

Westside Clinic a Leader in Caring for those with HIV

By Ingrid Larson, Member and Public Relations Director and Giustino Garcea, Member and Public Relations Coordinator

Saskatoon has the highest HIV/AIDS infection rates in Canada. Many of these patients are seen by our team of staff and partnering organizations at Saskatoon Community Clinic – Westside. Together they have achieved a high rate of success in helping many in our community successfully manage HIV as a chronic condition.

This is largely the result of the following three things: the Clinic’s capacity to monitor the CD4 viral load on a high percentage of its patients; the capacity of the Westside Clinic to reach out and engage clients through harm reduction strategies; and the co-location of a team of interdisciplinary healthcare professionals.

CD4 Viral Load Counts

HIV is a virus that breaks down the immune system; more specifically it takes over CD4 + cells in the body. CD4 + cells coordinate the immune system and help protect our bodies from infections and disease. HIV can eventually lead to AIDS, which is considered the advanced stage of the infection. There are now medications available that help to

boost the immune system, dramatically slowing down the replication of the HIV virus in individuals, reducing viral loads and thus slowing down the progression of the disease to its more advanced stages.

Continued on page 2...



*Westside Clinic's interdisciplinary team.
 Photo credit: Bruce Johnson*

Inside this Issue of Focus

- Patient Parking Changes Underway pg 3
- A Brief Thought on Vaccines pg 4
- Semi-Annual Report pg 5
- Senior's Housing Co-operative News pg 7

Attend the Semi-Annual Meeting
Wednesday, January 15, 2014, 7 p.m.
Helping Patients Manage HIV as a Chronic Condition

Presented by Dr. Morris Markentin,
 Family Physician at Community Clinic - Westside

See page 3 for details.

In 2012, the Westside Clinic began collecting and compiling data on CD4 counts in HIV patients. CD4 viral load is monitored through regular blood tests. Monitoring CD4 cells can help track a patient's responsiveness to treatments and whether their infection is progressing or regressing. By the end of 2012, the Clinic had already gathered CD4 counts on 77% of its 368 HIV patients on file. As of January 2013, the Clinic has gathered counts on 95% of these patients. In comparison, only 67% of diabetics on file in Saskatchewan, and 64% of those in Ontario, underwent comparable tests in 2012. As a result of the services provided at the Westside Clinic, 41% of its HIV patients on file now have undetectable viral loads.

Capacity of the Westside Clinic to work closely with community partners on harm reduction initiatives

HIV is transmitted through bodily fluids, often due to intravenous drug use or sexual activity. There are several Community Clinic physicians who are trained in administering methadone which helps patients reduce their dependence on intravenous drugs (opioids, e.g. heroin, morphine) through a safe method. The methadone program, in combination with the needle exchange program offered through Public Health, is helping to reduce intravenous drug dependence and needle sharing, thus limiting the spread of HIV in Saskatoon. These 'Harm Reduction' programs play a key role in patient engagement and outreach services provided to clients with HIV/AIDS.

Co-location of a team of interdisciplinary healthcare professionals

An interdisciplinary team approach is an important part of providing comprehensive care to those with chronic conditions such as HIV. HIV affects all aspects of a person's

mental and physical health. Many different services and programs are needed and patients are best served when these services are provided at the same location. The Community Clinic has an interdisciplinary team of health care professionals working at the Westside Clinic. In addition, the Saskatoon Health Region and University of Saskatchewan have located addictions and mental health workers and visiting specialists at the Clinic. As a result, our family physicians and nurse practitioner, who coordinate the care of the patients with HIV, have the benefit of working closely with lab technologists, pharmacists, mental health and addiction professionals, visiting specialists, physical and occupational therapists, nutritionists and client/patient access service workers, all of whom support the needs of the patients through a collaborative team approach.

In its most recent Annual Report (2012-13), the Saskatoon Health Region (SHR) announced that it has already met and exceeded its target goal for 2017 of increasing testing for HIV and TB by 50%, or 1,997 tests per month. The Westside Clinic is one of a few sites in Saskatoon performing rapid Point of Care (POC) testing for HIV. During this same time period, incidences of HIV in SHR have been reduced from 66 new cases in 2011 to 55 new cases in 2012, a 16.6% reduction.

The Saskatoon Community Clinic has been provided with additional funding from the Ministry of Health to help those living with HIV who use the services of Westside Clinic. The additional funding is appreciated as it has allowed our organization to increase the services available to patients living with HIV. It has been directed to addictions and mental health counselling as well as physician, and lab services.

Keep up the great work everyone! 

Mittens, hats and scarves needed

Westside Clinic needs donations of new hats, mittens and scarves.

The greatest need is for youth sizes, but adult sizes are also appreciated. Please drop off your donations at Westside Clinic, 1528 20th St. W. You can also mark them "Westside Donation" and drop them off at the front reception desk of the Downtown Clinic.

Thank you for your support!



Saskatoon Community Clinic
Community Health Services (Saskatoon) Association Ltd.

Semi-annual Meeting Notice

Wednesday, January 15, 2014

Registration: 6:30 - 7:00 p.m.

Meeting: 7:00 – 9:30 p.m.

Mayfair United Church Hall
902 33rd Street West, Saskatoon

Agenda

1. Introduction
2. Summary of minutes of previous annual meeting
3. Interim report by Board Chairperson
4. Approval of annual service fee
5. Presentation/Discussion

Helping Patients Manage HIV as a Chronic Condition

**Presented by Dr. Morris Markentin, Family
Physician at Community Clinic - Westside**

6. Written resolutions recommending action to the Board
7. Elections to the Board of Directors (if required)
8. Announcements
9. Adjournment

If you would like to run for election, require transportation or childcare or have a resolution to submit phone Member Relations at 306-664-4243 or e-mail memberrelations@communityclinic.sk.ca

Watch for a New Look!

The Saskatoon Community Clinic is making changes to its website, www.saskatooncommunityclinic.ca. We are also moving towards greater use of e-mail and social media such as Twitter and YouTube. This includes providing more health related information and promotion of our activities electronically. Thank you for providing us with your e-mail addresses and watch for new features on our website!

Clinic Patient Parking Changes Underway

By Patrick Coulterman, Director of Environmental Controls

As downtown develops and parking becomes more scarce and costly, free parking spaces have become increasingly rare. This has had an impact on the parking situation at the Community Clinic at our downtown (2nd Avenue) clinic for both patients and staff. Unfortunately, we are now in a situation where we are enforcing parking more strictly by issuing tickets (or towing vehicles if necessary) to maximize access to parking while at the Community Clinic.

Here's what you need to know:

- Patient parking is available only in the patient-designated lot. If the lot is full please utilize the metered or non-metered parking available on the street. Please note that we have recently re-organized the lot to maximize available patient and staff spots.

- If you have mobility difficulties and have a handicapped parking pass, please display the pass on your rearview mirror and use the designated parking spots adjacent to the back entrance of the clinic. There are only three spots designated for this purpose, so we thank you for respecting their intended purpose.

- If you park in the staff parking lot you will likely be issued a \$50 ticket by the City (or worse, your vehicle could be towed!). These spots are designated and paid for by staff. Many of our staff travel to other locations including the hospitals, so even if a spot is empty it is only temporary.

We are aware that the need for parking exceeds the supply of spots available, for both patients and staff, so we ask for your understanding. Thank you for your co-operation. ♦

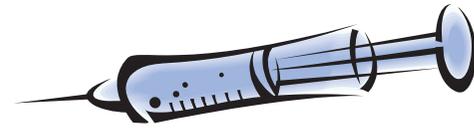


iPad for E-mails Contest Winner

The Saskatoon Community Clinic is pleased to announce the winner of the iPad for E-mails contest, Faith Rohrbough. Faith is now the proud owner of an iPad 2, loaded with health & fitness apps. Faith is a long-time member of the Clinic. She has been involved with a number of Clinic activities over the years. Congratulations Faith!! Faith is seen here (right) with Ingrid Larson, Member and Public Relations Director.

A Brief Thought on Vaccines

By Rob Ralph, Nurse Practitioner



Robert Ralph,
Nurse Practitioner

Relevance for today?

I think it important to take a historical look to regain appreciation for the importance of vaccines and the advent and use of preventative immunizations; it is from this perspective we can again gain an appreciation for vaccination. Oft times, the cliché out of sight out of mind applies with immunization. Here are two previously dreaded diseases that

we may never see again due to microbiologic/immunologic discovery and active immunization programs.

Polio – Was a relatively common scourge in the last century in Saskatchewan, a viral infection that attacks the nervous system, often leaving its victims partially/paralyzed or even being kept alive on an ancient ventilator dubbed, “the iron lung”. Currently, Polio has been nearly eradicated due to massive global immunization campaigns. Unfortunately, we are now seeing resurgence of Polio in war torn Syria.

Small Pox- Smallpox was declared globally eradicated in 1977, through worldwide vaccination programs.

So we see that these vaccines amongst others have alleviated the burden and human suffering of many communicable diseases.

Vaccines - what are they really?

Vaccines protect against disease by stimulating a person’s immune system to prevent, lessen or block the spread of a communicable disease - usually a bacteria or virus. The most common example of passive immunization is a baby receiving its mother’s antibodies in breast milk.

It may seem to both young (parents of infants) and seniors alike, that receiving calls or reminders from clinicians to receive vaccines (Influenza, Pneumonia) is a bit arduous or even annoying. Others may feel that vaccines are no benefit to them. Your health practitioners frequently are forced to debunk myths and also bring clarity around injections of vaccines.

For example, one question may be: I got the flu shot and still got a cold/flu, why? Influenza viruses are a mutating (changing) virus that make a “sure fire” vaccine difficult to make. However, scientific study and prognostication allow for certain predictability with seasonal flu strains, and flu

vaccines target more virulent (bad) Influenza viruses that are more harmful and even perhaps lethal. The flu shot does not protect against cold viruses, which are mainly in the environment (Rhinovirus, Adenovirus, corona virus, Coxsackie virus, to name a few).

More recent vaccine advances directed to youth and adults:

1) Shingles vaccine: Chicken pox virus or Varicella Zoster Virus is a “tricky” virus that hides after a chicken pox infection in nerve tissue; children now get immunized for chicken pox. However, with aging, human immune systems can wane (get weak), and stressors can allow this virus to “break out”. The form of break out is a painful blistering skin rash called “shingles”. Shingles can leave the infected nerve root very painful for a long time; we call this neuralgia (or nerve pain). This viral resurgence is vaccine-preventable and individuals over 55-60 years of age may opt to get a shingles vaccine. Unfortunately it is not covered by the government, and costs about \$200, **but well worth it in my estimation** - compared to weeks or months of neuropathic pain and suffering that the shingles rash can unleash.

2) Flu Shots: As flu shot season is now here, one researcher has published a scientific paper in the *Journal of the American Medical Association*; they identified that receiving the flu shot can protect some individuals from having a heart attack. The authors postulate that this is likely due to preventing the stress and inflammation that accompanies an active flu infection. It is the inflammatory response that may trigger heart attacks or strokes in susceptible individuals.

3) Pneumococcal: Pneumovax is a once in a lifetime vaccine that protects from about 23 types of over 90 strains of Pneumococcal (Pneumonia) disease. It is important to realize that the vaccine protects against the more virulent or “bad” strains of the disease causing pneumonia or meningitis.

4) HPV: Certain strains (kinds) of a virus named Human Papilloma Virus can lead to cervical cancer in young women. A vaccine to prevent this type of cancer has been introduced to the routine immunization schedule in Saskatchewan, with the goal to prevent cancers. It is important to note that males as well can receive this vaccination.

It is important to talk to your health care practitioner and ask specific questions regarding your health and the part that immunizations play at preventing communicable disease. ♦

Board of Directors Semi-annual Report

By Anne Doucette, President

I would like to begin by thanking all our staff, volunteers, members and the Board for their on-going contributions to the Community Clinic. We are currently in the process of Strategic Planning for our next five years. We have been consulting with members, patients, staff representatives of the Saskatoon Health Region and community partners. To date over 500 people have been consulted in the development of the plan. The results are being compiled and hopefully we will have something for you to discuss at our Annual Meeting in June.

The Operations Committee has been monitoring our financial situation. Our goal is to break even by year-end. A facilities assessment has been completed by a consultant to be used for planning on-going improvements to our facilities. Electronic medical records have now been fully implemented with regular upgrades to the program. We are converting our x-ray machine to produce digital images and our pharmacy computer program has been upgraded. Thank you for your support and patience as we implement these technological changes.

The Member Services Committee thanks all members who provided

their e-mail addresses for the iPad for E-mails Contest. Congratulations to member, Faith Rohrbough, whose name was drawn as the winner of the iPad. A Patient Advisor position has been developed as a means of involving patients in improvement projects at our Clinics. Opportunities will be advertised as they become available.

The Political and Social Action Committee is considering holding a series of noon-hour educational sessions on political and social action issues happening in our community.

Board members have participated in several learning and outreach activities since June 2013. I attended the Health Care Co-operative Federation of Canada conference and have participated in Saskatchewan Co-operative Association planning. As well, several members and staff attended the Canadian Association of Community Health Centres Conference in late September.

Please consider attending our semi-annual meeting to learn more about your health care co-operative and to provide feedback to your Board of Directors. ❖



Head of Medical Group, Dr. Leane Bettin, at Board and staff strategic planning retreat.

Holiday Hours



Best wishes for the holiday season
from the Board and staff of the
Saskatoon Community Clinic.

The Community Clinic
holiday hours are:



Tuesday December 24th

Clinics open from
9 a.m. to 12 noon;
drop-in clinic 12 noon to 4 p.m.
(downtown)

Wed., Thurs., 25th and 26th

Clinics Closed

Friday December 27th

Full service all day,
regular hours

Saturday, December 28th

Downtown Clinic Saturday
services only, 9 a.m. to 1 p.m.

Sunday, December 29th

Clinics Closed

Monday December 30th

Full service all day, regular hours

Tuesday December 31st

Clinics open from 9 a.m. to 12 noon;
drop-in clinic 12 noon to 4 p.m.
(downtown)

Wednesday January 1st

Clinics Closed

Thursday January 2nd

Regular service hours resume

Board and Staff News



Welcome to...

Robert Hydomako, Physical Therapist.

Joelle Pilat, Lab and X-ray Technologist (SACLXT)

Jessica Selsky, Secretary

Farewell to...

Luanne Hardlotte, Clinical Office Assistant.

Cherith McGregor, Nutritionist

Michael Swaan, Maintenance staff

Seniors of Tomorrow Education Series

Welcome to the Seniors of Tomorrow Education Series, a drop-in group program offered through the Counselling and Community Services Department. The goal of this program is to explore health topics and aging gracefully, in a welcoming and inclusive setting. All sessions are free and take place at the Saskatoon Community Clinic Langer Building, located at **424 1st Ave. N, on Wednesdays, date indicated below, from 2-4 p.m.**

Guided Meditation - January 8th
Facilitated by Nayyar Javed, Community Clinic Counsellor.

Footcare for Seniors - January 22nd
Presented by the Community Clinic Nursing Department.

Understanding and Caring for Diabetes - February 5th
Presented by Community Clinic Nurse Practitioner Rob Ralph.

Attitudes and Values Toward Aging - February 19th
Co-facilitated by Ryan Dielschneider, BA, Practicum Counsellor, Counselling and Community Services Department.

Saskatchewan's Role in Global Climate Change - March 5th
Guest Speaker Peter Prebble, Director of Environmental Policy, Saskatchewan Environmental Society.

The Importance of Self-Care - March 19th
Facilitated by Norlane Jensen, Community Clinic Counsellor.

For more information or to register please contact Laurie Stone, Seniors' Volunteer Coordinator or Norine Shewchuk, Seniors' Counsellor at (306) 664-4283.

You must be a Community Clinic member or patient to participate. ❖

Primary Care Leaders

Congratulations to team members Della Magnusson, Westside Clinic Nurse Practitioner and Brenda Goossen, Occupational Therapist.

Della is featured in the video "*Engaging Pregnant Women When Providing HIV Care*" produced by the Saskatchewan Prevention Institute.

Brenda recently published "*Reflecting on Key Influences Shaping Occupational Therapy Services in a Saskatoon Primary Health Care Setting*" in *Occupational Therapy Now*.

To view or read go to www.saskatooncommunityclinic.ca

On-line Health and Wellness Information

The internet has much to offer in understanding health conditions and lifestyle choices.

- **What** is your favourite health information website?
- **Why** is it your favourite health information website?
- **What** health topics do you find helpful on this website?

Send answers to memberrelations@communityclinic.sk.ca We will use suggestions to develop recommendations for other members.

Seniors' Corner

By Laurie Stone, Seniors' Volunteer Coordinator
Counselling and Community Services Department

Did you know that during your lifetime there is at least an 80% chance that you will be called upon to take on some type of caregiving duties, whether you are caring for a family member, a close friend or a neighbour?

Community Clinic members learned more about caregiving at The Joys and Challenges of Caregiving, a lunch and learn session held October 18th at the Clinic. The program was facilitated by Lorraine Holtlander and Katherine Ash from the Saskatoon Council on Aging's Caregiver Committee and the University of Saskatchewan's College of Nursing.

Participants learned about ways to support their loved one while also looking after themselves. Some suggestions were: maintain a positive attitude; eat nutritious meals and snacks; get regular exercise; find ways to relax; get enough sleep and make and keep regular medical and dental appointments. It is important to identify symptoms of caregiver burnout early and seek help!

It was also recognized that caring for someone you love

is a privilege and there are benefits to the caregiver. Rewards can include: a sense of purpose and meaning, family togetherness, love and bonding, sharing resources, a sense of accomplishment and commitment.

There is help available for those of you who are caring for a loved one. The Saskatoon Council on Aging has listing of resources available in the community. You can contact Caregiver Information and support at 306-652-4411 or visit their website at www.saskatooncaregiver.ca for more information.

There are also government programs that can help such as: Employment Insurance Compassionate Care Benefits, a caregiver tax credit, and a live-in caregiver program. To learn more visit: <http://www.servicecanada.gc.ca/eng/lifeevents/caregiver.shtml>

Many thanks to the Seniors Advisory Council for co-sponsoring the event and the Community Clinic Seniors' Program Volunteers for their support! ❖



Second Avenue Seniors Housing Co-operative News

By Dan Danaher, Community Clinic Member

A group of Community Clinic members continue to explore developing a Seniors Housing Co-operative. We have been meeting for about three years at the Community Clinic. We received some start-up funding from CMHC to explore the viability of our project.

Thank you to the Community Clinic members who completed the Seniors Housing Survey distributed in Focus. Our housing consultant, Shaun Dyck, Executive Director, Saskatoon Housing Initiative Partnership (SHIP), is compiling the results. The information will be used by SHIP and our group to understand and respond to the housing needs of seniors in Saskatoon now and into the future.

In addition to the CMHC funding we are applying for other grants to help us in our developmental stage. The British Columbia Co-operative Association, with support

from the federal government, has grants available to be used as "seed money" by co-operative groups such as our own. We believe our project qualifies so we have sent in a "Letter of Intent" to receive some of this funding. We feel we have a good chance of receiving funding.

Some of our members have been meeting with an Architect to look at preliminary plans for the development of our building.

The date of our next meeting is yet to be determined. If you would like to receive notices of our meetings we can add you to our contact list. You can also become a member of our group by providing a \$200 refundable deposit and are 55 years of age or over. Contact Norine Shewchuk, Seniors Counsellor at the Community Clinic, 306-664-4270 for more information. ❖





Gifts to the Saskatoon Community Clinic Foundation

The Foundation receives generous donations from our community of supporters that are directed to many programs and services and add greatly to the well-being of the community.

In Memory of:

Alice & Walter Allen from John & Bonnie Lawrence
Margaret Carman from Kenneth Carman
Mary V. Chapman from Harold Chapman
David England from Joyce England
Jim Fergusson from Angie Fergusson
Al Freiermuth from Sonja Freiermuth
Shelley Goff & Laurie Goff from Brent Goff
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Jean Pytlowany from Tim & Judy Archer
Clarence Schulte from Genevieve Schulte
Terry Stevens from Barbara Makeechak with heartfelt appreciation to Dr. Margaret Szott & Community Clinic Staff
Lynn Wanner from Glenda J. Brown, Barry Stuart

Bequest from:

The Estate of Frederick Kuechle

Honouring:

In Honour of Dr. Ed Karpinski & Staff from Peter Rens, Leah & Trevor Seabrook

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Thank you for your generosity ~ September 1 to November 25, 2013

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