

Focus

Saskatoon
Community
Clinic

"Your Health
Care Co-op"



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Annual Meeting Report

CHSA Experiences Year of Growth

By Laurie Stone, Membership Development Co-ordinator

The past year has been one of challenges, growth and exciting new opportunities for the Saskatoon Community Clinic. Members and guests learned about the past year's achievements and future plans at the annual meeting held June 13th, 2007 at Mayfair United Church.

During the past year, CHSA has been engaged in significant planning related to our Westside Clinic. The growth of Westside Clinic and the need for more space has resulted in the development of a partnership with Station 20 West, a new multi-organization development in the inner city, said CHSA President Cheryl Loadman, who gave the board of directors' report. Westside Clinic will continue to offer primary health care services and innovative client-centred programming in partnership with the community including the Saskatoon Health Region, the University of Saskatchewan Colleges of Medicine and Dentistry and other community based organizations.

The Clinic is also making it a priority to refocus existing resources and to acquire new resources to expand services to at-risk impoverished persons living in Saskatoon's inner city who have poor access to the primary health care they need. A 2006 Saskatoon health region study clearly demonstrated that those who live in poverty experience more disease and overall poorer health than those who are wealthier.

Accordingly, physician services at Westside Clinic have been increased from .9 full time doctors to 1.4 said President Loadman. Staff time from other disciplines, such as nutrition, has also been increased to help address the need to prevent and manage chronic diseases in the inner city. CHSA is lobbying the provincial government and the Saskatoon Health Region for additional resources to double the service capacity of Westside Clinic.

CHSA has continued to advocate for a provincial poverty reduction strategy, increases in social assistance rates and health and social improvements in low-income

neighborhoods through letter writing and meetings with provincial MLAs and government officials. While this did result in some funding increases in the last provincial budget, CHSA will continue to advocate for increased support for those living in poverty, explained President Loadman. Another major advocacy project has been in the area of pedestrian safety. Our members were surveyed, a comprehensive brief was developed for the City of Saskatoon's traffic safety committee and meetings planned with SGI and the City Police.

Administrator, Patrick Lapointe, outlined the past year of operations. Compared with last year, CHSA had an 82% increase in the number of new clients seen, from 941 to 1,720. The discrete count, which is the number of individual clients seen in the last year, has also increased by 6.3%, from 11,769 to 12,515.

Other highlights from the Administrator's report:

- The Clinic is making significant improvements in the prevention and management of diabetes and



Stewart Coburn, left, son of Frank Coburn, and Betsy Bury, centre, present a plaque commemorating Dr. Frank Coburn to CHSA President Cheryl Loadman.

cardiovascular disease through the Saskatchewan Health Quality Council chronic disease management collaborative. The multi-disciplinary team is working individually with over 700 clients with these conditions, utilizing best practice knowledge gained through the collaborative.

- Our clients continue to rate Clinic care as excellent through their responses to the General Practice Assessment Questionnaire administered during the past year.
- The pharmacy had a good year - increasing the volume of prescriptions they filled and their revenues by 7% and providing a profit of \$36,500 in their operations. The staff in the department put out a high volume of prescriptions, working efficiently out of a very small space. They will very much welcome the planned pharmacy expansion.
- We continue to have effective working relations with the Saskatoon Health Region. This year we have partnered with them to expand diabetes prevention and management of services to Saskatoon's Aboriginal population. We are also working closely with them on the Station 20 West development, the Awasis KidsFirst home visiting program, the development of a midwifery service for the health region and the introduction of nurse practitioner services in Delisle.
- CHSA ended the 2006/07 fiscal year with a small operating surplus of about \$9,000 before depreciation expenses, said Patrick Lapointe. "It is expected there will be a similar small surplus in 2007/08 as we try to focus as much of our resources as possible on direct client care," he said.
- CHSA continues to lobby the provincial government for pay increases for staff. Although unionized staff received pay increases to 94% of health region salaries through a pay equity program, there were no additional funds made available for management staff. This is a serious issue for the organization as it is necessary to continually re-allocate funds that could be used to address service needs to support these costs, explained Patrick Lapointe. "The organization continues to lobby the provincial government for funding increases to pay all of our employees at 100% of wages earned by health region staff working in similar positions so we can effectively recruit and retain staff," he said.

In other business, members at the annual meeting vigorously put forward and debated four resolutions. In summary, they are:

- revising the CHSA vision statement to "Healthy individuals in a healthy and safe community"
- asking the provincial government to encourage pedestrian safety improvements

- opposing TILMA
- advocating for improved measures to safeguard the Canadian food supply.

The full text of the resolutions can be viewed on our website at www.saskatooncommunityclinic.ca. Click on 'Advocacy' and then 'Resolutions.'

CHSA members also welcomed three new board members and returned two incumbents in elections. Welcome to new board members Valerie Arnault-Pelletier, Michael Chartier and Melanie Medlicott. Congratulations to returning board members Gary Beaudin and Peggy Macleod.

Departing board members Roger Herman, Doug Racine and Mark Lemstra were thanked for their service and dedication to CHSA.

Carla Atherton and Grace Milashenko were re-elected to the Focus Editorial Committee.

A tribute to the late Dr. Frank Coburn took place as Betsy Bury, retired Member Relations Officer, and Stewart Coburn, Frank's son, presented the clinic with a memorial plaque honouring Dr. Coburn's significant contribution to the community clinic and as a friend of medicare. The plaque is on permanent display in the area adjacent to the front reception area at the main clinic.

Members, staff and board members were thanked for their support during the past year and draws were held for door prizes donated by Rob Newman, The Co-operators; Printwest; Flowers Cory Park; Bills House of Flowers; Western Business Machines; and Barracuda.



CHSA Anniversary Quilt Winners

CHSA Handicraft Club President Sheila Finnestad, right, presents the 2007 Anniversary Quilt to Reid and Darcie McGonigle, above, and their son William, born July 5, 2007. Each year the Handicraft Club makes a quilt which is given to the clinic baby born closest to CHSA's July 4th Anniversary date. Thank you to club member and quilter Shirley Wilmot for her beautiful handiwork.

Citizen Participation Partnership Project – How does the Community Clinic Compare?

By Ingrid Larson, Membership Director

The Board of Directors has received the results of a research project, initiated in 2001, The Citizen Participation Partnership Study. The study compared citizen participation in 17 community health centres in eight Canadian provinces, including citizen participation in our Clinic. The team of researchers, led by John Church, PhD., of the Centre for Health Promotion, University of Alberta had the following research objectives:

- To conduct case studies comparing the nature and extent of citizen participation in community health centres;
- To analyze the relationship between citizen capacity to participate and organizational capacity;
- To assess the impact of regional structures and processes on citizen participation in CHC decision making; and
- To identify facilitators and barriers to citizen participation in community health centres.

The Saskatoon Community Clinic's results were very positive. As John Church noted in his report to the Board of Directors, "your clinic would be one of the top three in Canada in regards to citizen participation and is worthy of further study and promotion. Your community based co-operative model clearly works for engaging citizens in primary health care." The study included focus groups, interviews and the distribution of questionnaires to clients, volunteers, board members, administrative and health professional staff and community partners.

In his remarks, he explained that the Community Clinic has formal structures such as the Member Relations Department, seniors advisory council, members meetings and active Board and member committees that facilitate

active, on-going participation of clients and members. These structures are very important in facilitating on-going communication between the members, the Board and the community. The members and volunteers involved in the study expressed a high sense of ownership of the organization and indicated that the Clinic had, in many cases, allowed them to make important positive changes in their personal lives.

The study also showed that the longevity of staff and volunteers has ensured continuity in the values and vision of the Community Clinic. "The net result of the history and values of the Saskatoon Community Clinic is well developed formal structures and processes based on democratic principles. Of particular note are well-developed, participative mechanisms for policy advocacy and a strong record of advocating on broad health and social issues."

Some challenges were raised. For example, there is a need to renew the volunteer base. Many of the current volunteers have been with the Clinic for several decades, some stretching back to the beginning of the Clinic, resulting in a dwindling volunteer base. New younger families have not been as committed to volunteering and participating in the organization. In addition, there is a need to ensure that our Board and committees are representative of the community which the Clinic serves, including minority groups and persons of Aboriginal background.

Thank you to all members and staff who participated in this study. A copy of the national study is available on-line: <http://chps.ualberta.ca/>. For further information please contact Ingrid Larson at 664-4243.

Live Well™ with Chronic Conditions

The Clinic is again offering Live Well™ with Chronic Conditions: The Stanford Chronic Disease Self-Management Program. This program provides practical suggestions and support to build confidence in coping with the everyday challenges of a chronic condition.

Live Well™ is for caregivers and/or individuals who have chronic health conditions such as: chronic pain, arthritis, heart disease, chronic lung disease, Parkinson's disease, stroke/spinal cord injury, osteoporosis, Multiple Sclerosis, and kidney disease. This free six week program is led by two trained leaders. You will learn to take control of your chronic illness by using skills such as: symptom management, communication skills, relaxation techniques, goal setting and problem solving.

The program will take place at the Saskatoon Community Clinic Annex, located at 424 1st Ave. N. The sessions will be held: **Monday afternoons 1:30 – 4 p.m. September 17th - October 29th, 2007 (excluding October 8th)**

If you would like to register for the program or require further information please contact Trudy Myers, Director of Physical Therapy at 664-4260.

What is mind/body medicine? *(Part 1 in a two part series)*

By Louise Gagné, Family Physician

Dr. Louise Gagné is a family physician at the Community Clinic. She has completed a two year fellowship in integrative medicine through the University of Arizona.

Many people downplay the effects that stress may have on their health, even though it is estimated that 2/3rds of visits to family doctors are in some way related to stress. We use expressions such as 'maybe it's just stress' in response to an increased frequency of headaches or fatigue. We all know about stress, but consider it just part of everyday life - the cost of doing business. Stress is not considered 'real' in the same way that heart disease or a broken leg is real. Stress is something we are expected to just live with and keep on smiling. It is believed to exist in the head, not the body.

But researchers who study stress physiology have known for years that stress causes very real things to happen in the body. Messages that influence every cell in the body are constantly traveling back and forth via the nervous system and our hormone producing glands. To understand how this happens, we need to know some basic facts about the autonomic or involuntary nervous system. There are two major branches of the involuntary nervous system: the sympathetic and the parasympathetic. The stress response involves activation of the sympathetic nervous system and is designed for short term emergencies. It is an ancient 'hard wired' response that is critical for our survival. Since primitive times, the stress response has been there to help us fight against an attack (e.g. a saber toothed tiger) or flee from danger. The stresses of modern life may be caused by exams, financial pressures, divorce, or long commutes on crowded freeways; but we have only one stress response – one that was designed to prepare us to physically fight or run.

So what happens in the body when we feel stressed for any reason? Our heart rate and blood pressure shoot up and blood flow is preferentially diverted to our large muscles. Blood sugar and blood fats also rise to supply more energy for the fight (or flight). Primitive brain functions are enhanced and higher brain functions that involve judgment, planning and moral reasoning are disengaged. All of these responses are critical when we are faced with an emergency that requires a physical response, but they occur whenever we feel stressed.

Some body functions are suppressed when we feel stressed- this is to conserve maximum energy for the fight or flight. So at the same time blood is diverted to the large muscles, it is diverted away from the digestive system. Secretion of digestive enzymes is suppressed and there are fewer peristaltic waves that move food along. Our sensation of pain is dulled and sex drive and secretion of the major sex hormones, testosterone and estrogen, is decreased. During stress, immune function and normal repair and maintenance

of body tissues are also suppressed. All this is to conserve energy and is meant to be for a short period of time.

What about when we are not feeling stressed? In this situation, the parasympathetic nervous system predominates. Instead of preparing for battle, we have a sense of calm and peace. There are no threats on the horizon. All is well. Our heart rate and blood pressure return to a resting rate. Increased levels of blood sugar and blood fats are not mobilized. Blood flow to the stomach and intestines is enhanced and digestive enzymes are secreted. The immune system resumes its surveillance, watching out for and destroying abnormal cells or harmful bacteria. Ongoing tissue repair and maintenance is done. This is meant to be our 'default setting'. We are designed to live in 'parasympathetic nervous system land' most of the time, except for occasional, short term emergencies.

Alas, many of us exist in a constant state of low level stress. People's days are often pressured: working, meeting deadlines, shopping for groceries, caring for children, paying bills and listening to media broadcasts full of alarming news. There may not be a single moment in the day when all feels well. Instead, our minds may be perpetually reviewing our 'to do' list or reliving stressful events from the past or imagining future problems that might arise. Each thought we have influences our body's physiology in that moment. If we are never fully and deeply relaxed, our body can wear itself down, since so many of our restorative functions are suppressed.

Mind/body medicine offers each of us a way to lessen the effects of chronic stress. In part two of this article, I will discuss a variety of mind/body therapies and some of the fascinating research that is being done in this field.

Pandemic Influenza Public Information Session at the Clinic

A Guest Speaker from the Saskatoon Health Region will provide pandemic influenza facts and information on how to prepare for a pandemic.

Thursday, Oct. 25, 1:30 – 3:00 p.m.
Saskatoon Community Clinic, Mel Langer Building
424 1st Ave. N.

Please call Member Relations at 664-4221
 for more information.

Eating Well to Live Well

By Linda Main,

Health Information Centre Co-ordinator

Food! Food! Food! We all need it!

Wise food choices can enable us to live a long and healthy life. Nutrition is an evolving science that can help to prevent or reduce the risk of disease. It can also provide a treatment for some conditions, whereby enhancing overall health and well being. We have many new books at the Community Clinic, listed below, with a nutrition component. Each offers information for a specific nutritional need or preference.

- Arthritis Centre, Dept. of Nutrition Sciences, University of Alabama, *Essential Arthritis Cookbook* provides kitchen basics for people with arthritis, fibromyalgia and other chronic pain and fatigue.
- Marianne S. Barber, Maryanne Bartoszek, Elinor Greenberg, *Parent's Guide to Food Allergies*; and Donna Beckwith, *Egg, Dairy and Nut Free Cookbook* give complete advice on raising your food allergic child.
- Leslie Beck, *Nutrition Guide to Menopause* offers natural strategies with diet, vitamins and herbs.
- Dr. Jennie Brand-Miller, Dr. Thomas M.S. Wolever, Kaye Foster-Powell, Dr. Stephen Colagiuri, *The New Glucose Revolution*; Dr. Jennie Brand-Miller, Kaye Foster-Powell, Karen Graham, *Meals For Good Health* provides information on how to reduce cholesterol, blood pressure and blood sugars through wise meal planning.
- Daina Kalnins, Joanne Saab, *Better Baby Food* gives information about every aspect of feeding and cooking for all babies and toddlers.
- Ellen Lakusiak, *Eating Well When You're Pregnant* stresses the importance of good nutrition during pregnancy and breast-feeding.
- Joanna McMillan-Price, *Low GI Diet Cookbook*; and Dr. Jennie Brand-Miller, Kaye Foster-Powell, Kate Marsh with Philippa Sandall, *Low GI Vegetarian Cookbook* are an introduction to information about glycemic index and the ranking of foods based on their effect on blood glucose levels.
- Jan Main with Osteoporosis Society of Canada, *Bone Vivant* offers recipes and practical exercise tips that can lead to better bone health.
- Daniel W. Nixon, M.D., *Cancer Recovery Eating Plan* offers the right food choices to help fuel your recovery.

Come in and browse the resources. A book may be borrowed for 3 weeks from the Health Information Centre Library. The self serve Health Information Centre is located across from the Rose Area, Main Clinic. Assistance is offered 8 – 4 p.m. weekdays.

Board and Staff News

Welcome to...



Stella Phama, casual Pharmacist.

Lori Verity-Anderson, Registered Lab Technician.

Teresa Borowski, Combined Lab and X-ray Technician.

Clarence Frenchman, casual Nurse.

Farewell and best wishes to...

Evelyn Gardypie, Casual Receptionist.

Rhonda Brown, Acting Confidential Secretary.

Colleen McIntosh, Pharmacist. Colleen has served the Clinic well for the past 19 years and we wish her the best in her future endeavors.

Congratulations to...

Community Clinic Staff Service Awards Recipients:

5 Year Awards: Evelyn Gardypie, Tammy Tallis, Tracy Loewen, Mary Dunlop, Janet Zavoshi, Macia Schmidt, Bev Drew

10 Year Awards: Dr. Kwok, Dr. Bekolay, Linda Palibroda, Sandy Zaleschuk.

15 Year Awards: Bev Brown, Dr. Szott, Karen Rath, Rhonda McKinney.

20 Year Awards: Cheryl Hand, Barb Stearn, Karen McClarty.

25 Year Awards: Dr. Eisenhauer, Grant Ward

30 Year Awards: Verna Thompson, Germaine Campbell.

Retirements: Louise McKinney, Darlaine Bentley, Dr. Loftus.

Please note...

- The Community Clinic is looking for **volunteer drivers** to deliver fresh produce to elderly/disabled clients every second Wednesday afternoon for the Good Food Box program. Are you able to help? Do you have a child, a friend or relative with a car who might be interested in volunteering? They can be delivered after school hours if necessary. If you are interested or know someone who might be interested please phone Karen at 664-4283.

- The Community Clinic is organizing a **Pedestrian Safety Walk and Presentation** on September 28, 2007 at 10:30 a.m. Please contact Ingrid Larson at 664-4243 for further information.

Off The Cuff

By Dennis Morrison, CHSA Counsellor

“Hi Phil! I didn’t know that you come to the Community Clinic, too.”

“Oh, Hi Les! Yeah, I’ve been coming here for years. Actually, I’m a member. Say, how are you? I haven’t seen you for a while.”

“Well, okay, but my doctor just told me that my blood pressure is higher than it should be.”

“Gee, that’s too bad. Did you get a prescription?”

“Yes, but not what I expected. She told me that, for me, it would be best to make some life style changes and see whether I can control it that way before we consider medication.”

“Do you mean things like exercise, weight loss, and cutting down on salt?”

“Yes, but more than that. She also said that reducing my coffee habit, getting more sleep and reducing stress could help.”

“Oh, stress, that’s right, I read somewhere that the old ‘fight or flight’ response can cause high blood pressure.”

“Dr. Pentin said that it is not as simple as that. Apparently, all kinds of life events temporarily raise our blood pressure without ever causing high blood pressure. It is when stress becomes chronic that it can contribute to the development of high blood pressure. Ways in which people cope with stress such as overeating, smoking, and not getting sufficient rest and exercise can cause hypertension. On the other hand, reducing stress is a good way to control blood pressure for many people. Anyway, I’m going to give these things a serious try. I prefer to avoid medication when I can.”

“Well, more power to you Les, but how do busy people like you and I reduce stress.”

“Dr. Pentin suggested lots of ways. She said that, besides changes that balance family and job responsibilities, some simple things like learning to relax through relaxation training, yoga, meditation and the like can really help. Problem solving and looking after our relationships are especially important. Hobbies help and even having a pet has been shown to reduce the effects of stress. Dr. Pentin suggested that I also have a look at the stress section on a website at www.roadtowellbeing.ca.”

“Hmm, I just had my annual check up today and Dr. Betrod said that my blood pressure was a little high today. She said not to worry, but she asked me come back in two weeks to have the nurse check it again. Even if it isn’t a

problem she said a little prevention at my age wouldn’t hurt. She wanted me to stop at the Clinic’s Resource Centre and pick up some brochures.”

“You know Phil, I saw that the Clinic is planning an educational session on high blood pressure. Perhaps we could go together.”

“Sure, give me a call when you know more. Well, I’d better get back to work. Nice seeing you Les.”

“Take it easy!”

Saskatoon Community Clinic Drop-In Flu Clinic



• October 15 - October 19, 2007
• October 22 - October 26, 2007
Mornings 10:00 am - 12:00 noon
Afternoons 1:00 pm - 4:00 pm



Eligibility:

In order to receive the flu shot at the Community Clinic, you must be a current patient of a Community Clinic physician and meet one of the following criteria:

- Are 65 years or older
- Are a child or adolescent (age 24 months to 18 years old) with conditions treated for long periods with Aspirin
- Have chronic heart or lung disorders
- Are an adult or child (24 months to 18 years old) with chronic conditions such as diabetes, cancer, kidney disease, immune suppressed disorders
- Are a person of any age who is a resident of a nursing homes or other chronic care facility
- Are pregnant

Children Aged 6 – 23 Months: Public Health will immunize all children 6 – 23 months. More information can be obtained from Public Health by phoning 655-4778.

Other Individuals: This year, due to national and provincial guidelines, the Community Clinic is unable to provide vaccine for anyone who does not meet the above criteria. Those who do not meet the above criteria can be immunized at one of the various Public Health Clinics held in different areas of the city. The cost for this will be \$20.00.

No appointment is required, just drop in to the Main Clinic. You will be asked to wait 15 minutes after your flu shot to ensure that no reaction has taken place. Westside patients will receive their vaccination at the Westside Clinic. The flu shot is free for those who meet the eligibility criteria.

Controlling High Blood Pressure

By Jone Barry, Nurse Practitioner

A healthy lifestyle is at the heart of any treatment plan to control high blood pressure. Even if you need medications to treat high blood pressure (hypertension), your lifestyle still plays a pivotal role in your treatment. If you can successfully control your blood pressure with a healthy lifestyle, you may avoid, delay or reduce the need for medication.

Here are seven things you can do to reduce your blood pressure.

Eat Healthy – Choose foods that are high in potassium, calcium, fiber and low fat protein. Check-out the new Canada Food Guide for healthy food choices. Stop by the Health Information Centre for a copy.

Limit Your Salt – Your diet should not contain more than 1500 mg or 2/3 of a teaspoon of salt per day. Most of the salt we eat comes from processed foods and not the salt shaker we have banned from the table. Start reading the labels on your foods. Choose foods that contain less than 300 mg of salt per serving. And limit the use of fast convenience foods as they tend to contain a lot of salt.

Be Active – Try to get in 30 – 45 minutes of physical activity on most days. Regular exercise can lower your blood pressure and help with weight control. Choose a variety of activities that you enjoy. If you want to do more than walking and you have been inactive for a few years, talk with your doctor. Remember to start slowly, build up your endurance and keep going.

Weight Reduction or Maintenance – Individuals who are overweight have twice the risk of high blood pressure. Your blood pressure will improve with weight loss. Just making small changes in the way you eat and your activity level can give you long term blood pressure control.

Avoid Nicotine – Your blood pressure starts to rise within 2 to 3 minutes after smoking a cigarette or chewing tobacco. Nicotine in tobacco products increases the build-up of cholesterol in the lining of your blood vessels leading to atherosclerosis. If you smoke, this is a good time to quit. Contact the Smokers Helpline for free, confidential, one-on-one counselling, 1-877-513-5333.

Reduce Your Stress – Stress has a direct affect on blood pressure. It is part of the Fight or Flight defense mechanism that kept our ancestors alive. The rise in blood pressure, increased heart rate, increased blood sugars etc, prepare our bodies to defend or run from our enemies. Look for ways to

reduce anger and anxiety, as well as conflict resolution techniques. Take time for yourself every day and practice prayer or meditation to help reduce your stress.

Limit Alcohol – Research has shown some alcohol on a regular basis can be beneficial in reducing heart disease. Too much alcohol can increase your blood pressure. If you would like to drink alcohol, limit your intake to 1-2 drinks per day. Women should not exceed 9 drinks per week and men should limit intake to less than 14 drinks per week. Remember that alcohol will add extra calories, increase triglycerides (blood fats) and may be contraindicated with some medications.

Trying to tackle all of these changes at once can be overwhelming. By setting small weekly goals, you will build gradual, sustainable changes into your routine. Be specific and make minor changes that you are sure you can achieve. Example – I will walk for 15 minutes 3 days this week. The next week, look at your goal. Did you do it? Can you do more? Set a new goal and continue to build on your successes.

These are small changes for most of us but they can offer huge rewards down the road. When your blood pressure is under control, you reduce the risk of life-threatening problems, like heart attacks, heart failure and strokes. Decrease your risk and live a long and happy life.



Patients take part in high blood pressure fair

Above, Nurse Barb Stearn takes the blood pressure of participant Elizabeth Stefanuk at a High Blood Pressure Fair held May 24th, 2007 at the Community Clinic. Everyone was welcome to view seven different displays and talk to a wide variety of health professionals. Relaxation demonstrations were used successfully to lower participant's blood pressure. Door prizes, bright displays, good food and great participation made this a fantastic fair.

April 21, 2007 - July 31, 2007 Donations

We gratefully received donations to the Saskatoon Community Clinic Foundation from the following individuals:

George R. Allen, Joyce & Ruben A. Amundson, Janet Anderson, Janet I. Anderson, Catherine Lesley Biggs, Tom Bowman, Heather Brenneman, Roger Carriere, Linda A. Charlton, John Comer, Ron & Ruth Cruickshank, Elizabeth Currie, Ed & Marlene Decker, Paul Denham, Graham Dove & Kathleen Slavin, Laura G. Dueck, Margaret Durant, Bev Dyck, Albert & Elizabeth Epp, Lorna Gaudet, Nikki & Peter Gerrard, Doreen Gruza, D. Brenda Harder, T. Y. & Judy Henderson, Erwin & Ingrid Hoehn, William & Jessie Hope, Norm & Elsie Hutchinson, Lorie A. Irwin, Josephine Kiss, Gordon & Illa Knudsen, Edwin J. Lindgren, James K. Macauley & Tom Knutson, Ken & Margaret McKechney, Terry & Margaret Monks, Sarah Neudorf, Jack Newman, Arnold & Lillian Petty, Marjaleena Repo, Maisie J. Shiell, Elsie Smith, Freda M. Smith, Marcelle Strom, Tillie Taylor, Doreen Walmsley, Anne Werner, Shirley Jean Wilmot

Donations Received in Memory:

In Memory of Vernon Altwasser: Margaret Altwasser
In Memory of John Antifaev: Sam & Catherine Antifaev
In Memory of Andrew Borsa: Olga Borsa
In Memory of Victor Chudy: P.S.A.C. Agriculture Union Local #40022, W. H. Bill Richardt, Lori & Daryl Renneberg (for Canadian Food Inspection Lab Friends)
In Memory of Frank Coburn: Clifford A. Matthews

In Memory of Hartley Fredeen: Margaret Fredeen
In Memory of Charles Gastel: Lisa Gastel
In Memory of Darcey John & Tommy Fink: Robert Fink
In Memory of Elizabeth (Betty) I. Hopkins: Doreen & Jim Geib, Kay Howsam, J. Roger & Marion McDonald, Norma Sim
In Memory of Evelyn Johnson: Kathryn & Leonard Howsam
In Memory of J. Gren Jones: Isobel Jones
In Memory of Mary Ellen Kidd: Frederick J. Kidd
In Memory of Allan W. Krahn: June E. Krahn
In Memory of Tom Lane: M. Marion Lane
In Memory of Ray Lawrence: Nancy C. Allan
In Memory of Morley Lowe: Mrs. Eloise C. Lowe
In Memory of William "Bill" MacLeod: Doreen MacLeod
In Memory of Clifford Milne: Lillie Milne
In Memory of Jim Mitchell: Laura Mitchell
In Memory of Jean Newman: Jack Newman
In Memory of Cyril Plaster: C. Faye Puckett
In Memory of Mary Steacy: Mr. & Mrs. Irvin Richards
In Memory of J. Ross Strachan: Myrtle Strachan
For Westside Programs: Anne Blakeney

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