

## SITE PROFILE – ARNOLD’S COVE

### Information about the clinic

Dr. Geoffrey Fowlow has a sole practice located at 155–157 Main Road, C.M.D. Building, Arnold’s Cove. Dr. Fowlow has been practicing for over 30 years in the community. The practice is the first business as you drive into Arnold’s Cove and it is located on the left hand side in the same building as the pharmacy.

The closest emergency room is approximately a 30 minute drive to the Dr. G. B. Cross Memorial Hospital, Clarenville. The Dr. G. B. Cross Memorial Hospital is a category A hospital that has 47 acute care beds, 42 long-term care beds, and two respite care beds. The long term care patients are located in the Dr. Albert O’Mahony Manor. This is a long term care facility that is attached to the hospital. Services also include: anesthesia, chemotherapy, family practice, general surgery, gynecology, obstetrics, ICU/Cardiac, internal medicine, laboratory, palliative care, pathology, pediatrics, psychiatry, radiology, respiratory therapy, ultrasonography and 24-hour emergency. Other services include nursing, nutritional, pharmacy, physiotherapy, occupational therapy, pastoral care, social work, diabetic education and speech language pathology. Visiting clinics include: neurology and ophthalmology.

### Community Information

General Information about Arnold’s Cove can be found at:

- 1) <http://www.townofarnoldscove.com/index.php>
- 2) [http://en.wikipedia.org/wiki/Arnold's\\_Cove](http://en.wikipedia.org/wiki/Arnold's_Cove)
- 3) [www.youtube.com/watch?v=rsaq\\_5tpcWU](http://www.youtube.com/watch?v=rsaq_5tpcWU)

Arnold’s Cove has a population of just over 1000 people. It is known as the Economic Hub of the Isthmus, and service centre for the people of the Avalon region. It is the gateway to Arnold’s Cove Bay in terms of shipping and refining, the fishing industry, and boat charters. The three ports near Arnold’s Cove are among the deepest natural ports in the world. The Bull Arm Construction site, the North Atlantic Refining Ltd. oil refinery and the Newfoundland Transshipment Terminal are all within arm’s reach. The town is a 1.5 hour drive from St. John’s, a 30 minute drive to Clarenville and a 1 hour’s drive to the Argentia Ferry to Nova Scotia.

There are 2 grocery stores in the community. They are: Arnold’s Cove Foodland and V & M Discount. The Ultramar Gas Bar has a convenience store. There is no 24 hour convenience or grocery stores. Scotiabank is located in the community and is open several days each week. There is an ATM machine. A listing of all businesses in Arnold’s Cove is available under “Businesses” on the Town of Arnold’s Cove web site (see web site link #1 above). The sole restaurant is the Tanker Inn.

Recreation facilities include:

- ~ A fenced, fully-equipped playground
- ~ Regulation-size ball field
- ~ Regulation-size outdoor rink
- ~ Recreational building fully equipped to entertain youth
- ~ The Wellness Centre
- ~ Nearby golfing, family camping, skiing (downhill and cross-country), salmon fishing, trout, sea kayaking and guided services for coastal hiking; all close to the Newfoundland Trailway

## **Transportation, Accommodations, Orientation and Other Relevant Information**

There is no public transit in Arnold's Cove. Riverside Taxi is the local service and they can be reached by calling: 709.463.2368: If you require transportation from St. John's to Clarenville, please call Marsh's Taxi at 709-747-2225. Marsh's Taxi is actually a van that travels to and from St. John's daily. Discuss with them a pick up location and time. DRL Coachline travels across NL daily. They can be reached by calling: 709-263-2171. Their schedules and fares prices are available from their web site at: <http://www.drl-lr.com/contact/>.

Wear your name tag at all times while in the clinic. No aftershave, perfume or scented deodorants are permitted.

As a medical student / resident you have already received an Eastern Health orientation in St. John's. As a result, medical students and residents are not required to redo the orientation while training elsewhere in the rural Eastern Region.

Directly contact your preceptor to discuss the time you should arrive at the clinic on your first day and what time you will meet him. He or his staff will orient you to the clinic. Your St. John's Meditech passcode will work in the clinic.

It is recommended that you bring your lunch with you.

### **Contact Information**

**Susan Carberry** (Dr. Fowlow's assistant)

C.M.D. Building

P. O. Box 220

Arnold's Cove, NL A0B 1A0

Telephone: 709-463-2603

Fax: 709-463-2089

**Dr. Geoffrey Fowlow**

C.M.D. Building

P. O. Box 220

Arnold's Cove, NL A0B 1A0

Telephone: 709-463-2603

Fax: 709-463-2089

Email: [gfnfowlow@nf.aibn.com](mailto:gfnfowlow@nf.aibn.com)

### **Directions from St. John's to Arnold's Cove**

Directions (as per Google Maps) from New Gower Street, St. John's to Arnold's Cove, NL:

1. Start out going south on New Gower St/HWY-60 toward Queen St. Continue to follow New Gower St. - 0.7 km
2. New Gower St becomes HWY-2 W/Pitts Memorial Dr. - 14.4 km
3. Merge onto HWY-1 W/Trans Canada Hwy W toward Clarenville/Gander. - 126.1 km
4. Take EXIT 26A toward Arnold's Cove/Refinery Road. - 0.5 km
5. Turn left. If you reach HWY-1 you've gone about 0.4 kilometers too far - 0.6 km
6. Turn left. - 0.9 km
7. Stay straight to go onto Main Rd. - 1.3 km
8. Welcome to ARNOLD'S COVE. If you reach Whiffens Head Rd you've gone about 0.3 kilometers too far



**Office of Student Affairs** – Toll Free Number: 1-877-794-9740

The toll free number with the Office of Student Affairs, MUN is specifically for people studying / doing rotations anywhere in rural NL or Canada.

### **Rural Medical Education Network**

The information contained in this site profile has been compiled by Cassandra Ingram, Academic Program Administrator, Rural Eastern Region. If you have further questions / concerns, please contact her by email at [Cassandra.ingram@med.mun.ca](mailto:Cassandra.ingram@med.mun.ca) or telephone at 709-466-7560.

The Rural Medical Education Network is a division of the Faculty of Medicine. The website is: <http://www.med.mun.ca/RMEN/Home.aspx>.