

FOCUS

Saskatoon
Community
Clinic
"Your Health
Care Co-op"



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Community Health Services (Saskatoon) Association Ltd.
455 Second Avenue North, Saskatoon, Sask. S7K 2C2

Phone (306) 652-0300
Fax (306) 664-4120

CHSA AGM Draws Strong Member Support

By Laurie Stone, Membership Development Co-ordinator

Close to 100 members and guests attended CHSA's annual meeting, held June 10th at Mayfair United Church. The strong turnout reflected the membership's keen interest in and support for our health care co-operative.

Administrator Patrick Lapointe updated the membership on some exciting initiatives underway. Three years ago the Clinic began working with the Saskatchewan Health Quality Council (HQC) to adopt national and provincial "best practice" protocols and measures in the way we deliver care. Improving our client's access to their family doctor has been a priority. Recent client survey results indicate that 88% of patients were able to receive an appointment within the time frame requested and 86% were able to see their own family doctor. These results exceeded our expectations and are all the more impressive considering that our physician complement was down by half or sometimes even a full position over the year.

While we did need to limit access to new clients to high risk/high need clients who have difficulty getting access elsewhere to service they need, we still took on 1274 new clients over the year, the equivalent of more than a full practice. Overall our doctors had 51,181 client visits, a two percent increase over last year. The nurse practitioners at both clinics assisted greatly in helping to meet our clients' needs.

Your clinic has also made the management of diabetes, cardiovascular disease and hypertension a priority. We have 671 clients at our main clinic and 90 at our Westside Clinic participating in programs and best practices designed to improve health outcomes. The changes have been successful for our clients and we have been recognized for our leadership in this area both provincially and nationally.

The association continues to build and strengthen partnerships in the community through the successful delivery of the Community Diabetes Outreach Program with SWITCH, Saskatoon Tribal Council, Kinistin Saulteaux First Nation, Central Urban Metis Federation (CUMFI) and White Buffalo Youth Lodge. We also developed a partnership with

the Saskatoon Tribal Council, the Health Region and AIDS Saskatoon to provide services in the inner city to prevent and manage HIV/AIDS.

Your board was also active in calling for social change. We were involved in a Trade, Labour, Mobility and Investment Agreement (TILMA) consultation which saw over 60 people come to discuss issues around internal trade. We also co-sponsored a provincial forum on the need for a national drug plan with the Saskatchewan Health Coalition. Important advocacy work continued on midwifery, pedestrian safety, low income bus passes, improved and affordable housing and increased social assistance.

The need for more space to allow our Westside Clinic staff to serve the primary health care needs of our clients has been a pressing and important priority for some time. The provincial government's decision in the spring to cut funding for Station 20 West was a great disappointment to the board and to members, who had envisioned an expanded Westside Clinic as the largest tenant in the Station 20 West development.

Members in attendance at the meeting were vocal in expressing their disappointment at this turn of events and passionate in their belief that organizations in the inner city must work together to improve health care and reduce the inequities experienced by low income individuals in Saskatoon's core neighbourhoods. The membership resolved to continue to work with Station 20 West to improve health care and address health determinants in the community, whether or not co-location is pursued. A resolution of support was carried.

Members at the meeting also expressed their concern about the lack of affordable housing in Saskatoon. A resolution was passed calling upon the provincial government to: increase the shelter allowance provided by Social Services and the Saskatchewan Rental Home Supplement and index them to the cost of living; and, increase the number of emergency shelters.

Financially, the association finished the 2007/08 fiscal year with a surplus of approximately \$110,000. Plans are still underway to renovate the pharmacy area and to improve the physician areas at the Main Clinic.

We welcome several new faces to our Board of Directors. Newly elected were Denise Kouri, Catherine Leviten-Reid, Darien Moore, Tim Quigley and Ron Wheeler. They join Nancy Carmichael, who was re-elected, and continuing board members Gary Beaudin, Michael Chartier, Anne Doucette, Peggy MacLeod and Melanie Medlicott. Congratulations also to Margaret Shearer, who was re-elected to the Focus Editorial Committee.

It is with both regret and much appreciation that we say farewell to departing board members Cheryl Loadman (President), Rebecca Elder (Vice-President), Colleen King, Jim Fergusson and Maggie Sawatsky. They all served the association with great commitment and enthusiasm and we thank them for their service.

President Cheryl Loadman thanked the board of directors, our staff, and the members for their continued support of our association. If you would like more information please visit our website at www.saskatooncommunityclinic.ca where you can find resolutions, annual reports, issues of Focus and lots of other useful info.

The DASH Diet for High Blood Pressure

by Renee Colwell, Registered Dietitian, CDE

Research has shown that diet does affect the development and management of Hypertension (high blood pressure).

Many people are aware that limiting the sodium (salt) in their diet will help them control high blood pressure. But did you know that following a DASH type diet in combination with a lower salt intake has almost double the effect on blood pressure than cutting back on salt alone? The DASH diet was coined when scientists supported by the National Heart, Lung and Blood Institute tested nutrients as they occur together in food. The results were dramatic. The clinical study, called "DASH" for 'Dietary Approaches to Stop Hypertension' showed that blood pressures were reduced with an eating plan that is low in saturated fats, cholesterol and total fat and emphasizes fruits, vegetables and low-fat milk products. It also includes whole grain products, fish, poultry and nuts. It is reduced in lean red meat, sweets, added sugars and sugar-containing beverages.

The following chart shows the average reduction in both systolic and diastolic pressure produced by either a salt restriction alone, or a salt restriction in combination with the DASH type eating plan.

	Salt restriction Alone	Dash Diet plus salt restriction
Systolic Blood pressure reduction	5.8 mmHg	11.4 mmHg
Diastolic Blood pressure reduction	2.5 mmHg	5.5 mmHg

Adapted from *The Canadian Hypertension Education Program*. (www.hypertension.ca) 2007.

The DASH diet recommendations are very similar to Eating Well with Canada's Food Guide recommendations. It is believed the combination between higher potassium, magnesium, calcium and fibre and less sodium, saturated fat, trans fat and cholesterol is behind the effectiveness of this eating plan. It is important to know that the average Canadian diet is actually low in calcium, magnesium, potassium and fibre. Another key point is that taking

supplements containing potassium, magnesium and calcium do not seem to provide the same benefits as consuming these nutrients in food.

Vegetables and fruits are excellent sources of potassium and fibre. Nuts, seeds and legumes provide the highest concentration of magnesium. Low fat dairy foods provide the majority of dietary calcium in the North American diet.

The DASH guideline below will provide approximately 2000 kcal / day. The number of servings for each food group may vary based on your individual needs:

- 4-5 servings fruit
- 4-5 servings vegetables
- 7-8 servings whole grains
- 2-3 servings low-fat dairy products
- 2 servings or less lean meat, poultry or fish
- 2-3 servings unsaturated fats and oils
- Nuts, seeds and dried beans 4-5 times per week
- Limit to 5 low fat sweets per week
- Reduce sodium to 1500 mg – 2300mg per day (remember that most dietary sodium is found in processed and packaged foods).

In addition to the DASH recommendations, it is still important to include other healthy behaviors such as:

- Reduce alcohol to a maximum of 2 drinks per day (up to 14 each week for men and 9 each week for women).
- Accumulate 30 to 60 minutes of moderate intensity physical activity on 4 or more days per week.
- Do not smoke.
- Maintain a healthy body weight.

If you would like more information about healthy eating and high blood pressure, refer to the following websites:

www.heartandstroke.ca Heart and Stroke Foundation of Canada

www.dietitians.ca Dietitians of Canada

www.hypertension.ca The Canadian Hypertension Society

Body and Mind – Stress Management

By Rose Marie LePoudre, Community Clinic Counsellor



Rose Marie LePoudre, Counsellor, at Community Clinic hypertension fair.

“Don’t worry so much, it’s hard on your innards.” These are words of wisdom I heard from my Dad, Ray Laird, while I was growing up. A more technical explanation is that when we are under stress we release a cascade of chemical and hormonal responses known as the hypothalamic-pituitary-adrenal axis. If this response continues we run the risk of damaging our heart and other 'organs in our body as well as weakening our immune system. On top of this, if we are unable to control the stress response we are more

prone to anxiety and depression. (Roizen & Oz, 2007)

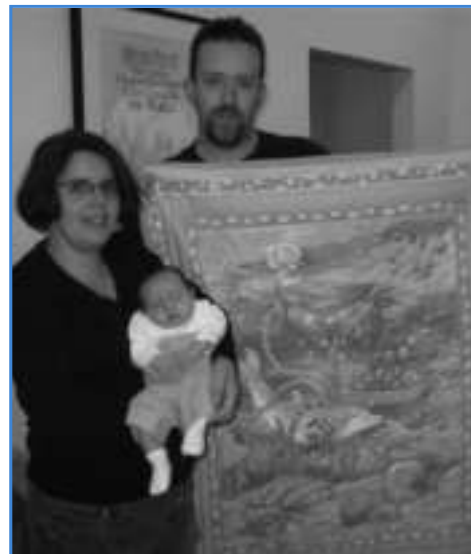
Fortunately there is some good news. We do have the ability to influence how our bodies and minds deal with stress. The mainstream counselling interventions for anxiety and stress include physical techniques such as decreasing caffeine intake, burning off the stress chemicals with physical activity and deep breathing. Cognitively, mainstream counselling also often works on improving a person’s self talk by replacing the negative messages we tell ourselves with more realistic, positive messages.

I have often suggested clients practice yoga to control anxiety symptoms because of the calming effect of stretching and controlled breathing. Recently, I have discovered there is a mountain of research that supports my experience. There is evidence of the effectiveness of yoga, especially using Pranayama breathing, in a number of different scientific studies. For example, a study called “Effect of Yoga Based Lifestyle Intervention on State and Trait Anxiety” by Gupta, Khera, Vempati, Sharma and Bijlani found improvement in various physical ailments as well as anxiety and depression. They state, “psychological stress being the risk factor for many diseases . . . makes this improvement valuable in terms of primary prevention. . . maximum improvement remained statistically significant even after the results on patients were pooled with those on subjects who had attended the program as a part of general preventive measure who had lower initial anxiety scores.” (2006)

Another factor of enormous interest comes from brain scans that have been taken of Buddhist Monks and Yogis who practice meditation and breathing in a very serious way. Scientists found that areas of the brain related to empathy, maternal love and joy and happiness showed unprecedented neural activity in these individuals when they studied the scans. Another important finding was that, “Activity in the left prefrontal cortex (the seat of positive emotions such as happiness) swamped activity in the right prefrontal (site of negative emotions and anxiety).” (Begley, 2004) More relevant to us is that, “meditation practice can change anyone’s grey matter.” (Gray, 2005) This comes from an article that shows relevant parts of cortical regions of the brain can actually become thicker with meditative practice. So, we can actually see a physical difference in our brain by exercising it through meditation just as we do in our body as we exercise muscles and see muscle growth.

Another vital contributor to our well-being and happiness are relationships. Having close family relationships and/or close friendships or having a trusted counsellor are important to our happiness and well being.

In this hurried world we all experience stress and, due to increased technology, no longer have to move physically to get through our days and travel from place to place. Because of this, we do not burn off the toxic effects of stress as we did in yesteryear so we need to make self care a priority. Implementing ways to detoxify our bodies of stress and replacing stress with happiness and serenity is essential for our mental, emotional, physical and spiritual well being. Yoga, breathing, meditation, physical movement and relationships are all possible components of a happy, stress-resistant life.



CHSA Anniversary Quilt

Each year the CHSA Handicraft Club makes a quilt which is given to the clinic baby born close to CHSA’s July 4th anniversary date. The 2008 quilt was presented to Kristen Harms, mother, Sydney Harms, Daughter and Perry Harms, Father. Congratulations to the Harms family and thank you to the Handicraft Club for their contribution to this yearly event.

Board and Staff News



Welcome to...

CHSA Board Members **Nancy Carmichael** (re-elected), **Denise Kouri**, **Catherine Leviten-Reid**, **Darien Moore**, **Tim Quigley** and **Ron Wheeler** elected at the Annual Meeting held June 10, 2008.

Dr. Alina Cribb, Physician.

Dorothy Griffith, Director of Nursing

Elise Matthews and **Sharon Stonehouse**,
Registered Nurses.

Sherry Santos, Reception.

Donna Rothenburger, Reception, Health Records
and SWITCH

Retirements . . .

Carla Smith, Receptionist, after 33 years of service. We thank Carla for her contributions to CHSA and also to CUPE Local 974, where she was very active in many roles.

Dr. Jo Haigh, Family Physician. We thank Dr. Haigh for the wonderful care she provided to her patients for the past 28 years and wish her well in the future.

Farewell to . . .

Dr. Leane Bettin, Family Physician.

Catherine Beaudin, Westside Aboriginal Health Worker.

Claudette Halpin, Kids First Home Visitor.

Congratulations to...

All staff who received staff service awards at CHSA's 4th Annual Staff Appreciation Dinner Wednesday, June 4th, 2008,

Five Year Awards

Melanie Bender
Claudette Halpin
Karen Kardash
Maryann Lucasavich
Rosalie Ruda
Phyllis Roy
Teresa Kornelsen
Eric Regnier

Fifteen Year Awards

Louise Dufour
Patrick Lapointe
Dorothy Blondeau
Patricia Pearce
Linda Main
Dr. Gwen Rajakumar

Ten Year Awards

Marilyn Mearns
Laurie Stone
Evelynn Morden
Charlotte Prosser

Twenty Year Awards

Darlene Fitzgerald
Merv Stowe
Sandy Hagele
Judy Ritch

Twenty-five Year Awards

Joan Spicka
Lynn Harvey
Brenda Goossen

Diabetes peer leaders complete Ottawa trek

By Don Bear, Community Diabetes Outreach Coordinator, Westside Clinic

Thanks to generous community support, two Saskatoon Elders and diabetes peer leaders with the Community Diabetes Outreach Program joined this year's Peacekeepers Pedalling for Aboriginal People with Diabetes (PPAD) bike tour to raise awareness about Type 2 Diabetes.

Evelyn Linklater and Florence Highway are both successfully managing their diabetes and were eager to empower others living with the disease by sharing their experiences.

"I enjoyed sharing my personal story about diabetes and talking to youth in a positive way about making healthy choices as simple as eating more fruits and vegetables, and getting lots of exercise," Linklater says with a smile.

Both women proudly wore their "Ribbon of Life" – a national symbol created by the National Aboriginal Diabetes Association to acknowledge Aboriginal people affected by the disease.

Aboriginal people are three to five times more likely than

other Canadians to develop Type 2 Diabetes, which is the leading cause of adult blindness, lower limb amputation, new kidney disease and heart and stroke disease.

Linklater and Highway began their journey May 22, 2008, at a local high school on the Fort William First Nation, located near Thunder Bay, Ontario. The team was honoured with traditional Anishnabe drum songs by the Spirit Wind Drum and Singers. The duo provided awareness sessions in a number of Aboriginal communities throughout their journey, which ended on Parliament Hill on June 6, 2008, where Linklater provided the closing prayer.

Congratulations to Linklater and Highway! A celebration was held this past summer to honour the peer leaders for their accomplishment. Partners in offering the program consist of the Saskatoon Health Region, Kinistin Saulteaux Nation, Saskatoon Community Clinic, Central Urban Métis Federation Inc., White Buffalo Youth Lodge, and the Student Wellness Initiative Toward Community Health (SWITCH). For more information contact Don Bear at 1-306-664-4310.

The Good Food Box

By Karen Murdock, Community Clinic Good Food Box Co-ordinator

Had you heard that the Good Food Box (GFB) is offered at the Community Clinic? Your Clinic recognizes that nutritious food is integral to good health and that making it available to patients, members and staff at the Clinic promotes healthier food choices and leads to better overall health.

The program is offered through a partnership with the Child Hunger and Education Program (CHEP). CHEP is a non-profit Saskatoon organization that works with communities to improve access to nutritious food. CHEP offers this program as an alternative food distribution system providing fresh fruits and vegetables to individuals and families in various communities. The Community Clinic is one of several locations where Saskatoon residents can access the Good Food Box. The Community Clinic designated a part-time staff position to coordinate the program at our facility.

Community Clinic patients who participate in the program order and pay for various sizes of food "boxes". The fruits and vegetables are from local suppliers, whenever possible. Although GFB customers cannot order specific items, a selection can be made from among mini, small, and large mixed fruit and vegetable, small or large fruit or "local in-season" boxes. Any of these is an economical way of buying fruits and vegetables.

There are two delivery days per month (Wednesdays) and orders need to be placed about a week ahead of time. Many people have a standing order so they always know when to expect their groceries.

The bags are then ready for pickup by the customers, if they are able, or, for those with mobility and/or transportation problems, the coordinator arranges for a volunteer driver for pickup and delivery.

The GFB and the clinic could not function if not for the dedication of volunteers. Two of these, Stan Fletcher and Elaine Robichaud, have been long time helpers, working with the coordinator to pack the food that is delivered to the back door of the main clinic. This is a big job, as there are usually about 40 of these orders. The other regular volunteers are: Hans Baumfeld, Michel and Dorothy Fortier, Cathy Fry, Jim Osborne and Ted Rothery.

If you would like to enroll as a customer and/or to volunteer, please leave a message for me at the Clinic at 664-4283.



Good Food Box Co-ordinator Karen Murdock, left, with Volunteer Elaine Robichaud.



Saskatoon Community Clinic Drop-in Flu Clinic

October 20 - 24, 2008

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:

- Aged 65 years or older
- 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.
- Adult or child (24 months to 18 years old) with chronic conditions such as diabetes, cancer, kidney disease, immune suppressed disorders.
- People of any age who reside in a nursing home or other chronic care facility.

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 during the times indicated above. 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.

Seniors' Corner

by Sandy Hagele, Seniors' Volunteer Co-ordinator

Become Informed, Protect Yourself Financial Abuse of Older Adults



Financial abuse of older adults was the focus of a Saskatoon Council on Aging workshop on June 12, 2008 at McClure United Church to mark the third annual World Elder Abuse Awareness Day. Entitled "Dollars and Sense", it provided information and discussion opportunities about this most common form of elder abuse, financial abuse.

Financial abuse is the misuse of an older adult's money or belongings by a relative or a person in a position of trust. It often goes unreported due to shame, dependency, poor health or isolation. Keynote speaker Brian Trainor, a retired police sergeant, noted that non-reporting may occur if children are perpetrators because older adults are reluctant to report their own children. With extensive experience in fraud investigation including power of attorney abuse, Mr. Trainor identified the lack of communication between banks and police in failing to detect and investigate financial abuse. This has been due in the past to privacy of information legislation, called the Personal Information and Electronic Documents Act (PIPEDA) which limited the ability of banks and other financial institutions to deal with suspicious transactions in accounts of vulnerable older adults. Amendments are being made to the Act to remove some constraints faced by financial institutions in responding to financial abuse.

Financial abuse is closely linked to legal matters and Saskatoon lawyer Cheryl Kloppenburg discussed protective measures we can put in place to prevent or detect financial abuse and ensure that our wishes are known and carried out.

Power of Attorney

Name someone you trust who is likely to do as you wish. Power of Attorney (POA) can be revoked at any time.

1. Two people can be named to make decisions either together or individually.
2. There are both property POAs (i.e. paying bills) and personal POAs (making decisions about your personal situations). The latter is new, and there are grey areas.
3. You can designate that the POA not be in effect until you cannot make decisions. It takes two medical certificates to release the POA.
4. Make an advanced health care directive (Living Will)

to indicate your health care wishes during your final days.

5. Put your signed POA in a safe place with any specific instructions.
6. Do all you can to clarify your wishes while you are able, and have time to educate your POA(s).
7. If you do not have a POA, a property guardian is put in place.

Monitor and Control Your Finances

1. Review your will every 3 – 5 years, especially after changes, i.e. a death, family additions, remarriage, etc.
2. Consider direct deposits and payment of bills through your credit union or bank.
3. If you have a joint bank account, the other person can make withdrawals over which you have no control.
4. If you co-sign a loan or mortgage, ask yourself, "can I afford to pay if the other person defaults?"
5. Check monthly bank statements for unauthorized withdrawals. If these are often whole numbered amounts this may be a "red flag".
6. If you loan money, get a written agreement about repayment, i.e. how, by when, interest, etc. Put a copy with your will.

Help is Available

1. **In a Crisis:** Phone police, RCMP, Crisis Intervention Services.
2. **Support/Referral:** Contact Saskatoon Crisis Intervention Services; Saskatchewan Health Information Line (1-888-800-0002); a trusted friend, family member, health professional or, clergy.
3. **Information can be obtained from:**
 - a) Public Legal Education Association of Saskatchewan
 - i. To talk with a lawyer about general legal questions phone 653-1868
 - ii. Booklets and pamphlets are available at the public library or on-line at www.plea.org
 - b) Saskatoon Council on Aging
 - i. Resource Centre: #301 – 506 25th St. East
 - ii. Website: www.scoa.ca
 - c) Your financial institution such as your credit union or bank
 - d) Your Lawyer
 - e) Public Libraries

Deep Breathing Relaxation Method

By Dennis Morrison, MA, Community Clinic Counsellor

Deep breathing relaxation methods have been used for thousands of years to improve mental, emotional, physical and spiritual well being. Scientific research supports that these methods can have beneficial effects.

Deep breathing relaxation methods help you to:

- be more relaxed every day;
- calm yourself more quickly when upset;
- fall asleep more easily; and
- lower your blood pressure.

The following is one method of relaxation and self awareness training.

Getting Started

Find a quiet place to practice deep breathing. You will need a comfortable sitting position and about fifteen minutes of uninterrupted time.

To start, place your hands over your lowest ribs directly beneath your arm pits. As you breathe, feel your chest move sideways and slightly upward. This is the correct movement for relaxation breathing. Now, move your hands to a comfortable position.

Take slow deep breaths that move your chest and ribs as suggested above.

If you can, either breathe through your nose or breathe in through your nose and out through your mouth.

Slow your breathing to about 6 to 8 breaths per minute. (Normal breathing for adults is 10 to 12 breaths per minute.)

Pause for a few seconds after each breath in. Pause a little longer after each breath out. These pauses should be very relaxed.

Attend to and relax your whole body each time as you breathe out.

With practice, you should be able to get into a state of deep relaxation.

Your Thoughts and Feelings

A second and important part of the relaxation training is to better notice and respond to your own thinking and feelings, including guilt and worry.

During deep breathing training, focus your attention gently upon your breathing. Notice your chest moving. Feel the air entering your nose, throat and lungs. As you breathe out and then pause before your next breath in, notice the feelings of relaxation in your body.

When you find yourself thinking of something else or feeling some emotion or physical sensation, simply notice it and bring your attention back to your breathing.

If you become too troubled by noise or discomfort, do what you need to do to have quiet and comfort. Then go back to practicing your breathing.

Carrying On

To begin, practice deep breathing for fifteen minutes a day for few weeks. It will help you to become more aware of when you are becoming stressed and tense. You can then use this method to help calm yourself.

Long term daily practice will help you to be more relaxed and to sleep better. It will make it easier to calm yourself when you are upset. When you use this method over months and years, it will also help to lower your blood pressure.

2nd Annual Community Clinic Pedestrian Safety Walk

September 26, 2008, 11:30 a.m. – 1:30 p.m.
Meet at 424 1st Avenue North Meeting Room

Please join the CHSA Board and Seniors Advisory Council for our 2nd annual pedestrian safety walk. The purpose is to highlight pedestrian safety and to advocate for improvements in city planning and public education.

Participants will conduct an audit of corners and walkways on the blocks surrounding the Clinic. Presentations and group discussion will follow the walk. Brown bag lunch. Refreshments provided.

The audit form that participants will use on the walk is posted on our website or available from the Member Relations Department. If

you can't make it to the walk but have something to say about a corner or street close to you complete the form and return it to the Member Relations Department by October 1, 2008. We will forward all results to the City of Saskatoon, City Police, SGI and other agencies who have a stake in ensuring that we have a walkable and safe city.

For more information, phone Member Relations at 664-4243 or visit our website to access the audit form or our brief on pedestrian safety in Saskatoon at www.saskatooncommunityclinic.ca.

Donations April 18, 2008 – August 6, 2008

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

Bruce Adams, Alice Allen, Gracie Anderson, Woodsworth & Marie Baker, Anne Blakeney, Evelyn Boissonneault, Olga Borsa, Heather Brenneman, Ken & Thelma Brockington, Betsy Bury, Rose Carr, Roger Carriere, John Comer, Paul Denham & Gail Osachoff, Laura Dueck, Carol Dyson, Don Gibson, Anne Gruza, T.Y. & Judith Henderson, Erwin & Ingrid Hoehn, Mildred Hope, Joe & Shirley Kawchuk, Margaret G. Keith, Josephine Kiss, Dennis Klimochko, Helen Kowlyk, Glen & Evelyn Lindgren, Cheryl Loadman, Ken & Margaret McKechney, Maxine Olson, Ethel W. Potter, William & Mary Riesen, Dorothy Sagan, Joyce & Verne Shockey, Phyllis Siemens, Elsie M. Smith, Marcelle Strom, Stuart Thiesson, Shirley Wilmot, Bernard & Ruth Zuk

Donations Received in Memory:

In Memory of Tom Bell: Helen & Lloyd Baker
In Memory of Ann Elizabeth Bittner: Ken & Thelma Kulrich
In Memory of John & Hazel Coates: Helen & Lloyd Baker
In Memory of Allan W. Krahn: June Krahn
In Memory of Sandra Laverty: Helen & Lloyd Baker
In Memory of Morley Lowe & Nancy Lowe-Roth: Eloise Lowe
In Memory of Joe Nakonechny: Elsie Nakonechny

In Memory of Elizabeth Paulsen: Paul Paulsen
In Memory of Trudy Prebble: Benjamin & Adele Smillie
In Memory of Wes Robbins: Beverly M. Dyck,
Chelsom-Stinson Family, Margaret Fredeen,
Jean & David Robbins
In Memory of Drew & Audrey Smith: Kathleen Storrie
In Memory of Dick & Mary Steacy: Joan Bell
In Memory of Edgar Wallace Stinson: Judy Chelsom,
Laurel Chelsom, John Forsgren, Beryl McLeod, Kay & John
Mowbray, Barbara Robbins Scott, Elinor Stinson, University of
Saskatchewan, Glenn & Nayda Veeman
In Memory of J. Ross Strachan: Myrtle Strachan

Membership Days

Join our membership volunteers for membership days
from 1:30 – 3:30 p.m. on:

Tuesday, September 16th and Wednesday, September 17th
Tuesday, October 14th and Wednesday, October 15th
Tuesday, November 25th and Wednesday, November 26th

Stop by the membership table at the back entrance of the
Main Clinic for some refreshments or just to chat.
If you would like to be a membership volunteer
please call Laurie Stone, Membership
Development Co-ordinator at 664-4250.

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Editor: Ingrid Larson

Assistant Editors: Laurie Stone and Norine Shewchuk

Editorial Committee: Carla Atherton, Grace Milashenko, Margaret Shearer

CHSA Board of Directors: Valerie Arnault-Pelletier, Gary Beaudin, Nancy Carmichael, Michael Chartier, Anne Doucette, Denise Kouri, Catherine Leviten-Reid, Peggy MacLeod, Melanie Medlicott, Darien Moore, Tim Quigley, Ron Wheeler

Administrator: Patrick Lapointe

Board Secretary: Coreen Usselman

Member concerns and comments are welcomed by the Member Relations Department. Please call 664-4243.
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Community Health Services (Saskatoon) Association
455–2nd Avenue North
Saskatoon, Saskatchewan S7K 2C2
www.saskatooncommunityclinic.ca