

FOCUS

Saskatoon
Community
Clinic
"Your Health
Care Co-op"



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Community Health Services (Saskatoon) Association Ltd.
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Upstream: Talking differently about health and politics

By Ryan Meili, Family Physician, Westside Clinic and Upstream Executive Director

To imagine a different approach to how we think about health, and about politics, it's helpful to start with a classic public health parable:

Imagine you're standing on the edge of a river. Suddenly a flailing, drowning child comes floating by. Without thinking, you dive in, grab the child, and swim to shore. Before you can recover another child comes floating by. You dive in and rescue her as well.

Then another child drifts into sight. . . and another. . . and another. You call for help, and people take turns fishing out child after child. Hopefully before too long some wise person will ask: Who keeps chucking these kids in the river? And they'll head upstream to find out.

Every time we have to clean up an environmental disaster, every time a young person winds up in jail, every time people have to take medicines to make up for the fact that they couldn't afford good food, we're suffering from the consequences of downstream thinking.

Thinking upstream means making smarter decisions with long-term outcomes in mind. What better goal than creating the conditions for all people to enjoy true health — complete physical, mental, and social wellbeing? And what better measure of its success than the health of those people?

What upstream thinking teaches us is that achieving better health outcomes leads us inevitably to focus on the factors that make the biggest difference in health outcomes: the social determinants of health. These determinants include income and its distribution, education, employment, social supports, housing, nutrition, and the wider environment. By examining political decisions through the lens of optimal health, we can focus our efforts on what makes the biggest difference in our wellbeing.

When we take into account the economic and social benefits of a healthy, educated population, we see that by doing nothing to address the factors that make people sick, we ensure that more and more kids will come down the river, and that many of them will drown.

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Community Health Services (Saskatoon) Association Ltd.

Annual Meeting

Join us for our Annual Meeting

Mayfair United Church

Wednesday, June 18, 2014

Reports-Elections-Resolutions-Refreshments
Five (5) Board positions are available for election.

See page 3 for details.



Photo credit: Upstream

A new national organization, headquartered in Saskatoon, is advancing a new way of talking about politics in Canada. Upstream: Institute for A Healthy Society (www.thinkupstream.net) is a movement that is working to change the conversation, helping citizens to demand a healthy society, and to understand the best ways to get there.

Upstream seeks to propagate a new frame, one that focuses on the decisions that will make the most impact on the quality of our lives. Using storytelling through multiple forms of media and connecting individuals and partner organizations through common language and goals, Upstream is working to galvanize public demand for forward-thinking policies and actions in order to build a truly healthy society. 

Pain

By Trudy Myers, Physical Therapist

Pain is a universal experience. It is something we share as human beings and is part of life. Nearly everyone alive has experienced pain.

But what is pain?

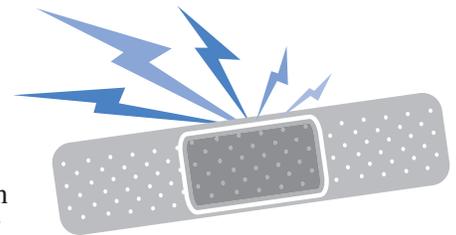
The definition of pain is “an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage.” (Merskey 1986, accepted by the International Association for the Study of Pain) Pain is a perception not a sensation! Pain is the integration of our feelings, thoughts, beliefs, culture, environment, situation, and our physical body.

There is not an exact relationship between cause of pain and how much pain we feel. Two people may have very different pain experiences from the same source. But whose pain is real? The answer is both! Pain is individual. The ‘gold standard’ for pain measurement is self-report, meaning your pain is what you say it is.

Pain can be divided into two types:

ACUTE Pain

- Is short term.
- Would be what you experience stepping on a piece of glass.
- Is often intense, localized to one area.
- Warns you of danger and harm.
- Your health care provider will be able to diagnose and treat the underlying problem of pain because the cause of acute pain is well understood, a cure is common and expected.
- Is associated with emotions such as fear and anxiety but these decrease once the cause of the pain is known and healing takes place.
- Rest and decreased activity is often best.
- You should follow the treatment advice of your health care provider.



CHRONIC Pain

- Occurs when pain does not go away after 3 months or reoccurs 3 times in 3 months.
- Can vary in intensity.
- Would be the pain associated with knee arthritis.
- Is no longer warning you of immediate danger.
- Is no longer serving a useful purpose and may be a malfunction of your body’s alarm system.
- May affect one or more areas of your body.
- The cause is not well understood and there may not be a cure.
- Your health care provider can teach you what to expect with chronic pain, recommend lifestyle changes and treatments.
- As pain persists you may experience difficult emotions. Feeling irritable, fatigued, socialize less, and feeling you have no where to turn is common.
- A balance of physical activity and rest is best.
- You must learn to manage your condition daily, in partnership with your health care provider.

Your pain can be changed! If you have any questions or concerns about pain, please talk to your health care provider. 

Federal Health Care Funding After the End of the Health Accord

with Stan Rice, President,
Saskatchewan Health Coalition

Wednesday June 18th, 12 noon

424 1st Avenue North Meeting Room



Annual Meeting Notice



Community Health Services (Saskatoon) Association Ltd.

Wednesday, June 18, 2014

Mayfair United Church, 902 33rd 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 at least 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 (306) 652-0300, ext. 243.

Climate Change Poses Global Health Threat

By Peter Prebble, CHSA Member and Director of Environmental Policy,
Saskatchewan Environmental Society

Following is a summary of the presentation made by Peter Prebble at a Community Clinic Seniors of Tomorrow Presentation on March 5, 2014.

Carbon dioxide, nitrous oxide and methane are three greenhouse gases particularly crucial to our wellbeing, because of their important role in regulating the world's climate. For mankind to significantly add to the concentration of these gases in the atmosphere – primarily by burning fossil fuels and pursuing deforestation – is a high risk proposition. The outcome is often referred to as climate change.

When fossil fuels are burned and greenhouse gases released, their heat trapping qualities remain in the atmosphere for a long time. Carbon dioxide emissions, for example, will remain in the atmosphere an average of 100 years. Global temperatures have responded accordingly. Every one of the past 27 years has been consistently above the 20th century temperature average. The decade 2001-2010 is the hottest on record.

It's easy for us to miss the full consequences of this, while living in Canada, the second coldest country on Earth. It's easier to grasp in Kuwait, where the temperature hit a record 53.5 degrees Centigrade in 2011. Heat waves are becoming more problematic and more deadly.

So is flooding. A warmer atmosphere can hold more water vapour. Thus intense rainfall events are on the rise, and becoming more severe. The United Nations International Strategy for Disaster Reduction reports that flood disasters worldwide have tripled since 1980. Health impacts include drowning, fractures, head injuries and waterborne illness. Flooding also imposes huge mental stress, as southern Alberta's record floods in June, 2013 underlined.

The combination of warmer ocean waters and more water vapour in the atmosphere is making hurricanes and typhoons more powerful. A recent example was Typhoon Haiyan which hit the Philippines in November 2013. The storm produced winds gusts of 380 km/hr – the strongest ever to be recorded over land, claiming more than 6,000 lives and displacing four million people.

Higher temperatures are also causing the spread of infectious diseases, such as dengue fever and malaria.

Climate change is altering the geographical and seasonal distribution of carrier insects and lengthening the transmission season. Saskatchewan has already faced arrival of West Nile Virus, and will increasingly face Lyme disease.

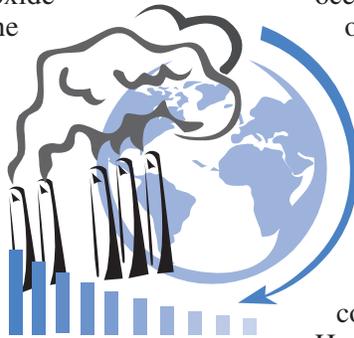
Increased water stress is another concern. The World Health Organization predicts climate change will contribute to a doubling of the number of people living in water stressed basins by 2050. One immediate result will be increased food insecurity.

Rising greenhouse gas emissions are also pushing up sea levels, a phenomena which threatens to displace tens of millions of people by 2100, and ruin large swaths of coastal farmland. Sea level rise occurs in part because warmer ocean temperatures expand the molecular structure of sea water, and in part because higher atmospheric temperatures are melting ice sheets on Greenland, Antarctica and the world's mountain glaciers. Greenland alone lost 215 billion tonnes of ice annually over the last decade.

Clearly, climate change is undermining the environmental determinants of health and constitutes a global health threat. The World Health Organization estimates that 140,000 people now lose their lives to climate change each year. Women and children are particularly vulnerable. In order to avoid far worse dangers, the United Nations is advising very deep worldwide reductions in the use of fossil fuels. Urgent action on this front is required in the decade ahead. The Saskatchewan Environmental Society is calling on Canada to halt further expansion of oil sands, and for everyone to learn to use energy far more efficiently, and wherever possible, replace fossil fuels with low emission renewable energy sources.

A summary of World Health Organization conclusions on climate change can be found at: "Health, Climate Change and WHO" prepared by Public Health and Environment Department, World Health Organization, Geneva <http://www.who.int/globalchange/FinalDonorReport2011.pps>

For the most current scientific findings on climate change go to: Climate Change 2013: The Physical Science Basis. Contribution of Working Group I to the Fifth Assessment Report of the Intergovernmental Panel on Climate Change. Refer to Summary for Policy Makers. The report can be accessed at: <http://ipcc.ch/> 



Simply Cook and Enjoy!

By Renee Nagus, RD CDE

In Canada, March is Nutrition Month. For 2014, the message was “Simply Cook and Enjoy!” The campaign was designed to inspire Canadians to get back to cooking basics.

There is a growing concern in Canada about a potential lack of home cooking and loss of cooking skills. Shifting values, time constraints and availability of, and reliance on, prepared meals are just a few of the reasons that keep Canadians out of the kitchen. This is concerning for several reasons; one being the health concerns that can arise from relying on a diet of highly processed, pre-made meals and restaurant food.

Cooking healthy and tasty meals does not need to be a difficult and time consuming process! It can be simple to incorporate nutritious food into your busy life.

Think outside the salad spinner! Try these ideas to add more veggies and fruit to your meals and snacks without a lot of fuss:

- Blend a handful of spinach or kale into a fruit smoothie
- Mash cooked cauliflower together with potatoes
- Add pureed butternut squash to homemade macaroni and cheese
- Shred carrots, zucchini or onions into spaghetti sauce
- Stir canned pureed pumpkin into whole grain pancake or muffin batter
- Sprinkle berries onto breakfast cereal or yogurt

Feeling short on time? Enjoy a sandwich for supper. Sandwiches made with whole grain bread, tortillas or flatbread and filled with delicious, good for you ingredients make for a perfect casual supper. Try these tasty sandwiches, served with a side of crisp raw veggies:

- Fresh roasted turkey breast, avocado, tomato and lettuce
- Cheddar cheese, thinly sliced pear and spicy red pepper jelly
- Fresh roast beef, roasted red peppers and sliced red onion
- Hummus, sliced cucumber, shredded carrot and lettuce

In a hurry? Healthier convenience foods, combined with fresh ingredients, can help you make tasty meals in minutes. Choose items with less sodium, fat and sugar.

- Canned tuna or canned salmon
- Pre-cut butternut squash

- Canned legumes such as chickpeas or lentils
- Canned diced tomatoes
- Shredded cheese
- Eggs
- Plain frozen fish fillets
- Frozen vegetables and fruit
- Fresh or frozen whole wheat tortellini
- Whole grain pizza crusts



You don't need a long list of ingredients to make a healthy, delicious meal. Get inspired with these ideas, which use just six main ingredients:

- Cheesy Frittata – eggs, spinach, diced potato, red onion, milk and cheddar cheese baked together into a fabulous frittata
- Lemony Pasta – whole grain pasta tossed with grilled zucchini, cherry tomatoes, roasted garlic, chickpeas and freshly squeezed lemon juice
- Loaded Sweet Potato – baked sweet potato topped with black beans, green onion, tomato, cilantro and a spoonful of plain yogurt

Simmer up a pot of scrumptious soup.

- Fill a pot with your favorite vegetables, whole grains and legumes for a healthy, fibre-filled meal in a bowl.

The combinations are endless!

- Cook a pot of soup on the weekend to enjoy for lunches or simple weeknight suppers.

Marinate inexpensive cuts of meat for deliciously tender results.

- Marinating inexpensive cuts such as pork shoulder, lamb shanks or beef brisket adds flavour while it tenderizes.
- A good basic marinade includes an acid, such as vinegar or lemon juice, canola oil and flavour boosters such as garlic, herbs or spices.

Adapted from www.dietitians.ca, 2014

If you would like more tips, ideas and recipes, check out the Dietitians of Canada website at www.dietitians.ca 

Board of Directors Year-End Report

By Anne Doucette, President



Anne Doucette, President

Your Board has been busy this year looking forward to the next five years through our new Strategic Plan. Many thanks to all who helped with suggestions and their vision for what we can become as we move forward into the next 50 years.

We also have been keeping up to date with the 2nd Avenue Seniors Housing Co-operative and how we can help with their vision for affordable housing near our clinic.

Our provincial Federation of community clinics is strong with four clinics located in Wynyard, Regina, Prince Albert and us. We are also affiliated with the national Federation of Health Care Co-operatives and the Canadian Association of Community Health Centres which held a conference in Saskatoon in the fall. Our Executive Director, Tim Archer, has been invited to speak at the international co-operative summit to be held in Quebec City this fall. Nice recognition for our model of health care!

The Member Services Committee proceeded with efforts to improve communication with members through the planning of a new website and expanded use of social media platforms. Our project to collect email addresses to promote electronic contact with clients, including through our electronic newsletter, has thus far been very successful, aided by an iPad for Emails contest in the Spring. In addition, the committee has reviewed the Board policies regarding client complaints and is in the process of updating the policy to meet current regional and provincial standards. Finally, while we continued with our Aboriginal and Low Income Engagement Project early in the year, actual implementation of some plans has been deferred pending the outcome of the strategic planning process.

The Operations Committee is happy to report that we had no difficult financial situations for the year. Thanks to the staff for their diligence to costs. Sometimes no news is good news. Over the year we were able to replace/upgrade some of our physical assets and hopefully for the upcoming year will see improvements to the phone system at both locations and the reception area of the Downtown Clinic. We continue to lobby the Province for ongoing financing of extended services. With the new strategic plan, the operations committee will be working on how to translate the plan into measurable accomplishments and improved service levels.

The Political and Social Action Committee has put on a series of noon hour speakers on advocacy issues, including Better Bike Lanes and Other Good Ideas, Age Friendly Saskatoon, Upstream, and Federal Health Care Funding after the End of the Health Accord.

The Political and Social Action Committee developed a harm reduction paper which has been approved by the Board as the Association's position on dealing with addiction related issues in a the community in a humane and effective fashion. On the recommendation of our Seniors Advisory Council, the Board also contributed to the Provincial review of mental health and long-term care by providing suggestions to the Minister of Health for improvements in long-term care services for patients with psychiatric illness.

At the semi-annual meeting the Board of Directors presented the Handicraft Club with the volunteer award recognizing their outstanding service to the Association. Lastly, I would like to recognize the passing of Drs. Margaret Mahood and Joan Witney-Moore, the first two physicians of the Saskatoon Community Clinic who, on the morning of July 3rd, 1962, started providing family medicine to patients despite the social pressures and fierce opposition in the community when the government introduced the Medical Care Insurance Plan. We mourn the loss of these courageous women but also celebrate their role in ensuring universal health care.

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 for more information.

Seniors' Corner

By Laurie Stone, Seniors Volunteer Coordinator

Every day it seems there are new discoveries about aging. New research tells us that we can continue to learn new skills, grow, adapt and even flourish well into our nineties. Never before has there been so much information to help us achieve a purposeful, healthy life and meaningful relationships. The good news is that it is never too late to start or make a change.

Here are just a few of the many interesting titles available at the Saskatoon Public Library and local bookstores. As always, please consult with your physician before changing your diet, starting new supplements or beginning a fitness program.

Healthy Aging: A Lifelong Guide to Your Well-Being, Dr. Andrew Weil, 2007. Dr. Weil provides an understanding and acceptance of the aging process and useful information on nutrition and supplements.

The Scientific American Healthy Aging Brain, Judith Horstman, 2012. A good book for understanding how the brain works and the changes associated with aging.

The Better Brain Book, Dr. David Perlmutter, 2004. This book is organized into 3 parts – risk factors for brain health, tools (nutrition, supplements, exercises) and information on specific brain disorders.

Use Your Brain to Change Your Age, Dr. Daniel G

Amen, 2012. Strategies to understand brain health, boost memory, and promote healing.

Emotional Intelligence, Daniel Goleman, 1995. While IQ is typically thought of as the primary predictor of success in life, the author asserts that EQ, or emotional intelligence, based on self-awareness, self-discipline and empathy is equally important to health and relationships.

Real Happiness, The Power of Meditation, Sharon Salzberg, 2011. A beginners guide to understanding meditation and putting it into practice.

Freedom from Anxiety: A Holistic Approach to Emotional Well-Being, Marcey Shapiro, MD, 2014. An overview of emotional health with a variety of techniques and practices to promote well-being.

7 Years Younger, Editors of Good Housekeeping, 2012. General advice and encouragement for women on nutrition, fitness, brain health with some lifestyle makeover stories – an interesting and easy read.

Master Your Retirement: How to Fulfill Your Dreams With Peace of Mind, Douglas V. Nelson, 2014. A Canadian perspective on understanding financial planning for retirement.



Seniors Advisory Council Annual Fundraising Event

BBQ HOT DOGS • BAKE SALE • SILENT AUCTION

Wednesday, June 18th 11:30 a.m. – 2 p.m.

Saskatoon Community Clinic
Back Entrance 455 2nd Ave. N.

Everyone Welcome!

Help us raise funds for our Seniors' Programs at the Clinic!



The Saskatoon Community Clinic's Social Workers celebrated Social Work Week in March promoting equity for a stronger Canada. Seen here are our Social Workers showing practicum student Ryan a little "hands-on experience." Left to right: Joanne Schenn, Norine Shewchuk, Norlane Jensen, Greta Camsell, Delores Young, Rose Marie Le Poudre and Ryan Dielschneider.



Gifts to the Saskatoon Community Clinic Foundation

In Memory of:

J. W. & Nancy Adams from Winona Lambert
Helen M. Baker from Joan Bell, John & Ina Brockelbank, Viola Bucsis, Harold E. Chapman, Margaret Durant, Donald & Mildred Kerr, Kay & John Williams
Doris Curths from Margaret Durant, Saskatoon Co-op Administration
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Honouring:

In Honour of Betsy Bury from Margaret Cloak

Thank you for your generosity ~ February 21, 2014 - April 30, 2014

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