- Pharmacy Service, including Chemotherapy (coordinated through WMRH)
- Support Services (Laundry, Dietary, Medical Records, Materials Management, Housekeeping)

**Location:**

Our tourists can count on incredible photo opportunities of our historical waterfront of individual fishing stages and wharves. For travellers looking for an escape, the town of Port Saunders offers tranquility by the ocean.

During your visit, walk the beautiful Crow Head Walking Trail. Keppel Island is a must-see for an upclose view of the Keppel Lighthouse - which guides boats through the harbour entrance into Port Saunders.

Port Saunders is surrounded by three major salmon rivers. All of which are within 10km of the town.

**Recreation:**

The town of Port Saunders' recreational services include a recreation centre, ball field, children's playground, multi-purpose court, basketball court, skateboard ramp and beautiful hiking trails. The regional arena (ice rink) is located in Port au Choix (9 kms north).

**Restaurants:**

**Fisherman's Dock Restaurant**

Tel: (709) 861-3320

15 Marine Drive

PO Box 270

Port Saunders, NL A0K 4H0

**Churches:**

**St. John The Divine Anglican Church**

Tel: (709) 248-5351

1 Church of England Road

PO Box 19

Port Saunders, NL A0K 4Z0

**Convenience Stores:****Harbourside Convenience**

Tel: (709) 861-3688

**Shoreline Convenience**

Tel: (709) 861-4111

91 Main Street

PO Box 76

Port Saunders, NL A0K 4H0

**Miscellaneous Stores:****House's Liquor Store**

Tel: (709) 861-3480

PO Box 15

Port Saunders, NL A0K 4H0

**Kids First Family Resource Centre**

Tel: (709) 861-4047

138 Main Street

PO Box 230

Port Saunders, NL A0K 4H0

Email: [kidsfirst@persona.ca](mailto:kidsfirst@persona.ca)

Website: [www.literacynl.com](http://www.literacynl.com)

**Library**

Hours: Mon thru Wed. 5:30-9:30pm, Thurs. 6-9pm

Tel: (709) 861-3690

Located on Main Street

**Newfoundland Liquor Corporation**

Tel: (709) 458-3480

**Eastlink**

P.O. Box 8660, Stn. A

6080 Young Street 8th Floor

111 Main Street South

Halifax, NS B3K 5M3

**Eagle River Credit Union**

Tel: (709) 861-9188 Fax: (709) 861-9189

**Canada Post Corporation (Post Office)**

Open M-F 8:30am - 5pm (closed 1-2pm)

Port Saunders - Tel: (709) 861-2177

Port au Choix - Tel: (709) 861-3818

**Bell Aliant**

1 Germain St 5th Floor  
P.O. Box 5030  
Saint John, NB E2L 4L4

**Smallwoods Pharmacy**

Tel: (709) 861-3520 Fax: (709) 861-3628  
PO Box 33  
Port Saunders, NL A0K 4H0

**Bed & Breakfasts:****Ocean Spray Bed & Breakfast**

Tel: (709) 861-9108 or (709) 660-3729  
146 Main Street  
PO Box 315  
Port Saunders, NL A0K 4H0  
Host: Cathy Patey  
Email: [catdalon@hotmail.com](mailto:catdalon@hotmail.com)

**Attractions:****Crow Head Walking Trail:**

This trail connects with the Demonstration Forest Trail. 7km of scenic trail. View Keppel Island Lighthouse.

**Demonstration Forest Trail:**

The trail was built by students in summer programs in the past three years. The trail is a demonstration of the different types of trees that grow in Newfoundland.

**Keppel Island Lighthouse:**

This lighthouse was a kerosene burning lighthouse when it was first built in 1901.

**Port Saunders Scenic Boardwalk:**

This path offers a great walking trail as well as spectacular scenery.

**Salmon Rivers:**

Port Saunders is surrounded by three major salmon rivers all of which are within 10km of the town.

**Waterfront Area:**

Our tourists can count on incredible photo opportunities of our historical waterfront of individual fishing stages and wharves.

**Student accommodations:**

A shared residence is available which includes a shared living room, bathroom and kitchen. The kitchen is a fully functional kitchen with all of the standards ie. Coffee maker, microwave, dishes and cutlery. Laundry facilities are available at this location.

**Regional Memorial Contact:**

Ms. Lavinia Chin  
Academic Program Administrator for Western Region  
Rural Medical Education Network, Faculty of Medicine  
Memorial University  
347 O'Connell Drive  
Corner Brook, NL  
A2H 6J7

**Contact Person:**

Paulette Lavers (709) 861-3139 ext 211  
Email: [paulettelavers@westernhealth.nl.ca](mailto:paulettelavers@westernhealth.nl.ca)

Family accommodations, as well as, pet friendly accommodations are available.

All accommodations have wireless internet and phone.

Upon your arrival you can go to the main entrance of the hospital, proceed to the nursing station there and pick up the keys to your housing.

Meals are available in the cafeteria at regular cafeteria prices, with the cafeteria hours being from 9:30 am to 6:30 p.m. daily.

For more information on the Town of Port Saunders please refer to the following link:

<http://www.townofportsaunders.ca/>

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 **Office of Student Affairs**  
Faculty of Medicine, Memorial University of Newfoundland

Updated: April 30, 2013