

Focus

Saskatoon
Community
Clinic

"Your Health
Care Co-op"



Spring, 2013
Volume 49, Number 1

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

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

Clinic Takes Part in Age Friendly Initiative

By Laurie Stone, Seniors' Volunteer Coordinator

What goes into creating a welcoming environment? This is the question we asked ourselves at the Saskatoon Community Clinic as we took part in an age friendly initiative with the Saskatoon Council on Aging which included an evaluation of our facilities at the Downtown Clinic and Langer Building, and participation in an age friendly training session.

'Age Friendly' is a term used to describe an environment that is physically accessible, and comfortable for older adults. During the evaluation, which took place in early December, we looked at parking, sidewalk and entrance accessibility, snow clearance, elevators, washrooms, reception desk heights, signage, noise, waiting area seating and the friendliness of staff. We are happy to report that we scored very well in most areas and got some ideas for improvements in others. The age and physical structure of the downtown clinic present some challenges, but newer additions such as the back waiting area and pharmacy show what we can do given the resources!

The second part of the project involved taking part in a workshop to help us understand the challenges faced by seniors and how we can be as welcoming and accommodating of their needs as possible. The lunch and learn presentation by the Council on Aging was held on January 24th, 2013 at the clinic, and was well attended by clinic staff, board members, volunteers and participants from our seniors groups. The workshop was sponsored by the

Continued on page 2...

ATTENTION: You won't want to miss this: This could be your future!

Important Meeting on affordable seniors' housing for Community Clinic members, ages 55 and older...

For those who are thinking of where your future home might be as a retiree, whether you are a couple or single, you might be interested in our proposal.

Seed money is in place and your ideas are needed.

Please plan to attend the meeting of the Second Avenue Seniors' Housing Cooperative

WHEN: Monday, March 11, 2013 at 6:30 p.m.

**WHERE: Saskatoon Community Clinic,
Langer Building 424 1st Ave North
(Please use back door)**

FOR MORE INFORMATION:

Norine Shewchuk, Seniors Counsellor, 664-4270

Mark Your Calendars – Coffee is on us.



The Council on Aging presented the Community Clinic with a certificate to recognize our participation in the age awareness training. From left: Lynne Fowke, Seniors' Advisory Council Co-chair; Anne Doucette, CHSA President; Burna Purkin, Director, Saskatoon Council on Aging; and Cheryl Loadman, Project Coordinator Age-friendly Saskatoon Initiative.

Saskatoon Community Clinic Seniors' Advisory Council and the Counselling Department.

For more information about the Community Clinic's Age Friendly project or the Seniors' Advisory Council please call

Laurie Stone at 664-4282. To learn more about the Saskatoon Council on Aging's Age Friendly Initiative call Cheryl Loadman, Project Co-ordinator at 652-2255 or visit their website at www.scoa.ca and click on the Age Friendly link at the bottom. ♦

Stephen Lewis – Medicare: Past, Present and Future

By Giustino Garcea, Member and Public Relations Coordinator

In celebration of the 50th anniversary of Medicare, the Saskatoon Community Clinic organized a presentation by Stephen Lewis, Distinguished Visiting Professor, Ryerson University, on November 9th, 2012 at TCU Place.

In his address entitled 'Medicare: Past, Present and Future', Mr. Lewis spoke to the challenges facing public health care in Canada, and the important work of "extraordinary organizations" like the Saskatoon Community Clinic. Following are highlights of Stephen Lewis' address.

Prior to 1962, only individuals who could afford to pay for treatment in Saskatchewan had access to health care. Community clinics were placed on the frontlines of the hard-fought battle between public officials, medical practitioners, community organizations and citizens to establish a public health care system.

Since that time Medicare has entrenched itself into the Canadian identity. Surveys consistently show that over 94% of Canadians continue to support public health insurance. But despite the importance of public health care to Canadians, the Harper Government has decided that they are going to be "washing their hands of healthcare after 2014", stated Lewis.

At an intergovernmental meeting between the provinces and the federal government in January 2012, federal Finance Minister Jim Flaherty announced that the federal government would no longer be continuing with the standard 6% annual increase in health transfers to the provinces. Rather, future funding increases will now be dependent on economic growth and will likely average 3.9%.

"Don't kid yourself" said Lewis, "[this] is going to amount to...the absolute dismantling of public health insurance. We are going to see more privatization, more and more user fees...and more of a two-tier system [emerging] because of this outrageous ideological rigidity. It's unsettling when your own federal government poses a real threat to Medicare, when Medicare is embraced by the entire population."

According to Lewis, there are many ways to 'cushion the shock' of decreases in health care funding and increases in spending. "One way you build in cushions is by the model of

the Saskatoon Community Clinic...which encompasses all of the range of health practitioners from nurses to counsellors. Doctors don't have to treat absolutely every patient. A shared team engagement ultimately lowers your costs. If you use the model evolved here in Saskatoon it is less expensive, you reduce wait times, it would mean less pressure on emergency rooms because there would be alternative places for people to turn." Lewis also spoke to the importance of partnerships, such as those developed at the Westside Clinic, as a way of addressing health needs.

"When you talk about the future of Medicare, the model of the Clinic should be inherent in that future. I am a convert to the SCC model...it is an emblem of what is common sense in health."

All quotes are excerpted from Stephen Lewis' speech 'Medicare: Past, Present and Future', which we encourage you to view on www.youtube.com. Use search terms 'Stephen Lewis and Medicare' or follow the link on our website under publications, www.saskatooncommunityclinic.ca ♦

Board and Staff News

Welcome to...

Robert Ralph, Nurse Practitioner

Michelle Arcand, Clinical Office Assistant/Receptionist

Amanda Rusk, Physical Therapy Attendant/Receptionist, and Medical Steno

Marleny Coronado, Cleaner

Phyllis Dumais, Clinical Office Assistant/Receptionist

Giustino Garcea, Member and Public Relations Coordinator



Farewell and best wishes to...

Jone Barry, Nurse Practitioner

Shirley Carriere, Registered Nurse

Stella Berglund, Registered Nurse

Semi-Annual Meeting Report

By Giustino Garcea, Member and Public Relations Coordinator

The Community Health Services (Saskatoon) Association Ltd. (CHSA), held its semi-annual meeting on an unseasonably warm (+4 C) Tuesday January 15th 2013, at the St. George's Senior Citizen's Centre.

31 members and 3 non-members attended the meeting.

Membership and Annual Service Fees

Ron Wheeler (Board Member) noted that CHSA Membership Fees and Annual Service Fees would remain unchanged for 2013-14 at \$15.00 per individual, and \$30.00 per family.

Presentations

Guest speakers Heather Morrison (Magic 98.3 host) and Jared Brown (University of Saskatchewan Student Union President) presented on their interesting experiences as participants in the 'Food Basket Challenge'. The Challenge was a local campaign to generate conversations regarding poverty in Saskatoon in which twenty-six residents lived on a food basket package for one week in September 2012.

Resolutions

The Chairperson then called for resolutions from the floor. Cheryl Hand presented a resolution that the CHSA continue to support harm reduction practices in preventing the spread of HIV/AIDS in our community, despite the spirited debates that have arisen around the needle exchange program in Saskatoon. She maintained that needle exchanges are vital in the process of building the relationships that engage people to consider making changes in their lifestyle.

Elections

The Chairperson called upon Ron Wheeler to report on one vacancy on the CHSA Board of Directors expiring at the 2015 AGM, and on one vacancy on the Focus Editorial Committee expiring at the 2013 AGM. Mr. Wheeler noted

that Erin Wolfson had agreed to stand as a prospective member of the Board of Directors. Mr. Wheeler called for any other nominations from the floor, but none were put forward. Erin Wolfson was elected to the CHSA Board of Directors for the term previously noted.

Mr. Wheeler then called upon Ingrid Larson (Member and Public Relations Director) to summarize the duties of the Focus Editorial Committee. Nominations were called for from the floor three times, resulting in the nomination and subsequent election of John Bury to the CHSA Focus Editorial Committee.

C.A. Robson "Smokey" Award

The Chairperson awarded member Harold Chapman the C.A. Robson award for actions reflecting the values of compassion, cooperation and commitment. As a one of CHSA's first members Harold helped organize the Saskatoon Community Clinic Foundation serving on its board for 30 years. As a co-operative educator he has carried the "torch" of co-operative education. Through his actions he reminds us that the principle of co-operative education is of the utmost importance and should not be neglected.

Announcements

Tim Archer (Executive Director) announced that the CHSA was successful in obtaining additional funding for increasing its physician, counselling and laboratory services primarily at the Westside Clinic.

Mr. Archer also announced that progress is being made on the Clinic's transition to Electronic Medical Records and that additional funding has been received to help with this process.

Funding has also been received for Quality and Family-Focused Care, which will also require additional training and staff development. ♦

Saskatoon Community Clinic Foundation Offers Changel[®] Program

The Saskatoon Community Clinic Foundation has partnered with Affinity Credit Union to offer the Changel[®] program. This issue of Focus includes a brochure about the program.

Whether purchasing your morning coffee or picking up some groceries, Changel[®] enables you to help others every time you make a purchase for yourself. Consider joining today!



Nutrition? There's an on-line tool for that!

By Cherith McGregor, RD Community Clinic Dietitian



Cherith McGregor

People are increasingly turning to online tools to support them in achieving their health goals. This includes websites as well as apps that are used on mobile devices such as Androids, iPads and Blackberries. While the right website or app can help keep you on track, the wrong one may be full of misinformation and confusion. Thousands of diet and nutrition websites and apps are now available. When

looking at using these tools, the options are overwhelming, and it is often helpful to have someone else narrow down the content.

Much to my delight, Dietitians of Canada (a credible resource for nutrition information) provides excellent online tools, and the Academy of Nutrition and Dietetics has taken on the challenge of providing science-based reviews of some popular health and nutrition websites and apps on the market.

A few recommended websites:

- The Dietitians of Canada website www.dietitians.ca provides credible healthy eating information from dietitians. The "Your Health" section of the website includes healthy recipes, information on key nutrients, and printable fact sheets. You can even find Dietitians of Canada on YouTube (www.youtube.com/DietitiansCAN).

- If you want to track your dietary intake and exercise, try my personal favourite tool: www.eatracker.ca. It's free, there are no advertisements, and it enables you to track nutrients like vitamins, minerals and sodium (many other tracking tools only focus on calories) and much more! A feature I like is that you can view your eating history to see trends over time. How's your fibre intake for this week?

- If you want some recipe ideas, menu planning tools, and more, try www.eatrightontario.ca.

- www.eatrightontario.ca/escreen is a free eating habits screening tool, and accompanying nutrition information designed for older adults

- Health Canada's website: www.hc-sc.gc.ca is full of information on a wide variety of topics, including nutrition information.

Nutrition Apps:

There are many popular nutrition apps available on the

market. The Academy of Nutrition and Dietetics have rated a number of them. Their website, www.eatright.org, has detailed reviews, the kind of device they are compatible with and other great information. They have also reviewed gluten-free and diabetes management apps. Here are the apps that have received the highest ratings:

- Eatipster:** Delivers daily healthy eating tips to your mobile device, created by Dietitians of Canada. RD Rating: 5 stars

- My Fitness Pal:** Food, exercise and weight tracking tool. Ability to use bar code scanner, add personal recipe and food items, and chat with fellow users. RD Rating: 4.5 stars

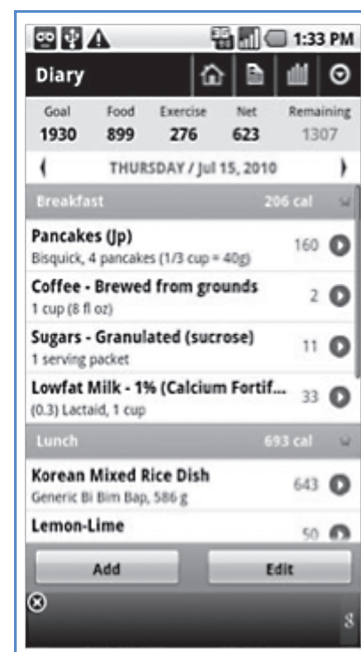
- Calorie Counter:** Tracks food, exercise, weight, and all the nutrients listed on a nutrition facts label. Features include recipes, a good "help" section, and daily inspirational articles. RD Rating: 4 stars

- Sparkpeople Food and Fitness Tracker:** Targeted to people seeking to manage their weight (not focussed on sodium, fibre, etc). Meal plans available. Rating: RD 4 stars

- Calorie Counter: Diets & Activities:** Features a classic food diary that tracks calories, water, fitness and the time each food item is consumed and an option to create your own diet and physical activity plan and an Integrated Body Tracker. RD Rating: 4 stars

- Calorie Tracker by Livestrong.com** Food and fitness diary designed to help you achieve your diet and nutrition goals, whether you want to lose, maintain or gain weight. RD Rating: 4 stars

While many apps offer sound information, and can serve as a support, no app can offer a care plan individualized just for you, the way that your health provider (such as a Registered Dietitian) can. Apps and websites are among the tools available, but they're not suitable for everybody, and not your only option. Have fun exploring the wonderful world of technology! ♦



Thank you Members' Handicraft Club

By Ingrid Larson, Member and Public Relations Director

Thank you to the Members' Handicraft Club for their donations. The Club members make crafts and baking which they sell at monthly showcase sales at our Downtown Clinic. One third of the proceeds raised support the purchase of items that contribute to the comfort of clinic members and patients. Other items are handmade by the club members for use by patients attending our Clinics.

In 2012 – 13 the Handicraft Club provided funding for:

- New sofa/loveseat for Downtown Clinic back entrance waiting area
- Centering Pregnancy Group program DVDs
- Centering Pregnancy Group warm hats for participating babies
- "Wall" toys for the Downtown Clinic Children's play area
- Signage with inspirational quotes for the Westside Clinic
- Aprons for Nutrition programs

In addition to the many craft items sold at the monthly showcase sales the Club handmade the following items for use at our Clinics:

- Finger puppets for doctors offices and lab
- Mitts, scarves and hats for Westside Clinic clients

The Club also assisted Bob Rutherford, who, using his knitting machine created 50 pairs of wool socks for Westside Clinic clients. The Club machine-finished the socks.

This year the Club also made a special 50th anniversary year quilt which was displayed in our waiting area and was given to the first Clinic baby born on our anniversary day. This year's recipient was Jessica and Jason Macdonald's baby Cora.

The club welcomes members, male or female, who have an interest in crafts. Sales are normally held the first Tuesday of the month at the back door area of the Downtown Clinic, 9 a.m. to 2:30 p.m. Meetings are held on the fourth Tuesday of the month at the 424 1st Avenue North building, 1:30 p.m. to 3 p.m.

The club also welcomes any wool, material, or any other craft supplies that you wish to donate, and any items (new) to our showcase as a donation for our sales. They have a donation box at the top of the stairs by the back door entrance to the Downtown Clinic. Please leave a note with your name and phone number so you can be acknowledged with a thank you card from our club.

If you are interested in joining our fun filled, energetic group please call Member and Public Relations at 652-4250. We will provide your name to a Club member to contact you. ♦



*Future Community Clinic Family Physician?
Ava Schwinghammer, Age 3*

LiveWell with Chronic Conditions

The Community Clinic will be running this program

April 8, 15, 22, 29, May 6 and 13

From 1-3:30 p.m.

- Six 2 ½ hour sessions for those who would benefit from participating in a group that builds confidence towards successfully self-managing and coping with an ongoing health condition.
- Facilitated by two trained, volunteer, lay program leaders who also have one or more chronic conditions. Program is highly "scripted" to allow lay volunteers to teach successfully.
- These FREE workshops are held at various locations throughout Saskatoon (and all other Saskatchewan health regions), throughout the year.

For more information, or to register please call
Trudy Myers at 664-4260 or 655-LIVE (5483)
at the Saskatoon Health Region

Antibiotic Therapy and Respiratory Tract Infections

By Robert Ralph, Acute/Primary Care Nurse Practitioner



Robert Ralph

With the cooler temperatures of winter, come a myriad of cough, colds and flu types of illnesses. As your primary care providers here at the Community Clinic, it is our goal to identify those illness that are caused by viral infections, and those that are caused by bacterial infections and to treat these illnesses accordingly.

Viruses: Colds, Sore Throats, Flu & Bronchitis

One of the reasons why colder temperature cause an increase in viral respiratory tract infections is that viruses like to replicate or grow in slightly lower than normal body temperatures. When the seasons change and colder air is breathed in, the lowered temperature of the upper airway creates ideal conditions for common respiratory viruses to proliferate. For example, some respiratory viruses replicate at 33 °C, when normal body temperature is around 37 °C.

The majority of respiratory tract infections are caused by viruses. All of these cause their share of human misery—sore throat, runny nose, sinus congestion, muscle aches, cough and fever. Our immune system is really the only definitive treatment for eliminating most of these viruses. Antibiotics do nothing to help rid the body of these nagging infections. Your primary care practitioner may offer supportive therapy: analgesics (pain killers), and sinus or antitussive (cough) medicines/tablets and encourage hydration and a well-balanced diet. But as mentioned, a properly functioning immune system will clear the body of these infections.

It is important to note, however, that the Flu Shot does protect against Influenza viruses and therefore is recommended in preventing certain strains of Influenza.

Bacteria: Pneumonia, Sinusitis and Strep Throat

Less commonly, perhaps, are bacterial infections of the respiratory tract which do require antibiotics.

Often fever, productive cough, shortness of breath, chest/back pain, purulent sinus drainage and pain are signs of bacterial infections. Also a painful throat in conjunction with fever, may be indicative of Streptococcus infection of the throat, “strep throat”.

Diagnostic tools for differentiating these infections may include: throat swabs, blood tests and sinus or chest X-rays.

An experienced practitioner may decide to treat or not treat based on experiential knowledge; or wait until confirmatory test are complete.

Concerns

The overuse of antibiotics is evident. As we see in the media many bacterial “super-bugs” are in the news. These are bacteria that have become resistant to many antibiotics, so judicious use of antibiotics must be adhered to, in prevention of these “super bugs”.

Arguably, the advent of the antibiotic age was the biggest step in medical science ever, as human life expectancy jumped by years afterward, but Alexander Fleming, the developer of Penicillin, left us with a stern warning about careful use of antibiotics ...

"The greatest possibility of evil ... is that instead of clearing up infection, the microbes are educated to resist penicillin, and a host of penicillin-fast organisms is bred, out of which can be passed to other individuals, and from them to others, until they reach someone who gets a septicemia or pneumonia which penicillin cannot save."
(New York Times June 26, 1945)

By patient education and proper clinical diagnosis we can be the determinates of the best and most accurate medical treatment and thus do our part in reducing bacterial resistance to antibiotics. ♦

Interested in Co-op Camp?

Do you know a young person aged 12 to 18 who would enjoy spending a week at summer camp? The Saskatchewan Co-operative Youth Program will be offering overnight camps at Candle and Last Mountain Lakes this summer. Participants pay a portion of the registration fee and can apply to local co-operatives, including the Saskatoon Community Clinic, for sponsorship of the remaining amount of the fee. Applications are accepted on a first come – first served basis, so if you are interested please call Member Relations at 652-0300. More information is also available from the Saskatchewan Co-operative Association. Call 244-3702 or visit their website at <http://youth.sask.coop>



~ Medical Group News ~

New Screening Program for Colorectal Cancer Now Available in Saskatchewan

The Saskatchewan Cancer Agency's Screening Program for Colorectal Cancer (SPCRC) has recently introduced a more patient-friendly home-based screening process for detecting colorectal cancer - the fecal immunochemical test (FIT).

This FIT test utilizes a more high-tech laboratory method to detect the presence of blood in stool. The single test detects 60-80% of cancers and will significantly reduce the wait times for colonoscopies. Unlike other colorectal screening methods, the FIT test requires no dietary or medical restrictions, and can easily be administered in one day.

Eligible participants will receive a letter and home-based test kit from the SPCRC, based on information provided by the Ministry of Health. To be eligible you must be between the ages of 50 and 74, have a valid Health Services card, and have not been diagnosed with colorectal cancer in the past five years.

According to the Canadian Task Force on Preventive Health Care, adults who are 50 to 74 years old should be screened for colorectal cancer every two years. People who are particularly at risk of contracting colorectal

cancer include – those 50 years of age or older, those whose diets are high in red meat and low in fibre, those who undertake little to no exercise, and those who smoke or drink.

Referred to as the 'silent killer', colorectal cancer is the second most commonly diagnosed cancer, and the second leading cause of cancer deaths, in both men and women in Saskatchewan. Each year in this province, 240 of the 650 people who are diagnosed with colorectal cancer die from the disease.

However, colorectal cancer is also one of the most preventable forms of cancer. Survival rates are as high as 90% for people who are screened and treated early for the disease.

If you are between the ages of 50 and 74 and would like to have a FIT test kit mailed to you sooner, call the toll free line at 1-855-292-2202. Or, for more information contact the SPCRC client navigator at 306-359-5871.

The Saskatoon Community Clinic encourages all eligible participants to take part in this program. ♦

Saskatchewan Drug Information Service

In response to the growing need for quicker and more convenient access to drug information, the Saskatchewan Drug Information Service (SDIS) is now offering a text-messaging service where health consumers and providers alike can access timely, unbiased, current and accurate information on drugs and drug therapy.

To access the service, people can send their drug information questions via text to 306-260-3554, which will be responded to within one business day. All correspondences are completely confidential and delivered directly to the user's phone.

Information is provided on various aspects of drugs and drug therapy including, but not limited to adverse reactions/side effects, compounding problems, precautions, drug availability, drug dosages, drug

identification (Canadian, foreign), drug use in pregnancy and lactation, drugs of choice, pharmacology and therapeutic indications.

SDIS is a non-profit organization that is sponsored by Saskatchewan Health. It operates out of the College of Pharmacy and Nutrition at the University of Saskatchewan, and is staffed with licensed pharmacists.

SDIS can also be contacted by: phone: 306-966-6340, email: druginfo@usask.ca, online: www.druginfo.usask.ca, or fax: 306-966-2286. ♦





Gifts to the Saskatoon Community Clinic Foundation

In Memory of:

Alice & Walter Allen from Deanna Gruending
Bette Atkinson & Fred Curths from Wenda Atkinson
Mary V. Chapman from Harold Chapman
Tom Cross from Diane Cross
Dr. Carla Eisenhauer from Sonja Freiermuth, Margaret Cloak
Sam & Blanche Erickson from Zelma Deg
Jim Fergusson from Angie Fergusson
Darcey John & Tommy Fink from Robert Fink
Stan & Enid Fowler from Larry Fowke
Charles Gastel from Lisa Gastel
Laurie Goff from Terry Goff
Dorothy Hannon from Margaret Fredeen
Mrs. P. Holtslander from Jim Holtslander
John W. Hopkins from Doris Jean Hopkins
Rae Stewart Howe from Elizabeth Lee, Stella Pristupa,
 Kathryn Sutherland, Linda Wright
Jessie Weightman from Melvin H. Weightman
J. G. Jones from Isabel Jones
J. J. Kinash from Victoria Kinash
Michael & Margaret Kopko from Douglas M Kopko

Allan W. Krahn from June E. Krahn
Albert Landry from Mary Landry
John Matthews from Clifford Matthews
James Mitchell from Laura I. Mitchell
Margaret Morrison from Dennis Morrison & Linda Holmes,
 Trudy Meyers
Jean Newman from Jack Newman
Shirley Jean (Durant) Nixon from Margaret Durant
Sheldon Proznick from Olga & Fred Proznick
Mary Prysiazniuk from Bryan & Arlene Ryan and Family
Chester & Kathy Rutherford from Ethel Rutherford
Alexander Smith from Carol Glazer
Peter Stefanuk from Elizabeth Stefanuk
Dr. Brenda & Marie Thiessen from Stuart Thiessen
Florence Wotherspoon from Margaret Cooper

In Celebration and Honour of:

Being 90 Years of Age from Rosemary Peet
A 50th Anniversary from Mary V. Wolfe
Dr. Karpinski's Retirement from Bryan & Arlene Ryan and Family

Donations:

Jack E. Adams, Tim Archer, Woodsworth & Marie Baker, Linda Bec, Lois Berry, Catherine Lesley Biggs, Jean-Louis & Marguerite Bilodeau, Heather Brenneman, John Brockelbank, Glenda J. Brown, Betsy Bury (directed to the Betsy Naylor Bursary), I. Jean Busby, Linda Charlton, Marie Colbert, Community Clinic Volunteers for the Elderly, Isabel M. Cornish, Ron & Ruth Cruickshank, CUPE 974, Ed Decker, Zelma Deg, Wilfred Denis, Stanislaw Dimnik, Jacob M. Driedger, Ida Eliason, Anne R. Evans, B. Y. Fallas, Gordon Fletcher, Kelly Foth, Henry Friesen, Edward & Audrey Gilroy, G. June Hagerman, Audrey Hall, Dennis & Teresa Harley, Bernice E. Harrison, Lily Hilderman, Felix Hoehn & Carol Riekman, Dennis Holmes, Kathryn Howsam, Eleanor Humeny, Nayyar Javed, Laurel & Ken Jensen, Margaret L. Johnson, Joseph Kawchuk, Margaret G. Keith, Herman W. Kernen, Don & Mildred Kerr, Fred & Beatrice Kuechle, Lillian Laing, Ingrid Larson, Margaret Leaker, Norma Linwood, Dave & Patricia Little, Joyce Loraas, Barbara Lussier, Al & Marj Matheson, Nicholas McCormick, G. Allan McGuire, Dr. Margaret McMahon, Bonnie Mihalicz, Margaret Monks, Barb and Robin Morrall, Hilary Nelson & Paul Sly, Jack Newman, Laurence E. Osachoff, Pat Pearce, Roy Pinkerton, Michael Rohatynsky & Elizabeth Quinlan, Donna Rawlake, Marjeleena Repo, William Richards & Sandra Beardsall, Faith Rohrbough, Gary Romuldietz, Howard & Roxanne Salisbury, Joanne & James Schenn, Margaret K. Shearer, Juliana Sherbot, Graham Dove & Kathleen Slavin, Phyllis Speers, Joan Stephens, Anne Thiessen, Doreen Walmsley, Betty Weenk, William & Helen Woykin, Nellie Woznica, Nels & Margaret Yalte, Evelyn Yuzik

Thank you for your generosity ~ November 17, 2012 - February 1, 2013

Focus is published by Community Health Services (Saskatoon) Association, Ltd., 455 – 2nd Avenue North, Saskatoon, Saskatchewan S7K 2C2. Material may be reproduced with appropriate recognition of the source.

For useful information about your clinic please visit our website at: www.saskatooncommunityclinic.ca

Editor: Ingrid Larson

Editorial Committee: Jason Cruickshank, Michael Finley, John Bury

CHSA Board of Directors: Dalton Cameron, Anne Doucette (President), Glen Kovatch, Twyla Leflar, Melanie Medicott, Stan Rice, Sheena Rowan, Elizabeth Scott, Carla Smith, Ron Wheeler, Derek Wilkinson, Erin Wolfson

Executive Director: Tim Archer

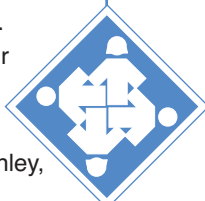
Board Secretary: Coreen Usselman

Member concerns and comments are welcomed by the Member and Public Relations Department.

Please call 664-4243.

ISSN 0015-5195

Canadian Publications Mail Product Sales Agreement 40052408



Return Undeliverable Canadian Addresses to:
 Community Health Services (Saskatoon) Association
 455-2nd Avenue North
 Saskatoon, Saskatchewan S7K 2C2
www.saskatooncommunityclinic.ca

