

# FOCUS

Saskatoon  
Community  
Clinic  
"Your Health  
Care Co-op"



Summer, 2013  
Volume 49, Number 2

Community Health Services (Saskatoon) Association Ltd.  
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## Seniors Learn About Aboriginal Culture

By Laurie Stone, Seniors' Volunteer Coordinator

Seniors of Tomorrow participants experienced a unique opportunity to learn about Aboriginal culture at the April 3rd group session. Some special guest speakers brought Aboriginal cultural traditions to life and shared their own personal stories.

The presenters were Louise Dufour, Aboriginal Seniors' Counsellor at the Community Clinic, Irene Sharp, Kohkums volunteer and Katie Poundmaker, Aboriginal Elder.

The group learned about Katie's work as an elder at Pleasant Hill School – how she provides guidance for the students there and educates them in Aboriginal culture and philosophy. She explained that there are many opportunities to take part in Aboriginal culture. There are feasts for each season, powwow's and sweat lodges. She led the group in an Aboriginal prayer and passed a "talking stone" around, giving each of the participants an opportunity to share with others in the group.

Irene explained the history of cultural traditions such as the burning of sweet grass and smudging to purify oneself. It

is thought that the smoke rising upwards sends prayers to the creator, thus, this is a very important aspect of the culture.

Louise explained the importance of the sacred circle as the basis for Aboriginal beliefs. Within the circle there are four quadrants: the physical, spiritual, intellectual and emotional selves. All of these selves must be attended to in order to be a whole person and to experience true learning. She explained further that Aboriginal culture takes a very holistic approach to health and has great respect for the environment. Louise plays a key role as the Coordinator of the Kohkums (Aboriginal Grandmothers) program offered through the Counselling Department. This program has been offering socialization, support and healing for Aboriginal women for 21 years.

The group concluded with the sharing of bannock with Saskatoon berry jam and many thanks from the participants for the informative and thoughtful presentation. The session was one of a series in the Seniors of Tomorrow program, offered twice monthly by the Saskatoon Community Clinic Counselling Department. The program is for older adults interested in learning about their own health and the health of our community. For more information please contact myself at 306-664-4282 or Norine Shewchuk, Seniors' Counsellor at 306-664-4270. ♦



From left: Presenters Louise Dufour, Saskatoon Community Clinic Aboriginal Seniors' Counsellor; Katie Poundmaker, Aboriginal Elder; and Irene Sharp, Kohkum's Volunteer and Seniors Advisory Council Member at the April 3rd Seniors of Tomorrow session on Aboriginal Culture.

Community Health Services (Saskatoon) Association Ltd.

### Annual General Meeting

Join us for our Annual Meeting

Mayfair United Church Hall

Tuesday, June 11, 2013

Reports-Elections-Resolutions-Refreshments

Five (5) Board positions are available for election.

See page 5 for details.

## Do You Wonder if Counselling Might Help?

By Joanne Schenn MSW, RSW, Counselling and Community Services, Department Head

The Counselling and Community Services department focuses on the mental health of our patients. The World Health Organization made the statement that “there is no health without mental health”. We at the Community Clinic take that statement very seriously by providing comprehensive health-care that includes mental, emotional and physical health and wellness.

Helping clients improve and maintain good mental and physical health is the responsibility of everyone at both our clinics. Our staff work together as teams and our teams include the client/patient. For that reason your Counselling Department has recently moved toward encouraging patients to self-refer for counselling. This means that you as a patient do not need to visit your doctor to obtain a referral to a counsellor. You may simply pick up one of our pamphlets located in various areas around our buildings and call the phone number that is listed. You could also call the Clinic’s main reception desk and ask to speak to the Counselling Department Head who will take your information and speak to you about how your needs can fit with the services we provide. We can also provide valuable information about other related services within the community that may be suitable for you. Your doctor may refer you as well, or speak to you about the possibility of seeking counselling. It is very important that even if you self-refer, that you keep your doctor informed about all of your mental health services.

The Counselling Team includes counsellors (registered clinical social workers and a registered psychologist) and Community Mental Health Nurses, all who have advanced

experience and training in their field. We provide counselling and support for people with a wide scope of needs including those living with complicated grief, relationship problems, adjustment to critical and traumatic situations, parenting concerns, spousal abuse, sexual abuse and many more. We also provide treatment and support for those with major mental illnesses such as bipolar mood disorder, schizophrenia, and major depression.



Joanne Schenn

The most prevalent problems that we encounter and work with are stress (especially workplace stress), depression, anxiety and addictions related concerns. Almost everyone that we and you know have some experience with these illnesses either within their group of friends and family or for themselves. These illnesses occur for a wide variety of reasons. Often they are seen in conjunction with physical illnesses that a person is dealing with, but just as often, mental illness, stress and unhelpful coping strategies can lead to physical illness when left untreated.

Our Counselling team will work with adults and seniors who are patients of the Saskatoon Community Clinic. We work with people individually, in groups or as couples and families. We will work with older children and will support parents in finding the right services for their children under 14 years of age. In this issue of Focus you will find additional information about our Seniors and Aboriginal Seniors Groups as well as opportunities to participate in volunteer activities.

For more information contact me at (306) 664-4287. ♦

### *In Memory of Dr. Margaret Mahood*

We are saddened by the passing of Dr. Margaret Mahood, 94, on May 11, 2013. On July 3rd, 1962, the province introduced medicare and while the majority of doctors went on strike, Dr. Mahood supported the plan and provided services at the Community Clinic throughout the strike. Dr. Mahood remained with the Clinic practicing psychiatry, building a strong primary health care co-operative. She remained a determined defender of public health care against those who would dismantle it. Margaret was an exceptional woman, shattering many glass ceilings faced by women of her era; one of a handful of women in the 1955 graduating class in Medicine, McGill University, a committed socialist, a feminist, a pro-choice advocate and a mentor to many younger women. We will greatly miss her.

Her family has requested, in lieu of flowers, donations to several charities,

[www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca).

## ~ Medical Group News ~

# New Guidelines Recommend Less Pap Tests

The Canadian Task Force on Preventative Health Care (CTFPHC), has recently updated its guidelines on cervical cancer screening (Pap test) to ensure effective screening while minimizing the inconvenience of testing. The Saskatoon Community Clinic has long advocated and encouraged women to have regular cervical cancer screening. Our physicians and nurse practitioners are now practicing according to the new guidelines.

Given the risks associated with Pap tests, the CTFPHC is now recommending that cervical cancer screening starts later and occurs less frequently. The risks/harms associated with women taking Pap tests too frequently include:

- A greater chance of 'false positive' result (i.e. the Pap test result is abnormal, but cells are only infected with virus not cancer), which requires follow-up testing.
- Unnecessary doctor appointments and referrals to specialists.
- Unnecessary invasive procedures including painful biopsies to the cervix.
- Cervical biopsies in women who have not completed their childbearing can increase the risk of miscarriage.
- Anxiety and stress.
- Bleeding or discharge.

Cervical Cancer is caused by an infection with certain types of Human Papillomavirus (HPV). It is transmitted through sexual contact and causes the cells to change. It is very common for any person, male or female, to contract HPV. Most often the infection is overcome by our immune system and the cells return to normal. However, cervical cancer occurs when the cells do not change back to normal, but rather undergo changes to become cancerous.

In Canada, 350 women die annually from cervical cancer and an estimated 1300 new incidences of cervical cancer were reported in 2011. Screening rates amongst Aboriginal

women and newcomers continue to be lower than other ethnic and sociocultural groups. The risk of cervical cancer increases after the age of 25-30, and peaks between the ages of 50-60. However, regular screening can reduce the chance of getting cervical cancer by up to 80%.

As such, the CTFPHC recommends:

- Women under the age of 25 should not have routine Pap tests as the potential risks and harms outweigh the benefits.
- Women between the ages of 25 and 69 should undergo routine screening every three years.
- Women over 70 who have not been adequately screened, should take the Pap test every three years until they have achieved three consecutive negative Pap tests.
- Pap tests are recommended earlier and more frequently for women who are immune compromised (HIV positive, or chronically taking prednisone or other immune suppressing drugs).
- Women with a history of abnormal pap tests will require pap tests more frequently for a period of time. Depending on the abnormality, treatment, and results of subsequent tests, they are often eventually approved to return to routine screening every three years.
- Pap tests are not recommended for women who have never been sexually active, and/or do not have a cervix due to hysterectomy for non-cancerous reasons.
- Women who have had an HPV vaccination should still undergo routine Pap tests, as the vaccine only protects against the two main types of HPV that are responsible for 70% of cervical cancers.

If you have any questions speak to your family physician or nurse practitioner or contact the Task Force at: 613-960-8841 or [info@canadiantaskforce.ca](mailto:info@canadiantaskforce.ca). For more information visit the CTFPHC website at [www.canadiantaskforce.ca](http://www.canadiantaskforce.ca).

## Dr. Markentin SMA Physician of the Year

Dr. Morris Markentin has been awarded the Saskatchewan Medical Association Physician of the Year for 2013!!! This is very well deserved and is a testament to all his hard work and dedication!

Dr. Markentin joined the Saskatoon Community Clinic in 2010. He works primarily at the Westside Clinic where he is the Physician Lead. His patients testify to his compassionate and superior care and his understanding for those who struggle with poverty, additions, homelessness, abuse trauma and discrimination.

He is a leader in the community in providing Methadone Assisted Recovery for addicts and the treatment of Hepatitis C and HIV in primary care.

Dr. Markentin also provides strong leadership to his profession. He is Clinical Associate Professor at the University of Saskatchewan, and is a past President of the Saskatchewan chapter of the College of Family Physicians of Canada.

We are proud to have Morris as a member of our team!

# Board of Director's Year-End Report

By Anne Doucette, President



Anne Doucette

Welcome to the next 50 years of the Saskatoon Community Clinic.

Your Community Clinic's goal of patient centred health care for all binds us together. It is not always an easy task, but one that we strive for as we move into these next 50 years. CHSA recognizes the need for ongoing review of present services, but we also realize that we must plan for the future. And so we have started

developing our next five-year strategic plan.

In order to accomplish this, we will begin consultations with members, staff and our partnering agencies. We will also take into account past years' suggestions from member meetings. We hope to have this done by the 2014 annual meeting, with a preliminary view of our plan at the semi-annual meeting in January 2014. We look forward to your input.

We had a very successful and busy past year. Our 50th Anniversary Committee, with the help and support of members, staff, volunteers and partnering organizations, organized celebratory events, spread the good news of 50 years of Medicare and community clinics, attracted much media attention, and published a graphic novel! Thank you to all who participated.

Our Member Services Committee discussed ways to greater engage the patients at the Westside Clinic. As a first step the Board implemented a new group called Westside Associates which helps us in communicating with Westside Clinic clients about membership related activities. The committee is also holding a contest, in which members who submit their e-mail addresses, can win an iPad. Electronic communication will allow us to communicate with members about policies, activities and benefits as well as healthy living, and to allow us to hear from you, the members, about your concerns. They have also been looking at ways to increase understanding of the co-operative model of health care.

We continue, with the guidance of the Operations Committee to balance our budget, while always trying to find ways to improve services with limited resources. We continue with training and implementation of Electronic

Medical Records and thank all for their patience and understanding. We are close to full implementation. We have been very fortunate to have received additional funding from the provincial government for increased physician, counselling and lab support at our Westside Clinic, EMR implementation and quality improvement. We are just entering into negotiations with CUPE local 975. Looking to the future, we are beginning to look at new services that we might be able to implement and what improvements may be needed to our 455 2nd Avenue North building.



During the past year the Political and Social Action Committee recommended advocacy to civic, provincial and federal political leaders on a number of issues of concern. These included: federal anti-smoking policies; Comprehensive Economic Trade Agreement (CETA); needle exchanges; and the P3 model for health care facility development. We continue to work closely with the Saskatchewan Health Coalition on the defense of publicly funded health care. The committee is pleased to have a Student Wellness Initiative Toward Community Health (SWITCH) student as a member of the committee. The representative communicates with the SWITCH governing Council about committee discussions allowing the Council to become involved with some of the issues that the Board is working on and also we are able to receive valuable information from the students.

Our external partners play an important role in helping us serve our community. Saskatoon Community Clinic representatives met with, planned and sponsored programs with the support of Province of Saskatchewan Primary Health Branch, Saskatoon Health Region Board and staff, non-profit partners such as SWITCH and the University of Saskatchewan, and numerous others. Our memberships in the Community Health Co-operative Federation, Canadian Association of Community Health Centres, Saskatchewan Co-operative Association and Federation of Canadian Health Care Co-operatives strengthen our co-operative association.

I would like to thank the staff and members for all their work and support over the past year. I would also like to thank the Foundation and our partners for all their support in making our 50th anniversary year so successful. Here's to another 50 years serving our community. ✦



# Annual Meeting Notice



Community Health Services (Saskatoon) Association Ltd.

**Tuesday, June 11, 2013**

**Mayfair United Church, 902 33<sup>rd</sup> Street West, Saskatoon**

**Registration: 6:30 p.m. - 7:00 p.m. Meeting: 7:00 p.m. - 9:30 p.m.**

## *Agenda*

- |  |  |
|--|--|
| 1. Call to order   | 7. Break                                   |
| 2. Reading and disposal of minutes of preceding annual general meeting                                 | 8. Resolutions, recommendations and bylaws |
| 3. Business arising out of minutes   | 9. Election of directors                   |
| 4. Reports of President, Directors, Executive Director, Medical Director, Treasurer and other Officers | 10. Reports of special committees          |
| 5. Report of Auditor and consideration of financial statement  | 11. Unfinished business                    |
| 6. Discussion, consideration and disposing of reports set out in 4 and 5                               | 12. Appointment of auditors                |
|  | 13. New business                           |
|  | 14. Adjournment                            |

## *Election of Directors*

Five (5) Board members will be elected at the meeting. If you are interested in running for the Board of Directors, please contact the Board secretary at 306-652-0300. Your name will be forwarded to the Nominating Committee, and an information package will be sent to you. Biographies received seven days in advance of the meeting will be included in the agenda package.

## *Eligibility for Voting and Elections*

Upon approval of the Board of an application for membership, the member shall be entitled to attend any general or special meetings of the Co-operative and be entitled to vote. Each member will be entitled to one (1) vote only, and no member may vote by proxy. In cases where a member has a spouse or a spouse and dependents who are members (joint or family memberships), the spouse and any dependent who is eighteen (18) years of age or over shall be entitled to vote and shall be eligible to be elected as a director.

## *Deadline for Resolutions*

Resolutions from members are welcome. Members may

introduce resolutions from the floor. However, the Board urges members who would like to put forth a resolution to submit them ten days in advance of the meeting. Early submission allows for copying of the resolutions so they are available for members to review and for copies to be distributed at the meeting.

## *Childcare, Transportation and Meeting Packages*

If you require childcare or transportation, contact the Member Relations Department. The Annual Financial statements and other meeting materials will be available for pick up by interested members at the Clinic seven days in advance of the meeting. For more information, please telephone Member and Public Relations at 652-0300, ext. 243.

## ***Board Membership Opportunity!***

The Saskatoon Community Clinic is seeking nominations for the Board of Directors. Our elected, volunteer board members represent our community of users and are responsible for the effective governance of our co-operative.

The Nominating Committee is recruiting Community Clinic members with knowledge, skills or expertise in at least one of the following areas:

***Primary and Community Health Services - Co-operatives - Policies and Procedures  
Financial Management - Strategic Planning - Personnel Management - Advocacy***

Contact Member and Public Relations at 306-664-4243 or e-mail [member.relations@communityclinic.sk.ca](mailto:member.relations@communityclinic.sk.ca) for more information.

# Is “Gluten Free” Right for me?

*Cherith McGregor, RD, Community Clinic Dietitian*



*Cherith McGregor*

## *What is a Gluten-Free Diet?*

Gluten is a natural protein found in wheat, barley, and rye, providing nutritional value and texture. A gluten-free diet does not include these grains, or their hybrids, in any variety. In addition to "obvious" sources such as bread, pasta, cereal, and crackers, there are also hidden sources of gluten which may include condiments, processed meats, toothpastes, and more.

## *Who needs to be Gluten Free?*

Most people who follow a gluten free diet have been diagnosed with celiac disease, a serious genetically-based autoimmune disease. If someone with celiac disease ingests any gluten it triggers an immune system reaction damaging the lining of their small intestine. With this damage, they cannot absorb nutrients properly. When gluten is completely removed from the diet, the intestine is able to heal, and other symptoms (which may include rashes, pain, and migraines) resolve. The only treatment for celiac disease is a lifetime of strict gluten avoidance. Some people can develop non-celiac gluten sensitivity, which causes similar symptoms. In both cases a gluten free diet is followed for symptom management, and has nothing to do with weight loss goals.

If you suspect that you have celiac disease or gluten intolerance, a simple blood test can help your physician with a diagnosis. The trick is that you need to have gluten in your diet at the time of the test. Self-diagnosis can even be dangerous, as people will not receive proper support, or monitoring for potential complications of celiac disease (which can include osteoporosis and cancer).

## *What about gluten and weight loss?*

Contrary to popular belief, and celebrity endorsement, a gluten free diet is not a magic bullet for weight loss. In fact, processed gluten-free products are often higher in fat and sugar to improve the taste and palatability, as many tend to taste "dry". Because of this, many people with celiac disease struggle with weight gain. Registered Dietitian Brooke Bulloch of [foodtofit.ca](http://foodtofit.ca) proposes that the weight loss some people experience through eliminating gluten is due to: 1) increased awareness of their diet, 2) reduced portions of grain products, or 3) making leaner choices (eg/ fruit vs muffins), as there is not evidence to suggest that gluten itself is related to being overweight.

## *Is it harmful to go gluten free?*

Avoiding gluten is not harmful, however a poorly planned gluten free diet may be nutritionally incomplete, leading to health complications.

A healthy gluten free diet includes a variety of whole foods from all four food groups. As previously mentioned, if you suspect celiac or gluten intolerance, it is best to be tested prior to starting a gluten free diet.

There is one potential concern with widespread use of the gluten free diet. "Although interviews with celebrities...are extremely helpful in raising awareness about the disease, "the celebrity halo may cause some people to go on a gluten free diet for the wrong reasons," says Shelley Case, RD, a celiac researcher, dietitian and author of *Gluten-Free Diet: A Comprehensive Resource Guide*. "Those with celiac disease may not be taken as seriously in restaurants because everyone thinks it's just a lifestyle choice or trendy obsession. Even small amounts of gluten can damage the intestinal tract. Because celiac disease is a serious lifelong disorder, it should be accorded the respect it deserves."

## *What's the Bottom Line?*

If you want to try a gluten free diet, do it for the right reasons and ensure you're eating nutrient-rich foods. To support your health, whether you follow a gluten free diet or not, here is some general advice:

- 1) Reduce your intake of processed foods that contain added sugars and/or fat.
- 2) Aim for the "perfect plate". Fill half of your plate with vegetables, leaving ¼ for protein (about the palm of your hand) and ¼ for starch (about the size of your fist). Have a piece of fruit for a healthy dessert.
- 3) Fibre up! Choose whole grains (gluten free whole grains include: brown or wild rice, buckwheat, quinoa, and pure uncontaminated oats). Eat beans, peas and lentils for a high fibre source of protein.
- 4) Remember that water is always the best choice for thirst.

If you have celiac disease or gluten intolerance, a registered dietitian can provide information to support you in planning a healthy gluten-free diet. There are also great resources online, including the Canadian Celiac Association ([www.celiac.ca](http://www.celiac.ca)) and Shelly Case's website ([www.glutenfreediet.ca](http://www.glutenfreediet.ca)). ♦



## Seniors' Corner

By Laurie Stone, Seniors' Volunteer Coordinator,  
Community Clinic Counselling Department

It has been an exciting time for the Seniors Program at the Community Clinic with new initiatives underway and the continuation of existing successful programs.

The Seniors of Tomorrow program began last fall and is offered twice monthly on Wednesday afternoons. This program is for older "young at heart" adults who are interested in learning about health topics and the health of our community. Recent sessions have included: Brain Health for Older Adults, Aboriginal Culture (see article page 2), Understanding Medical Tests, Protecting Yourself from Fraud, and Healthy Eating for Seniors. These drop-in sessions are interactive and include an exercise component as well as a refreshment break and a chance to socialize. The program will begin again starting in September – watch the fall Focus for more details.

The Happy Gang and Silver Threads Program takes place Thursday afternoons twice monthly, with the focus on socialization, refreshments, entertainment and health information. This program is for senior/elderly members and patients of the community clinic who benefit greatly from the opportunity to get out and socialize, especially during those long winter months. We recently celebrated the 100th birthday of one of the program participants and we also held an afternoon party with lunch and a live band at Mayfair United Church. This



program operates September – April.

The Kohkums (Aboriginal Grandmothers) Program operates once a month providing education, healing and a celebration of aboriginal culture. The coordinator is Louise Dufour, Aboriginal Seniors Counsellor. She can be reached at 306 664-4323.

The Seniors Advisory Council has been very active, participating in the promotion of age awareness and fundraising to support seniors programming at the Clinic. Join us on May 24th at the back entrance of the Downtown Clinic for a hot dog sale. We will be selling raffle tickets for a lovely quilt, a painting by Dr. Bury and a night's stay at the Delta Bessborough.

These programs for seniors would not be possible without the help of our wonderful volunteers. If you would like to volunteer to help with any of the above programs, or have a couple of hours of week to visit with an elderly senior who would benefit from some socialization, please give us a call. We would love to hear from you!

Laurie Stone, Seniors Volunteer Coordinator: 306-664-4282. Norine Shewchuk, Seniors Counsellor: 306-664-4270. ♦

## Enter our iPad for E-mails Contest



As part of ongoing efforts to enhance our ability to communicate with our members electronically, the Saskatoon Community Clinic will be giving away one free iPad, loaded with health and fitness apps, to one lucky member who has provided us their e-mail address, and has filled out a contest entry form.

Contest entries will be accepted from May 1st to September 30th 2013.

Contest details are available on our website at [www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca)

## Mental Health Information

The Saskatoon Community Clinic has helpful information available on many Mental Health topics such as:

- Anger management
- Children and adolescent mental health
- Coping with Stress
- Depression
- Eating Disorders
- Grieving
- Panic Disorder
- Parenting
- Positive Body Image
- Relationships
- Schizophrenia
- Seasonal Affective Disorder
- Self-Esteem
- Stigma around mental health problems
- Suicide

Contact our Counselling Department at 306-664-4287 or drop-in to Health Information Centre at the Downtown Clinic.



## Gifts to the Saskatoon Community Clinic Foundation

### *In Memory of:*

**Joyce Amundson** from Ruben Amundson  
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**Marvin Booker** from Warren & Pat Booker  
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*Thank you for your generosity ~ February 2, 2013 - May 3, 2013*

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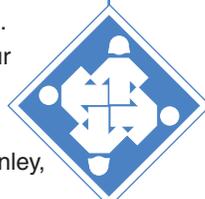
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