

# Focus

Saskatoon  
Community  
Clinic  
"Your Health  
Care Co-op"



Fall, 2014  
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Community Health Services (Saskatoon) Association Ltd.  
455 Second Avenue North, Saskatoon, Saskatchewan S7K 2C2

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

## Harm Reduction and the Saskatoon Community Clinic

By *Giustino Garcea, Member and Public Relations Coordinator*

The Board of Directors recently adopted a board policy affirming its support for proven holistic harm reduction practices. Harm reduction is an approach to treating addictions that focuses on minimizing risks to addicts and communities alike. These strategies aim to keep people safe and minimize death, disease, and injury from any high-risk behaviour including the use of legal or illegal drugs. It is based on a philosophy that addiction to substances is a health issue, not a criminal one.

The policy recently adopted by the Board of Directors was in response to a members' motion passed at the 2013 semi-annual meeting asking for continued support by the Saskatoon Community Clinic of harm reduction practices to prevent the spread of HIV/AIDS in our community.

Examples of harm reduction programs in Saskatoon include needle exchange and disposal services and methadone-assisted recovery services, such as that offered at our Westside Clinic.

Harm reduction approaches are endorsed and supported by almost every leading health organization including

the United Nations, the World Health Organization, Saskatoon Health Region and the Canadian Medical Association. However, harm reduction programs are often lightning rods for controversy and continue to experience community backlash despite their overall net benefits.

This backlash largely results from two main factors. First, there are some who view addictions as a criminal issue, rather than a health issue, and prefer to 'deal with' addicts in the justice system rather than in the health system. Second, harm reduction centres such as needle exchanges and disposal sites can generate traffic that some community members may find 'undesirable'. These reactions may result in support for lobbies seeking to have such sites to be moved, or eliminated entirely.

For example, a letter to City Council prompted a review of needle exchange facilities in Saskatoon. The City of Saskatoon used this opportunity to reaffirm its support for existing needle exchange sites; this episode is indicative of the opposition and misinformation that still exists in our community surrounding harm reduction approaches.

*Continued on page 2...*



### Inside this Issue of Focus

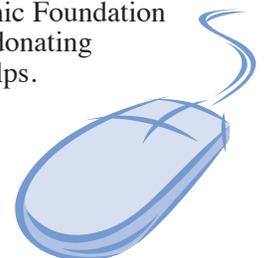
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### On-line Donations

The Saskatoon Community Clinic Foundation now offers the option of donating on-line through CanadaHelps.

You can even give in tribute or in memory. And, you'll always receive a charitable tax receipt.

Visit [www.CanadaHelps.org](http://www.CanadaHelps.org)



The Board policy affirms that the Community Health Services (Saskatoon) Association Ltd. supports the provision of harm reduction strategies in Saskatoon that are provided in a comprehensive and holistic manner by licensed healthcare professionals, and are approved by the appropriate authorities.

Furthermore, the policy states that the Association staff and board will work with community partners to advocate for effective harm reduction strategies. We will also take actions to support harm reduction in our community including advocacy, education of staff and members, provision of services and collaborating with other organizations. ❖

## What You Need to Know about Over-the-Counter (OTC) Cough and Cold Medicines

By Janet Luimes, Nurse Practitioner



Janet Luimes  
Nurse Practitioner

Many people turn to over-the-counter (OTC) cough and cold medicines to try to relieve the bothersome symptoms of a cold such as cough, running nose and sore throat. When you look down the “Cough & Cold” aisle at the drug store, there are many choices of OTC medicines available. How do you know which medicine, if any, is best to use?

While some OTC medicines may help relieve your cold symptoms, many can also be harmful if used incorrectly. It is important to consider the following things when deciding to use OTC cough and cold medicines:

- Children under 6 years of age should not use OTC cough and cold medicines unless they are prescribed by their health care provider. The one exception to this is drugs that treat fever and pain, such as acetaminophen and ibuprofen, which are safe to use.

- ASA (Aspirin®) should not be given to children and teenagers because it can cause Reyes Syndrome, an illness causing brain and liver damage.

- Most OTC cough and cold medicines contain a combination of drugs. For example, Tylenol Cold® contains acetaminophen plus a drug to treat congestion and a drug to treat cough. Read labels carefully to see what the product contains so you do not take a double dose of the same drug.

- Do not take more than the recommended dosage on the packaging.

- Some OTC products contain alcohol and/or sugar. Read labels carefully.

- If you are taking other medicines or have been told you have another medical issue (i.e. high blood pressure, heart problem, prostate enlargement) talk to a healthcare provider before using any OTC product. Many OTC products interact with other medications or are harmful for individuals with certain medical conditions.



- Coughing is bothersome but is also helpful in clearing mucus that is irritating your airway. Medicines that decrease cough decrease your natural ability to clear this mucus and may be harmful.

- Medicated nasal sprays and drops provide brief relief from running nose but should not be used for more than two to three days or they can make the running nose worse.

Despite the many OTC medicines available, the best treatment for a cold is still rest and adequate intake of liquids. Antibiotics are not helpful in getting rid of a cold. Nasal congestion may improve with normal saline drops, spray or nasal irrigation (i.e. Neti Pot®). Humidified air, VaporRub, or ½ tsp of pasteurized honey may help relieve cough. (\*Note that honey should not be used in children under 1 year of age due to risk of botulism). Salt water gargles or lozenges may be helpful in relieving a sore throat and acetaminophen or ibuprofen may help with the general aches and pains accompanying a cold. Finally, remember that frequent hand washing is the best way to prevent getting a cold in the first place. ❖

# A Miracle Treatment!

By Trudy Myers, Physical Therapist

What if there was one prescription or remedy that could prevent and treat dozens of illnesses?

What if there was one thing you could do that would:

- Reduce the risk of heart disease
- Lower the risk of stroke
- Reduce the incidence of Type 2 Diabetes
- Reduce the incidence of high blood pressure
- Reduce the mortality and the risk of recurrent breast cancer
- Lower the risk of colon cancer
- Reduce the risk of developing Alzheimer's Disease
- Reduce depression

What if this one thing could:

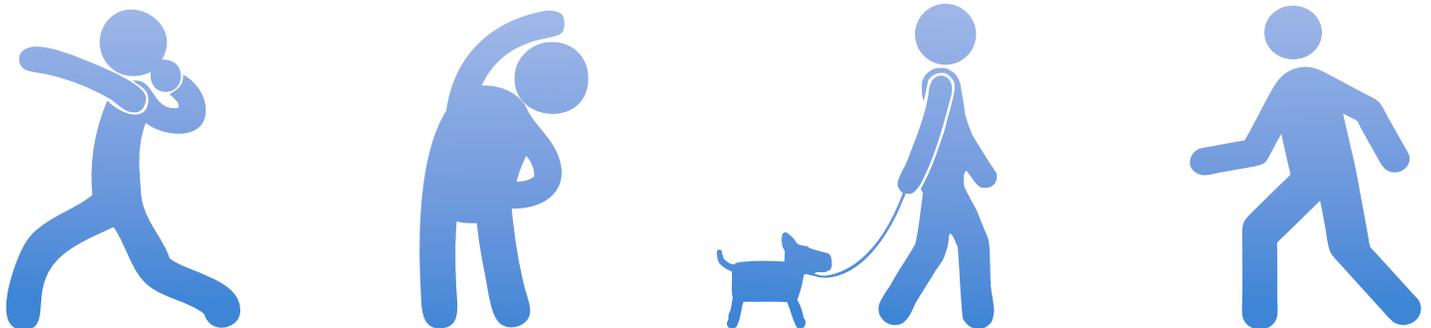
- Improve bone and muscle health
- Maintain/lose body weight
- Increase energy levels
- Decrease aches and pains
- Improve balance and posture
- Decrease tension and stress
- Promote better sleep

Would you follow this prescription?

Would you take the remedy?

What is this miracle treatment?

**Its Physical Activity!**



If exercise were a drug it would be the most effective way to prevent and treat chronic illnesses.

Cardiorespiratory fitness, which is the way to measure regular physical activity, is the single greatest predictor of death. How physically active you are has a greater impact on how long you live when compared to smoking, obesity and disease.

The Canadian Physical Activity Guidelines recommend that adults over the age of 18 years accumulate 150 minutes of moderate-to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. Moderate intensity activities would include brisk walking or bicycling. When you do activity at a moderate intensity, you will sweat a little and breathe harder but still be able to say a short sentence. Examples of vigorous activities would be jogging, swimming or cross-country skiing. Vigorous activity will cause an adult to sweat and be out of breath. Also, the Canadian Physical Activity Guidelines recommend adding strength activities using the major muscle groups at least 2 days per week. If you have poor balance and mobility concerns you should perform activities to improve balance and prevent falls. Keep in mind that these are the minimum activity guidelines and people with certain health conditions may need more activity than these guidelines suggest.

You may not be able to meet these guidelines when you begin an activity program. Try to remember the guidelines are your goal. Create a plan to move more and gradually do more to meet the goals. Any increase in activity will benefit your health and well-being. The more physical activity you do, the greater the health benefits.

**Remember to talk to your health care provider before starting a new activity program!**

So, make an effort to sit less, move more and improve your health! ❖

# 2014 Annual General Meeting Report

By *Giustino Garcea, Member and Public Relations Co-ordinator*

On June 18th 2014, the Community Health Services (Saskatoon) Association Ltd. (CHSA) held its Annual General Meeting (AGM) at the Mayfair United Church, in the historic neighbourhood from which the church takes its namesake. The AGM is an opportunity for the Board and Management team to host members, and provide them with various progress reports covering the year's events. It is also an opportunity for members to ask questions of their leadership, elect new board members, and to put forward resolutions, recommendations and suggestions.

This meeting marked a period of change, as three Directors saw their terms on the Board come to an end – Ron Wheeler (six years), Sheena Rowan (three years), and Erin Wolfson (one year). During their time on the board, all three of these members made substantial efforts to serve their community and the clinic alike by, among other things, serving on various committees, and volunteering at SCC events. Each served on the Members Services Committee, working to improve services for patients and better engage members in the day-to-day operations of the Clinic.

John Bury, Jason Cruikshank and Michael Finley also completed their terms on the Focus Editorial Committee. Thank you to these members for their tremendous contributions!!

Carla Smith and Dalton Cameron are returning for another term on the Board. The nearly 70 members in attendance also acclaimed three new Board Directors – Twila Leflar, Bill Allen, and Diane Ewert. Welcome to Carol Glazer, Cheryl Hewitt and Karen Kowalenko-Evjen to the Focus Editorial Committee.

Mr. Wheeler delivered the President's Report in place of Anne Doucette who sent her regrets. He acknowledged the passing of Drs. Margaret Mahood and Joan Whitney-Moore. These two women will be remembered for displaying remarkable courage and tenacity in their respective fights for universal healthcare, and their individual efforts to help establish the Saskatoon Community Clinic in 1962.

Mr. Wheeler highlighted the progress made over the previous year in various areas including:

- Working to better engage members in a more environmentally sustainable way;
- Upgrades to X-ray equipment and communications systems;
- The Political and Social Action Committee's (PSAC) informative, engaging and well-attended noon-hour sessions.

- Developing the Association's position on dealing with addiction-related issues in the community (Harm Reduction).

Executive Director Tim Archer expressed his excitement to work with members over the coming year on a number of important projects. He also spoke to many of the successes enjoyed by the organization over the previous year including:

- Securing generous contributions from the Ministry of Health and our Foundation to complement our core capital budget in support of the reception renewal project, which will see upgrades to the Downtown building to make it more accessible and welcoming to patients and more efficient.

- Continued engagement with various community-based actors at the local, provincial, federal and international levels. For example, this year we hosted the Canadian Association of Community Healthcare Centres annual conference, and were able to showcase our model of healthcare to attendees from across Canada and the United States.

Mr. Archer also reported on progress being made by the Second Avenue Seniors' Housing Co-operative initiative. The group is proposing a \$36-million dollar seniors housing development to be built on our downtown parking lot. The project is still in the early stages, and the proposed timeline for completion would be a minimum of three years away. If the project is viable, the Association will likely have to make important decisions in one year's time at a members' meeting.

Medical Director Dr. Leane Bettin told those present that practicum students are being exposed to our model of healthcare – through an inter-disciplinary, holistic and team-led approach to primary care. The Medical Director also noted that efforts are being undertaken on a monthly basis to improve access to services at the Clinic. Amongst other things, Counselling is now offering self-referral, making it easier for patients to see counsellors. Also, the Downtown Clinic took on roughly 150 new patients, and looks forward to opening more practices in the future.

Saskatoon Community Clinic Foundation President Nancy Carmichael, welcomed the new board members. She noted that it would be useful for the Foundation to be involved in any processes related to housing proposals. She also noted that the Foundation's fundraising activities provide significant funding to the Clinic supporting services such as seniors transportation, diabetes programming, and infrastructure upgrades.

*Continued on page 5...*

Chair of the Strategic Planning Committee and Board Member Stan Rice reported on the Association's new Strategic Plan which will guide us over the next five years (2014-19). He thanked consultant, Deb Chobotuk, and all those who participated in the process. The Plan is included in the Annual Report which is available on our website under 'Publications'. The Strategic Plan is only the beginning of the process. The Executive Director must now lead the development of an operational plan to implement the strategic plan. Progress reports will be provided annually.

The membership passed four resolutions at the AGM.

The first resolution will see the Association call on the Provincial Government to adopt an anti-poverty strategy that would markedly improve health outcomes by addressing social determinants of health such as homelessness. The second resolution will see the Association urge the Federal Government to negotiate a new Health Accord to strengthen Medicare, build a national Pharmacare program, and establish national standards for Continuing Care. The third resolution passed expressed opposition to establishing a metal processing plant planned near Dalmeny. The fourth and final resolution urges the Federal Government to take steps to protect Canadians from the deadly impacts of asbestos. ❖

## Occupational Therapy in the News

By Cheryl Hewitt,

Focus Editorial Committee Member

Congratulations to Brenda Goossen! Our Occupational Therapist's article was recently chosen for publication in *OT Now*, her profession's national practice magazine. Brenda's article was written for a special edition that focused on the role of Occupational Therapy (OT) in primary health care centres, an emerging area of growth in Occupational Therapy practice in some parts of Canada.

The article draws on Brenda's 30 years of experience at Saskatoon Community Clinic and the unique learning opportunities this setting has offered. Our strong social justice approach and our particular interest in providing service to people who are marginalized and underserved offers opportunities and challenges in providing OT services that best meet client needs.

Health care trends such as the shift from a traditional medical model to a focus on health promotion and then to chronic care management approaches also influenced the development of our OT programs and services.

Brenda outlines several ways that the Clinic could expand our occupational therapy services.

Read the whole article at:

[www.caot.ca/otnow/sept13/influences.pdf](http://www.caot.ca/otnow/sept13/influences.pdf).

If Brenda's article piques your interest in OT, read the other articles in *OT Now*, Issue 5, 2013 at [www.caot.ca/otnow/sept13/](http://www.caot.ca/otnow/sept13/). ❖

## Board and Staff News



### Congratulations to...

#### Community Clinic Staff Service Awards Recipients:

Congratulations to the following staff who were honoured at the Staff Award Dinner held June 28, 2014

**5 Year Awards:** Sharon Stonehouse, Erin Shingoose, Janelle Usselman, Norma Coulterman, Mark Fidelak, Greta Camsell

**10 Year Award:** Debbi Churko

**15 Year Awards:** Mardi Apesland, Mary Ann Peters, Keitha Solvason

**20 Year Awards:** Colleen King, Ingrid Larson

**25 Year Award:** Norlane Jensen.

**30 Year Awards:** Iris Sloboda, Karen Kallio

**Retirement:** , Dennis Holmes, Judy Ekstrand, Beverly Brown, Reva Chastain

### Welcome to...

**Claire Chao**, Nurse Practitioner



Staff, family and friends gathered for the 2014 Staff Appreciation Banquet

# Community Health and Wellbeing Week

By Ingrid Larson, Member and Public Relations Director

The Saskatoon Community Clinic and other members of the Canadian Association of Community Health Centres are celebrating Community Health and Wellbeing Week October 5-11, 2014. Canadians across the country will be spotlighting the importance of working better together to achieve a complete sense of health and wellbeing for all people and all communities across the country.

Our Board of Directors has approached the City of Saskatoon to proclaim Community Health and Wellbeing Week with the view that:

- health is much more than the absence of illness; it is the complete state of physical, mental, spiritual and social wellbeing;

- better health and wellbeing begins in our homes, in our schools, in our workplaces, and in the communities where we live;

- treating people's illnesses and sending them back to the same conditions that produced their sickness will only result in continued ill-health;

- by ensuring better health and wellbeing for all, and by creating programs and services that improve the health of the entire community, we will ease pressures on our health care system and strengthen Medicare;

- our province's health providers, health authorities and the provincial government must work towards a future without systemic barriers that prevent people from reaching their full health potential, and where everyone can make the choices that allow them to live a fulfilling life;

- we need to shift our fragmented sickness system to a Community Health and Wellbeing system that promotes the best possible health and wellbeing for everyone living in the province;

During the week we will also be highlighting Community Clinic and partnership programs that contribute to community health and wellbeing. ❖

## - Saskatoon Community Clinic - Seniors Volunteer Program Open House

Thursday, October 2nd  
1:30 – 4 p.m.  
Mel Langer Building,  
424 1st Ave. N.



*You are invited to join us for a fun and informative afternoon!*



**Volunteer Orientation  
Games and Activities  
Refreshments  
Door Prizes**

Learn about Volunteer Opportunities with our:

- Seniors Group Programs
- Home Visiting and Phone Buddy Program
- Seniors Advisory Council.

*Bring your questions, ideas and enthusiasm!*

RSVP to Laurie Stone, Seniors' Volunteer Coordinator,  
Telephone: 306 664-4282  
or email [lstone@communityclinic.sk.ca](mailto:lstone@communityclinic.sk.ca)

## City of Saskatoon Honours ~ Dr. Mel Langer ~

Recently, the City of Saskatoon selected "Langer" from its Names Master List for use as a street name to honour the achievements and memory of one of the pioneers of the Saskatoon Community Clinic, Dr. Mel Langer. Mel practiced at the Clinic from 1963 until his retirement in 1987 and continued to live in Saskatoon until his passing in 2001. Mel's commitment to the Community Clinic was well known, having served as Medical Director on two separate occasions while continuing his surgical duties. He was also responsible for the acquisition of the Clinic's 1st Avenue facility, the Mel Langer Building. Mel was passionate in his beliefs and always willing and available to assist those in need. Langer Avenue is to be located in the Marquis Industrial Area off 71st Street east of Miller Avenue.

The Langer Family thanks family friend and Community Clinic member, Michael Brockbank for his initiative in requesting that the City of Saskatoon add Langer to its Names Master list.

## Seniors' Corner

By Laurie Stone,  
Seniors Volunteer Coordinator



With the arrival of autumn comes a new season of Seniors Programs offered through the Counselling and Community Services Department at the Community Clinic. Please see the exciting new line up for our Seniors of Tomorrow Education Series.

Do you have an hour or two a week that you might enjoy spending with seniors? You are invited to attend a Seniors Volunteer Program Open House on Thursday, October 2nd to learn more about our programs and the volunteer opportunities we offer. Our programs would not be possible without enthusiastic and committed volunteers who help with group programs, home visiting and the Seniors Advisory Council.

We will also discuss a new volunteer phone buddy program that we would like to begin this winter. Cold and icy winter weather, fears about falling and transportation issues are serious concerns for seniors, often leading to isolation and lack of companionship. We are looking at starting a volunteer phone buddy program where we would match a volunteer with a senior who has similar interests, for a weekly or bi-weekly phone chat. Often hearing a friendly voice on the phone can make all the difference and brighten an otherwise dreary day!

Please give me a call at (306) 664-4282 if you have any questions or would like more information about our programs. I look forward to hearing from you and meeting you at the Volunteer Open House!

## Seniors of Tomorrow Fall 2014 Education Series

Welcome to the Seniors of Tomorrow Education Series, a Counselling and Community Services Department drop-in group program for Community Clinic members and patients. Sessions take place Wednesday afternoons 2 – 4 p.m. at the Saskatoon Community Clinic Langer Building, located at 424 1st Ave. N.

### October 1 Aging Well

Strategies and exercises to keep your brain healthy  
*Dr. Paulette Hunter, Psychologist,  
University of Saskatchewan*

October 15  
**Planning Ahead: Wills, Estates and Funerals**  
*Holly Ann Knott, PLEA – Wills and Estates  
Ron Fisher, Saskatchewan Memorial Society -  
Affordable Funerals*

October 29  
**Dietary Supplements: What's Worth Taking?**  
Learn what vitamins and supplements are most beneficial for good health  
*Dr. Louise Gagné, Family Physician*

November 12  
**Emotional Intelligence**  
Learn how EQ can help you better understand yourself and others  
*Norine Shewchuk, Seniors' Counsellor*

November 26  
**Getting the Most Out of Your Doctor's Visit**  
How to plan for a productive appointment with your family physician  
*Dr. Ewa Olszynski, Family Physician*

December 10  
**Explore Writing and Journaling**  
Learn the benefits of writing and share your stories!  
*Laurie Stone, Seniors Volunteer Coordinator*

To register or for more information, please contact Laurie Stone, Seniors' Volunteer Coordinator at (306) 664-4282 or Norine Shewchuk, Seniors' Counsellor at (306) 664-4270. You must be a Community Clinic Member or Patient to participate.



Members of the Handicraft Club stand behind our anniversary baby Clara Gurney, with mother Nelia, sister Allyson and Grandma Ines. Every year the Club presents a handmade quilt to the first baby born on or after the Clinic's June 3rd anniversary.



## Gifts to the Saskatoon Community Clinic Foundation

### *In Memory of:*

**Walter & Alice Allen** from Deanna Gruending  
**Helen M. Baker & Walter H. Coates** from Joan Bell & Family  
**Glen Beckett** from Joanne Beckett  
**Allan Blakeney** from Robert Hackett  
**Bill Bucsis** from Viola Bucsis  
**Delores & Art Clark** from Fran Eldridge  
**Dr. Frank Coburn** from Gwen & Lahni Russell  
**Dr. Carla Eisenhauer** from Frances Daw, Audrey Hall  
**William Heffernan** from Margaret Heffernan  
**Mrs. P. Holtslander** from Jim Holtslander  
**Norma Hymers** from Stephen Lapointe,  
 Melanie Lapointe & Brenda Baker; Keith Prior  
**Darcey John & Tommy Fink** from Robert Fink  
**J. Gren Jones** from Isobel Jones  
**Dave Kidd** from Carole Thomson

**William H. Kiel** from Alex Dzubin  
**Ken Kulrich & Dr. Carla Eisenhauer** from Thelma Kulrich  
**John Matthews** from Clifford Matthews  
**James Mitchell** from Laura I. Mitchell  
**Elsie Rasmussen** from Concenta Financial, Janice & Terry  
 Johannson, Debra Mitchell & Garth Pippin, Barbara Parks,  
 Gerald Rasmussen, Janet Rasmussen, Three Treasures Tai Chi Club  
**Ken Reid** from Betsy & John Bury, Handicraft Club  
**Jean Rens** from Peter Rens & In Honour of the Downstairs  
 Staff who Work in X-ray, Lab, Physical Therapy & Pharmacy  
**Peter Scott** from Merna Hymers, Norma & Merna Hymers  
**Peter Scott & David Kidd** from Barbara & Daniel Danaher  
**Alexander Smith** from Carol Glazer  
**Shirley Smith** from L. Muriel Dickson

### *Donations:*

Jack E. Adams, Janet Anderson, Tim & Judy Archer, Catherine Lesley Biggs, Valerie Bleakney, Phyllis Brown, Eleanor Cardoza,  
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Estate of Harold Bronson, Vern & Clara Welker Fund, Jim & Phyllis Speers Fund

### *Honouring:*

In Honour of Dr. Ed Karpinski and Dr. Ewa Olszynski from Gordon and Illa Knudsen

*Thank you for your generosity ~ May 1, 2014 - August 29, 2014*

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For useful information about your clinic please visit our website at: [www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca)

**Editor:** Ingrid Larson

**Editorial Committee:** Carol Glazer, Cheryl Hewitt, Karen Kowalenko-Evjen

**CHSA Board of Directors:** Bill Allen, Dalton Cameron, Bill Davies, Anne Doucette (President), Diane Ewert, Rachel Gough, Glen Kovatch, Daniel Kuhlen, Twila Leflar, Stan Rice, Carla Smith

**Executive Director:** Tim Archer

**Board Secretary:** Coreen Usselman

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 Community Health Services (Saskatoon) Association  
 455-2nd Avenue North  
 Saskatoon, Saskatchewan S7K 2C2  
[www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca)

