

CHSA Supports Gender Diversity

By Laurie Stone, CHSA Health and Social Policy Analyst



Laurie Stone

The Saskatoon Community Clinic is working to make our organization gender friendly to better support the health of transgender patients. In the last several months we have researched standards of care for transgender patients and consulted with the community, the provincial government, members, patients and staff to develop a plan.

We have initiated gender diversity training for staff, and we are planning changes to our physical environment to become both welcoming and gender neutral. Physicians, counsellors and other health professionals are obtaining both general and specialized training. We are working with community organizations and CHSA members to identify systemic barriers to healthcare and promote inclusive and gender sensitive public health policies. We also believe that educating members and patients is an important part of creating a safe space for gender diversity at our clinics.

Transgender individuals tell us that they are challenged to find open-minded and educated health care professionals in

the community. The Clinic's physicians, counsellors and other professionals are keen to learn more about transgender healthcare and provide sensitive and respectful care to all patient groups. In fact, we have been providing health services to transgender clients for more than twenty years, primarily at Westside Clinic, but increasingly at the Downtown Clinic.

At a recent education session for Clinic counsellors, we discussed ways to work with youth and families to reduce health risks. A 2012 Canadian study of transgender youth identified three main risk factors for suicide: lack of family supports, transphobia, and lack of access to medical services to help them transition. We want to provide gender sensitive medical care to patients and work with transgender patients and their families to reduce risk factors and improve health outcomes.

CHSA members who are transgender tell us that the Saskatchewan government's requirement that people must have gender reassignment surgery prior to name and gender changes on official documents needs to be changed. A 2015 Canadian study found when official documents reflect a person's gender expression, the suicide risk declines nine percent. Such documents would also help all healthcare providers in Saskatchewan provide gender sensitive healthcare; the electronic medical record must correspond to the legal name and gender on people's health cards.

We have seen some progress in Saskatchewan in recent months. In December 2014 the Saskatchewan Legislature added transgender identity as prohibited grounds for discrimination to the Saskatchewan Human Rights Code. In March 2015 the Saskatchewan Legislature was the first in Canada to raise the transgender flag. Ontario and Alberta have made legislative change as a result of legal and human rights decisions. They both removed the gender re-assignment surgery requirement, and the Ontario government now allows children to change their birth



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certificates to reflect their expressed gender. Saskatchewan parents of transgender children, including CHSA members, are asking for the same rights; some are even advocating that gender be removed from all official government documents. Decisions on two cases currently before the Saskatchewan Human Rights Commission may help to set policy in Saskatchewan.

In June 2015 members at the CHSA Annual Meeting passed a resolution asking the Government of Saskatchewan to allow transgender people to change their names and genders on their birth certificates without requiring gender reassignment surgery. This change will help two groups -

those in the process of transitioning as well as about thirty percent of transgender individuals who do not wish to have gender re-assignment surgery for various reasons (including health concerns, the cost of surgery or a desire to maintain their reproductive ability.)

The world community is slowly becoming more educated and aware of gender diversity. In 2013 the United Nations established international standards for the human rights of transgender persons. While there have been several attempts to include transgender identity and expression in the Canadian Human Rights Code, most recently earlier this year, none have yet been successful. 

Added Sugars: Let's Not Sugar Coat It!

Written by Lori Malinowski, Nutrition Student

Edited by Renee Nagus RD CDE

The Heart and Stroke Foundation of Canada is cracking down on added or free sugar. They estimate that the average Canadian adult consumes 26 tsp of sugar per day! The Heart and Stroke Foundation of Canada is recommending added sugars should ideally not exceed 6 tsp – 12 tsp per day!

Sugar provides energy, but no other nutritional benefits. Free or added sugar includes:

- sugars and syrups that are **added** to foods by the manufacturer, cook or consumer,
- Sugars naturally present in honey, syrups and fruit juices.

It is important to note that added sugars do not include the natural sugars found in whole foods such as milk, whole fruit, vegetables, legumes, nuts or seeds. These are nutritious foods and should be included as part of a healthy diet as recommended by Eating Well with Canada's Food Guide.

Why is it so important to limit added sugars in our diet? Science shows that excessive added sugar intake is linked to heart disease, stroke, obesity, diabetes, high blood cholesterol, cancer and dental cavities.

How can YOU lower your intake of added sugar?

- **Be a sugar detective.** Check the ingredient list for sources of sugar. Sugar can be added in many forms such as: glucose, fructose, sucrose, high fructose corn syrup, brown sugar, honey, corn syrup, maple syrup, molasses, fruit puree, Cane juice, Dextrin, Maltodextrin, Barley malt, Beet sugar, Corn syrup, Corn syrup solids, Caramel, Buttered syrup, Carob syrup, Brown sugar, Date sugar, Malt syrup, Fruit juice, Fruit juice concentrate, Dehydrated fruit juice, Fruit juice crystals, Golden syrup.

- **Practice your cooking skills!** Prepare meals at home using fresh whole ingredients, instead of dining out or consuming ready-to-eat meals. Choose from delicious foods such as fresh or frozen vegetables and fruit, lean meats, poultry or fish, meat alternatives such as beans, lentils or tofu; whole grains such as brown rice, whole grain pasta or quinoa; dairy products such as low fat milk, yogurt or cheese. Experiment with new recipes...the options are endless!

- **Thirsty?** Limit sugar sweetened beverages such as soft drinks, sports drinks, vitamin water and fruit flavored beverages! For example, one 355ml can of sugar sweetened soda contains 10 tsp of sugar! Instead, choose plain water or water flavored with sliced fruit. Low fat milk is also a great choice.

- **Need some caffeine?** Choose a coffee, cappuccino or latte without the added sugar. Sprinkle cinnamon or nutmeg on top. Black, green or herbal teas are also good choices. Limit specialty coffees and iced coffees made with syrups, bubble teas, iced sweetened teas and sugary specialty teas.

- **Snack time?** Refuel with healthy snacks packed with nutrients such as nuts, whole fruit, veggies dipped in hummus, roasted chickpeas, yogurt or whole grain crackers and cheese. Limit candies, chocolate bars, granola bars, pastries and other baked goods.

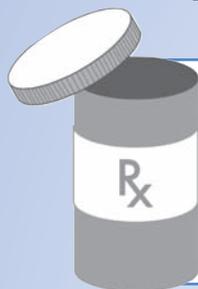
For more information, ask to meet with one of the Saskatoon Community Clinic Dietitians!

Article information adapted from www.heartandstroke.ca

Together, Lets Make a Difference

The Canadian Association of Community Health Centres is calling on all federal political parties to commit to four areas of action to improve health and healthcare.

DID YOU KNOW...



That residents of Canada pay more for prescription medications than other industrialized countries, but still get less?

Solution: Implementing a National Pharmacare Program would change that and save Canadians billions of dollars each year.

That poverty is the single greatest cause of preventable illness, and rates of poverty across Canada are now at crisis levels?

Solution: Invest in a federal poverty-reduction strategy.

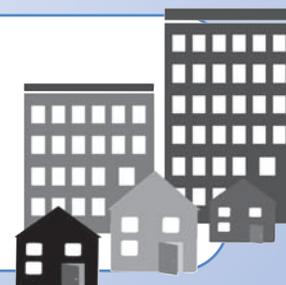


That only a small fraction of people across Canada have access to the high-quality healthcare teams and services of a Community Health Centre (CHC)?

Solution: Support team-based primary health care by establishing a federal strategy and funding for a pan-Canadian network of CHCS.

That Canada is the only major industrialized country (G8) without a national strategy to make sure its residents have access to safe and affordable housing?

Solution: Implement a federal housing strategy focussed on reducing homelessness and securing adequate, accessible and affordable housing.



Learn more, add your voice and sign petitions at cachc.ca/federalelection

Community Clinic Foot Care Services

Your Feet Are Your Foundation!

Did you know that your feet mirror your general health, and that many conditions such as arthritis, diabetes, nerve and circulatory disorders can show their initial symptoms in your feet?

Did you know that the average person walks 185,000 kilometers over a lifetime, and that your feet strike the ground a combined total of 1,200 times per kilometer?

Call now to speak to our foot care nurse, a Licensed Practical Nurse (LPN) with a foot care specialty. She can address any questions or concerns you may have, and help remedy and prevent foot discomfort.

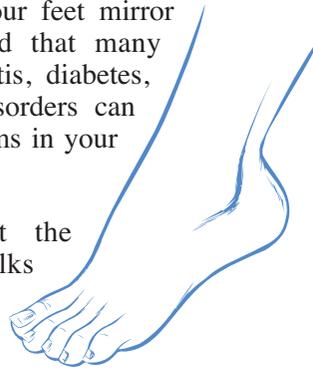
To access our foot care services you must be a current patient. You do not require a referral from a doctor or nurse. Call directly to 306-664-4212 to make your appointment. Your initial assessment will last up to one hour, and subsequent visits will generally last up to 30 minutes.

Foot care at the Community Clinic is fee-for-service; but pricing is dependent on CHSA membership and income status. Talk to us about this when booking your appointment.

Services include:

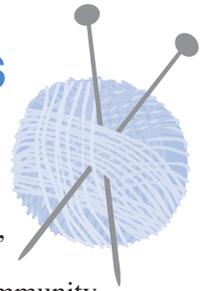
- careful observation of feet for various symptoms including discoloration, abrasions, bruises, cracks, ingrown nails, corns and callouses;
- assessment and monofilament testing;
- nails cut/trimmed/filed;
- fungal nails reduced or trimmed;
- packing for ingrown toenails, callouses and corns filled or removed; and
- lotion/massage for dry feet.

For more information please phone Edith Armstrong, LPN at 306-664-4212.



Handicraft Club Seeking Members

By Sonja Freiermuth, Club Member



The Community Clinic Craft Club is a group of women interested in baking, knitting, crocheting, or doing other crafts. Men are also invited! To support the Community Clinic, we sell our handmade goods at monthly bake and craft sales at the downtown clinic. The dates are posted at the showcase in the lower level of the downtown Clinic.

We welcome new members and encourage anyone to help out at the sales. We also encourage people to offer new ideas at our meetings. We meet monthly on the 4th Tuesday of the month at 1:30 p.m. (except July) at the Mel Langer Building, 424 - 1st Avenue North, down the back alley from the main building. We often invite a speaker or resource person to tell us about a new craft. We then bring out our china cups and saucers (as we think of ourselves as a very special group) and have coffee, tea and a dainty.

If you decide to join our group, you need to be a member or become a member of the Saskatoon Community Clinic. You will receive 2/3 of the proceeds from the sale of items you make; the club's 1/3 share is used to help purchase wheelchairs, furniture, books, toys for play areas and many more worthwhile items for the Clinic. If you can knit, crochet, bake, sew, or make jewellery, please consider joining our group. For further information call Sonja Freiermuth at 306-374-6002 or call Ingrid Larson, Member Relations Director, at the Downtown Clinic.

If you want to donate wool, material, or even knitted goods, we have a donation box at the Downtown Clinic at the back door near the reception area. Please leave your name and phone number so we may thank you for your support of the Handicraft Club. ♦

Congratulations!

Dr. Ryan Meili, Westside Community Clinic physician and Assistant Professor, University of Saskatchewan, has been selected, through a survey of Canadian physicians, as one of fifty doctors, nation-wide, who are seen as Canada's most important doctors – the nation's hidden – and not so hidden physician power brokers. The announcement was made in the Medical Post. Dr. Meili is an advocate for improving the social determinants of health and founding director of Upstream, an organization with the goal of creating a healthier society.

Let's Talk About the Sunshine Vitamin – Vitamin D

By Janet Luimes, Nurse Practitioner

The shorter days of sunlight during the fall and winter months mean we have less exposure to the “sunshine vitamin”, vitamin D. Vitamin D plays an important role in keeping bones, muscles and teeth healthy. New research also suggests vitamin D may help fight infections and reduce risk for certain diseases such as diabetes, heart disease, and some types of cancer.

Your body makes vitamin D when your skin is directly exposed to sunlight for 10-15 minutes. Unfortunately, there are many things that interfere with your body making vitamin D including: sunscreen, clothing, windows, pollution, darker skin colour, older age, seasons, certain diseases, certain medications and northern latitudes. Because of these factors, Canadians often do not make enough vitamin D from sunlight to meet their daily needs.

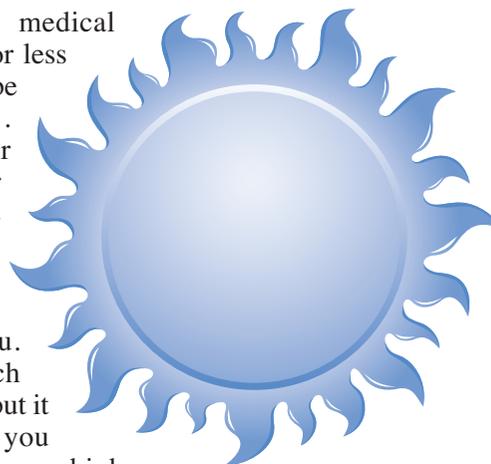
Fortunately, vitamin D can also be obtained from some foods and dietary supplements. Common food sources of vitamin D include fatty fish like salmon and sardines, cod liver oil, egg yolks, milk, and margarine. Some soy beverages, orange juice, cheese and yogurt also have vitamin D added. You can check the Nutrition Facts table on the food label to see if vitamin D is present in a packaged food item.

It is often difficult for people to get enough vitamin D from food sources alone. Therefore, Osteoporosis Canada recommends vitamin D supplementation for all Canadian adults. The most common and best absorbed vitamin D supplement is D3 (cholecalciferol). However there is also a type of supplement called D2 (ergocalciferol). Vitamin D supplements are available without a prescription at most pharmacies in pill, chewable, and liquid form.

Health Canada recommends the following Vitamin D intake for healthy Canadians:

Age	Recommended IU/Day	Stay below IU/Day
Infants 0-6 months	400 IU	1000 IU
Infants 7-12 months	400 IU	1500 IU
Children 1-3 years	600 IU	2500 IU
Children 4-8 years	600 IU	3000 IU
Persons 9-70 years	600 IU	4000 IU
Adults > 70 years	800 IU	4000 IU
Pregnancy and Lactation	600 IU	4000 IU

For certain medical conditions, more or less vitamin D may be recommended. Talk to your medical provider if you are uncertain about the amount of vitamin D that is right for you. Getting too much vitamin D is rare, but it is possible if you regularly take very high doses. Therefore, supplementation over 2000 iu per day should only be done under the direction of a medical professional.



Blood testing for vitamin D levels is not necessary for most healthy individuals as supplementation with vitamin D at recommended dosages has been shown to be both safe and beneficial. ❖

For more information on Vitamin D see the following websites:

- Caring for Kids (Canadian Pediatric Society) – Vitamin D:
http://www.caringforkids.cps.ca/handouts/vitamin_d
- Dietitians of Canada – Food Sources of Vitamin D:
<http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Vitamins/Food-Sources-of-Vitamin-D.aspx>
- Eat Right Ontario - What You Need to Know about Vitamin D:
[http://www.eatrightontario.ca/en/Articles/Nutrients-\(vitamins-and-minerals\)/What-you-need-to-know-about-Vitamin-D.aspx#.VEanqfldV8F](http://www.eatrightontario.ca/en/Articles/Nutrients-(vitamins-and-minerals)/What-you-need-to-know-about-Vitamin-D.aspx#.VEanqfldV8F)
- The Vitamin D Society:
www.vitamindsociety.org



2015 AGM Report

By Giustino Garcea, Member and Public Relations Co-ordinator

The Community Health Services (Saskatoon) Association held its 2015 Annual General Meeting on June 18th. More than 70 members and guests discussed the Association's progress last year, considered significant bylaw changes, raised concerns, proposed resolutions and elected new Board members.

Anne Doucette, President, welcomed everyone and presented the Board of Director's report (which was published in the summer 2015 issue of Focus).

Executive Director Tim Archer reported on progress on the Resolution passed at the 2015 Semi-Annual meeting regarding transgender services. The Association has hired a Health and Policy Analyst to prepare a plan that will recommend changes to our policies and procedures, staff education and ways to create safe spaces for gender diverse clients. Further information is provided in this issue of Focus.

The Executive Director's report included: steps remaining to operationalize our five year strategic plan; developing a plan to improve access and meet community needs; the new collective agreement with CUPE 974; telephone system upgrades; and the renovations to our main reception area at the Downtown Clinic.

The Association continues to work closely with partner organizations on several important projects: C2C/Connecting to Care with the Saskatoon Health Region (SHR); Collective Kitchens with SHR and CHEP Good Food Inc.; and collaborating with Global Gathering Place to enhance our ability to serve a growing number of newcomers to Saskatoon.

Verna Thompson, Acting Controller, presented the 2015 year-end audit and Joanna Klimaszewski from Deloitte presented the financial statements. The Statement of Operations shows that Association had an excess of revenue over expenses of \$141,230.55.

Board Director Bill Davies presented proposed bylaw changes regarding the composition and operation of the Board of Directors. The Governance Review Committee undertook several consultations with members and staff and engaged consultant Deb Chobotuk to assist with the review. These discussions, augmented with 'best-practices' information, led the Board to propose several key changes that were subsequently adopted by the members after careful discussion.

First, the Board will be reduced from 12 to 9 members. Second, terms of office will now be limited to two consecutive three-year terms. Both changes are intended to support board renewal and encourage new ideas. Members at the AGM also agreed to remove mention of specific committees from the bylaws except as required by the Co-operatives Act. The Board will maintain and establish committees dependent on current needs and in keeping with the Act. The Board believes that a less hierarchical structure will engage more people in planning and oversight.

Members presented several resolutions. The first asks the Association to seek funding for an on-site Psychiatrist. The second resolution asks the Association to raise the issue of funding for long-term seniors healthcare with the provincial government. The third asks the Association to undertake a feasibility plan with respect to hiring a Chiropractor at the Saskatoon Community Clinic. The final resolution centered on the ability of individuals to determine their gender and name for healthcare purposes, without requiring medical interventions. The Association will seek an amendment to the Vital Statistics Act to enable such self-determination.

Members also elected five people to the board. Four Directors were re-elected including Anne Doucette, James Gilliard, Glen Kovatch, and Stan Rice. James Majid was elected for the first time. They join Bill Davies, Leading Eagle Man, Rachel Gough, Diane Ewert, and Carla Smith as the Association's Board for 2015/2016. We would like to thank departing Board Directors Twila Leflar and Daniel Kuhlen for their contributions. 

Notice to Members and Patients

We have been informed that our Westside Clinic telephone number is being displayed by a call centre marketing prescription drugs. Our organization does not sell prescription drugs over the telephone. The Community Clinic will never call you to sell you prescription drugs or request payment unless you initiate contact first. Never give out personal information to someone who has contacted you unless you can verify who you are speaking to.

Seniors of Tomorrow

Fall 2015

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 Mel Langer Building,
located at 424 1st Ave. N.

October 28th

Healthy Treats – Taste and Learn

Learn which snack foods pack the most taste and nutritional value.

Facilitated by Renee Nagus, Dietician

November 25th

Keeping Your Vital Organs Healthy:

Spotlight on Kidney and Liver Health
Many people experience a decline in their kidney function and/or develop fatty liver disease as they get older. Learn about natural ways to preserve and improve the health of these important organs.

Facilitated by Dr. Louise Gagné

December 9th

First Nation's History and Culture

Learn about Saskatchewan Aboriginal Culture and Traditions. Bring Stories from your own culture to share!

Facilitated by our Westside Clinic staff

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

Seniors' Corner

Mental Health Retirement Planning

By Laurie Stone, Seniors' Volunteer Coordinator

Most people think about pensions and retirement income when planning their retirement, and there is no question that financial security is important. But how many people put thought into their mental health in preparation for their senior years? Older adults can face a variety of stresses in life – from changing roles during retirement, family health issues, or housing concerns. Your ability to cope with stress and be resilient in facing life's challenges is an important indicator of your happiness as an older adult.

Mental health is more than the absence of disease. The Mental Health Commission of Canada defines mental health as: "a state of well-being in which the individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his own community."

Part of keeping your good mental health is being able to identify when it's time to seek help from a mental health care professional. As a Community Clinic patient you can call (306) 664-4283 to make a counselling appointment through our self-referral process. Your counsellor can work with you and your doctor to help you obtain a diagnosis and receive the care that you need to be well and enjoy your golden years.

Maintaining independence is a key indicator of mental health. According to the Public Health Agency of Canada: "Seniors who continue to live within the community tend to have lower rates of diagnosed depression (1% to 5%) compared to seniors living in long-term care facilities (14% to 42%)." Staying active, as well as developing and maintaining strong social connections can help you lead a healthier life. At the Community Clinic we have lots of opportunities to help you with that. Please give me a call at 306 664-4282 if you would like to learn more about group education or volunteer programs.

Further reading:

The Canadian Coalition for Seniors and Mental Health have developed some resources to help you identify symptoms and understand risk factors for depression and other treatable conditions. Their resources are at <http://www.ccsmh.ca/en/booklet/index.cfm>

The Public Legal Association of Saskatchewan has developed useful guides to help Seniors learn to protect themselves and prepare for the future. You can call them at (306) 653-1868 or visit their website at www.plea.org



Gifts to the Saskatoon Community Clinic Foundation

In Memory of:

Glenn Beckett from Joanne Beckett
Bill Bucsis from Viola Bucsis
Bill Chapman from Harold Chapman,
 Mary Chapman
Delores & Art Clark from Fran Eldridge
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Doug Coates from Joan Bell, Viola Bucsis
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James Mitchell from Laura L. Mitchell
Rani Morrall from Robin & Barb Morrall
Alfred S. Murray from Leona Murray
Bill Odnokon from Saskatoon Antique Group

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Jack E. Adams, Tim & Judy Archer, Scott Bell, Catherine Lesley Biggs, Moishe Black, Louise Buhler, Betsy Bury (to the Betsy Naylor Education Fund), Ronald Carr, Roger Carriere, Gerald & Yvonne Caudle, Linda A. Charlton, John Comer, Viola Coutu, Ed Decker, Paul Denham, Michel Desjardins, Graham Dove & Kathleen Slavin, Alex Dzubin, Catherine Fry, Margaret V. Gauley, Dorothy B. Harder, Erwin & Ingrid Hoehn, Nettie Hrynuik, Laurel Jansen, Doug & Flo Lavallie, Laura Loeppky, Alexander & Marg Matheson, William T. Mazurkewich, Nicholas McCormick, G. Allan McGuire, Ken & Margaret McKechney, Robert McLellan, Beulah McMillan, Dorothy Munday, Ethel W. Potter, Earl Priddle, Leith Shearer, Phyllis Siemens, Marjaleena Repo, Michael Rohatynsky & Elizabeth Quinlan, Anna Tresher, Burton Urquhart, Tanya Marie Veeman, Doreen Walmsley, Julia Wieler, Shirley Wilmot, Evelyn Yuzik, Bernard & Ruth Zuk.

Bequests From the Estate of:

Gordon Stanley Fletcher; Jim & Phyllis Speers; Vern & Clara Welker

Honouring:

In Gratitude to Dr. Margaret McMahon from Colleen Gerwing

Thank you for your generosity ~ May 2, 2015 - September 4, 2015

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

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Executive Director: Tim Archer

Board Secretary: Coreen Usselman

Member concerns and comments are welcomed by the Member and Public Relations Department. Please call 306-664-4243.

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