

Focus

Saskatoon
Community
Clinic
"Your Health
Care Co-op"



Spring, 2015
Volume 51, Number 1

Community Health Services (Saskatoon) Association Ltd.
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Semi-Annual Meeting Report

By Giustino Garcea, Member and Public Relations Coordinator

The Community Health Services (Saskatoon) Association Ltd. (CHSA) held its Semi-Annual Meeting at Mayfair United Church on January 14, 2015. The semi-annual meeting is a mid-year opportunity for members to hear progress reports from the Board of Directors. It also provides a forum for members and staff to learn about a selected health topic, ask questions of the Directors, and put forward resolutions on health-related issues they would like to see addressed.

CHSA President and meeting Chair Anne Doucette called the meeting to order by welcoming everyone, and introducing the Directors in attendance.

Presentations

David Nelson, Executive Director of the Canadian Mental Health Association – Saskatchewan Region, provided an engaging presentation on *Improving Mental Health Services in Saskatchewan*. He spoke about the current state of mental health services in Canada and areas for improvement. He provided an overview of the Saskatchewan government’s Mental Health and Addictions Plan released in December 2014. He stressed the need for better funding of mental health services by both the federal and provincial governments as there are many mental health needs that are not being adequately addressed. He noted that it is important

that mental health funding is viewed as an investment in the health of our citizens and communities and that the cost of untreated mental health problems is “staggering to society.” For example, “15–40 % of those in prison have a mental health disorder and/or addiction.” A copy of his power point presentation is available on our website. Responses to the presentation were given by John Sheard, CHSA member; Cheryl Hand, Director, Westside Clinic; and Nayyar Javed, Community Clinic Counsellor.

Elections

An election was held to replace outgoing CHSA Board Director Melanie Medlicott. Melanie was recognized for her years of dedication, and tremendous contributions to community health. After the ballots were counted James Gilliard was declared as CHSA’s newest Director. Over the years, James Gilliard has been very involved in co-operative housing, both locally and at a national level and we are thankful for his involvement. Thank you to all who put their names forward for election; we appreciate your support and involvement.

Resolutions

Member Miki Bantjes-Mappin presented a resolution to the membership to remove barriers to accessing healthcare for transgender and gender diverse individuals. As a pioneer in providing healthcare to disadvantaged groups, and as part of our goal to “build a healthy population” the CHSA will work to address these and other challenges faced by this particular group. The resolution was carried and is available on the Saskatoon Community Clinic website. The resolution has been referred to Administration for follow-up.

Announcements

Executive Director, Tim Archer, spoke on the renovations taking place at our Downtown Clinic, and invited everyone to come and see the changes. He noted that a Grand Opening of the new Reception Area will be planned for the spring,

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and an invitation will be sent out via E-News – an electronic newsletter sent regularly to subscribed members.

Membership and Annual Service Fees

The CHSA Membership Fees and Annual Services Fees will remain the same for the 2015-16 year, at \$15.00 per individual, and \$30.00 per family. Member and

Public Relations Director Ingrid Larson spoke to the benefits of membership including discounts on foot care services and third-party medical charges, among other things.

Thank you to all who participated in the meeting and for the on-going support of all members of our co-operative association. ♦

Live Well™ with Chronic Pain

The Community Clinic will again be hosting Live Well with Chronic Pain. This is a free, six-week program led by two trained leaders. It is an interactive workshop covering a range of strategies and tools to help you manage your pain and get on with living a fulfilling life. You will learn skills such as symptom management, communication skills, relaxation techniques, goal setting and problem solving.

This program is for adults with chronic pain such as musculoskeletal pain, fibromyalgia, whiplash injury, chronic regional pain syndrome, repetitive pain syndrome, neuropathic pain, persistent pain, irritable bowel syndrome, or any other pain lasting six months or longer.

The program will be held Mondays, May 4, 11, 25, June 1, 8 and 15 at 1:00 p.m. at the Community Clinic.

If you would like to register or require any further information feel free to contact:

Trudy Myers, Director of Physical Therapy
Saskatoon Community Clinic (306) 664-4259
or call Saskatoon Health Region (306) 655-5483

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.

Candidates should have experience with the Community Clinic and its services as well as 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. The next opportunity for election to the Board of Directors will be in June 2015.

Watch the next issue of *Focus* for details!



Renovations are Complete

We are happy to announce that the renovations to the central core of the Downtown Clinic are complete! The enhanced interior space has been renovated to allow for better flow of patients and to improve the efficiency of office procedures done by our reception, health records, and billing staff.

To make an appointment please phone 306-652-0300. When you arrive for your next appointment, please check in at the new central reception desk.

The renovations were funded through a combination of our capital equipment budget, one-time funds from the Ministry of Health and the generous support of the Saskatoon Community Clinic Foundation. Thank you to all who contributed to this project!

Food Safety and You

By Amber Chutskoff, Nutrition Student



Food is a part of our daily routine used to sustain life, entertain family and friends, as well as to remind us of the roots of our heritage. We are all familiar with food and its consumption; however, important aspects are often overlooked. When preparing meals, we must consider food safety in order to prevent harm.

1. Cleanliness is the first step in food safety. Bacteria can easily spread if proper sanitation methods are disregarded.

- Wash your hands frequently. This is properly done by wetting your hands with warm water, lathering with soap for 20-30 seconds, and rinsing to complete. Be sure to wash both sides of hands, underneath nails and between fingers.

- Wash kitchen surfaces, such as counter tops and cutting boards with hot soapy water and then sanitize with kitchen sanitizer or a solution of 5mL bleach and 750mL water. This should be done before and after preparing food and also after handling raw meat, poultry or fish to prevent cross-contamination.

- Change non-disposable cloths daily as moist surfaces provide a perfect environment for bacteria to thrive.

- Remember to launder reusable grocery bags regularly.

2. Keep hot foods hot and cold foods cold!

- The temperature danger zone for food is between 4°C (40°F) to 60°C (140°F). This is the temperature range in which bacteria multiply rapidly.

- If left within the temperature danger zone for more than 2 hours, the food must be discarded.

3. Incorporate food safety methods while using “Eating Well with Canada’s Food Guide” to prepare meals.

Vegetables and Fruit

- When consuming preserved fruits and vegetables, inspect the quality of the packaging. Cans or jars that contain dents, rust, cracks, or bulging lids all indicate the possibility that harmful bacteria has entered the product and should not be eaten.

Grain Products

- Cooked rice may contain bacteria that can grow and become harmful. Remember to cool or freeze leftover rice within 2 hours to minimize the time its temperature remains in the danger zone.

Milk and Alternatives

- Read the “best before” date on milk and other food products. This date does not guarantee food safety, but will

provide an estimate of how long an unopened product will retain its quality.

Meat and Alternatives

- Meats must be cooked to specific internal temperatures in order to kill bacteria and ensure food safety. For example, ground turkey must be cooked to 74°C (165°F) while a whole chicken, must be cooked to 85°C (185°F). More information on safe internal cooking temperatures can be found at: <http://healthycanadians.gc.ca/eating-nutrition/safety-salubrite/cook-temperatures-cuisson-eng.php>

- Proper use of a thermometer requires that you insert it into the thickest area of food to obtain an adequate reading. For example, to check the temperature of hamburger patties, insert the thermometer through the side of the patty until you reach the middle.

4. Lastly, practice food safety when handling leftovers.

- Date leftovers to estimate the life of meals. Leftovers should be kept for only 2-3 days or else frozen for later use.

- Refrigerate small, individual portions of leftovers within two hours of preparation.

- Reheated leftovers must reach an internal temperature of 74°C (165°F).

When in doubt, throw your food out, to maintain food safety when preparing food for yourself or others.

For more information, see www.healthycanadians.gc.ca

This article was reviewed by Renee Nagus RD CDE 

Sources:

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Medical News

Choosing Wisely Canada

Ingrid Larson, Member and Public Relations Director

Are you confused about medical tests and procedures? Which ones to have and which ones to no longer have? Are you concerned about a treatment option being offered and wonder if it is the best option at this time? What do you need to know about check-ups with your family doctor? Choosing Wisely Canada may be able to help you.

The Saskatoon Community Clinic medical group supports the Choosing Wisely Canada (CWC) campaign designed to help physicians and patients engage in conversations about unnecessary tests, treatments and procedures, and to help physicians and patients make smart and effective choices to ensure high-quality care.

Ontario was the first province in Canada to adopt the campaign. Choosing Wisely Canada is now supported by all provincial and territorial medical associations including the Saskatchewan Medical Association. It originated in the United States and has spread to Australia, Germany, Italy, Japan, Netherlands, Switzerland and elsewhere.

Choosing Wisely's website states that "unnecessary tests, treatments and procedures do not add value to care. In fact, they take away from care by potentially exposing patients to harm, leading to more testing to investigate false positives and contributing to stress for patients. And of course unnecessary tests, treatments and procedures put increased strain on the resources of our health care system."

The campaign includes plain language materials to help you learn about the tests, treatments or procedures, when they are necessary and when they are not, and what patients can do to improve their health. Choosing Wisely Canada is also working with medical schools to introduce new content into medical education curricula.

The Saskatoon Community Clinic has posted several of the Choosing Wisely posters in our waiting room. You can also visit their website for handouts, videos and other materials on a variety of topics: <http://www.choosingwiselycanada.org/news/>.

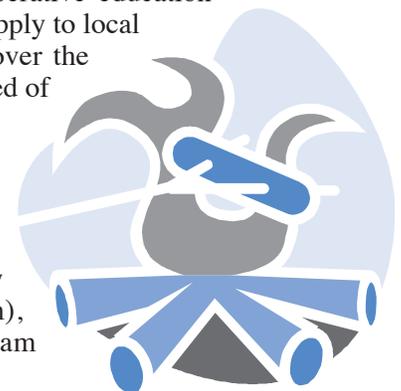
Co-op Camp is Back for 2015!

By Jamal Tekleweld, Saskatchewan Co-operative Youth Program

Do you know a youth aged 12 – 18 who would enjoy spending a week at summer camp? The Saskatchewan Co-operative Youth Program (SCYP) will be offering multiple 4 – 6 day camps at two lakes this summer, at Candle Lake in Northern Saskatchewan and Last Mountain Lake in South-Central Saskatchewan. Co-op Camp features dynamic and engaging co-operative educational programming that offers participants a host of skills to be effective leaders in their communities.

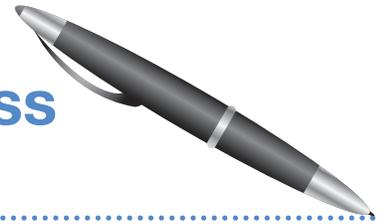
SCYP has a unique camp registration structure which aims to promote accessibility for youth from all walks of life while remaining consistent in providing a top-tier summer camp and co-operative education experience. Participants pay approximately a third of the registration fee and can apply to local co-operatives, including the Saskatoon Community Clinic, for sponsorship to cover the remaining amount. SCYP also offers registration bursaries to youth who are in need of more subsidy for registration costs.

Applications are accepted on a first come – first served basis, so if you are interested please call Member Relations at 306-652-0300. More information is also available from the Saskatchewan Co-operative Association. Call 306-244-3702 or visit their website at www.sask.coop or youth.sask.coop. Follow SCYP on Facebook (Saskatchewan Co-operative Youth Program), Twitter (@coopcamprocks), Pinterest (coopcamprocks) and Instagram (coopcamprocks).



Journaling Your Thoughts . . . and the many benefits of the process

By Norine Shewchuk, Community Clinic Social Worker



The process of journaling positively contributes to personal growth and development. Through writing, individuals gain insight into thoughts, behaviours and moods. It can be done for personal reasons or for the purpose of sharing a story or leaving a legacy. People who journal find it enjoyable and inspiring and report that they uncover dreams and goals they never imagined.

The act of journaling is also an effective tool in the healing process; it can be used for problem solving and stress reduction. It has been proven to be effective in improving mental health and physical health, and can lead to increased self-esteem. Writing unblocks capabilities and affords the opportunity for unexpected solutions to unresolved problems.

Journaling is a tool in the healing process because it can enable access to memories and suppressed feelings, and can facilitate the processing of feelings which in turn can mobilize change. Writing helps one come to terms with experiences, thoughts and feelings resulting in a reduction of the impact of the stress that one may be carrying with them. Getting feelings out of your heart and mind positively contributes to a more serene existence. Through journaling you can learn to give yourself permission to say ‘no’ to what you don’t want. Disagreements with others can be resolved, patterns can be tracked and trends can be identified. The process can also serve as an opportunity to get to know and appreciate oneself more.

Another good reason for journaling is intergenerational. We have all heard stories of grandchildren and great grandchildren speaking with pride of the stories preserved in writing by prior generations. Why not put down stories of your life on paper and leave a legacy for your children, grandchildren or others? One family member, who had a journal of a passed loved one stated, “It wouldn’t have mattered if the words were deep or insightful; just as long as they were words that I could read and feel more connected to him.”

Lastly, there is another other good reason for journaling. Research suggests that addressing psychological needs has both psychological and physical health benefits. James Pennebaker, an American Social Psychologist, and pioneer in writing therapy contends that “regular journaling strengthens the immune system.” Another group of researchers demonstrated a link between writing about stressful experiences and symptom reduction in patients with asthma or rheumatoid arthritis. ❖

Ten Steps to Getting Started Journaling

(The most important rule in journaling is to know there are no rules)

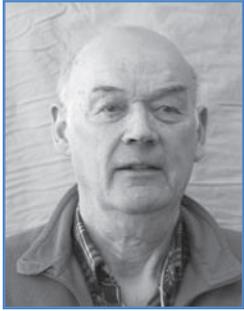
1. Start writing where you are at.
2. Let your writing flow — ‘stream of consciousness’, for approximately five minutes, just start writing. Do not edit thoughts or feelings. Do not correct grammar.
3. Start a dialogue with your inner child by writing with your subdominant hand. Answer with your dominant hand.
4. Start a gratitude file. Collect things such as cards, quotes or pictures that relate to your goals or desires. Create a list of the things you appreciate in your life.
5. Journal in a way that reflects that you love and accept yourself just as you are.
6. Reflect on nature – the sky, the weather, the seasons, etc.
7. Create a log of your successes.
8. Create a play list of your favorite songs.
9. If something is bothering you, write in the third person.
10. Develop intuition. Write down questions or concerns — take a deep breath and listen for the response from your higher self.

As you begin, trust that the act of writing accesses your left-brain which is analytical and rational. While your left-brain is occupied, your right brain is free to create, intuit and feel. Writing removes mental blocks and allows you to use all your brain power to better understand yourself, others and the world around you. Writing also helps clarify thoughts and feelings and gets you in touch with your inner world. It helps you get clear about situations and people that are toxic for you. Putting words to paper provides important information for your emotional well-being. It does this by helping you release stress. When you express the intensity of feelings (anger, sadness etc.), a release is provided. Your journal is an all-accepting, non-judgemental friend.

As you journal, trust that a pen coupled with paper can serve as a powerful life tool. Enjoy, breathe, and smile as you discover you. Embrace a strengthened sense of ‘balance’ and know that many successful people kept journals.

Make Mental Health Care a Priority

By John Sheard, CHSA Member



John Sheard

The writer is a long-time Community Clinic member and caregiver with an interest in mental health care. This opinion piece was originally published in the Saskatoon Star Phoenix.

Mental health has long been known as the 'poor relative' of Canadian health care. The recently released 10 Year Mental Health and Addictions Action Plan for Saskatchewan was much anticipated and contains excellent recommendations. For it to warrant the title 'Action Plan' the Government must provide sufficient funding to implement the recommendations. Evidence suggests that Canada lags far behind other countries in its commitment to mental health.

The Plan provides compelling financial arguments for additional investment in mental health care:

- For every \$1 spent on mental health there is \$7 saving in other health care costs.
- The economic cost of mental illness is equivalent to 20% of corporate profits in Canada.
- 30% of disability claims are for mental illness, and represent 70% of all disability costs.

The need for additional investment in mental health care is not in dispute and would likely bring savings to society and enhance the economy. The immediate minimum increase should be to move from 5% to 7% of the provincial health care budget, 7% being the national average. The Senate (Kirby) Commission suggested 9% as its goal.

The lack of leadership shown by governments across Canada on the issue of mental health is due to the stigma associated with mental illness and the fact that many people suffering with mental health issues are not able to advocate for their cause. Sixty percent of people with mental health difficulties won't seek help for fear of being labeled. If this degree of stigma is representative of the public at large, it is not surprising that governments find little reason to act decisively.

The Plan's 16 priorities for action are all excellent and several are deserving of immediate attention:

- Decrease waiting times for treatments and services which focus on early counselling and psychiatry supports for children and youth. This will reduce the need for adult services in coming years.
- Reduce wait times and improve response in

emergency departments.

- Increase support for people living with persistent and complex mental health problems in the community, including housing and team-based supports. The costs are minimal compared to those incurred by repeat hospital stays.
- Address the mental health needs of the growing population of seniors, beginning with home care services and the lack of long term care facilities, with suitably trained staff, for seniors with serious mental health issues.
- Surprisingly, reduction in stigma is positioned 14th of the 16 Plan priorities. It deserves a much higher priority. In the community of mental health patients, their families and service providers there is despair that reform is achievable given the levels of stigma that still prevail.

Other countries combat stigma and fund their mental health services appropriately. While vacationing in the United Kingdom a family member was taken ill with a bipolar episode. All services from access to a general practitioner, to a home visit by a community psychiatrist, with a monitoring social worker, were accessed within six hours. When more care was required, hospitalization was readily available.

This speed of access was surely a result of the fact that UK spends \$62/capita on mental health compared to Canada's average of \$5/capita. Australia, with a similar resource based economy to western Canada, spends \$98/capita on mental health. These statistics are taken from *The Case for a National Mental Health Transition Fund*, Steve Laurie, Canadian Mental Health Association, Toronto.

Saskatchewan must move rapidly towards adopting solutions proven to work. For example, a social worker acted as advocate for our family member throughout treatment in the UK. Most people and families struggle in our current system for lack of an effective advocate. We have been unusually fortunate to have been guided through the mental health care system by the staff of the Community Clinic in Saskatoon. It is difficult to imagine the trauma that most families have to endure.

That mental health and addictions continue to be under funded in Saskatchewan is shameful. It is neither ethically acceptable nor financially sensible, given the benefits that would accrue to our communities and economy from increased funding. Adequate funding for mental health care is, ultimately, an ethical and moral imperative. There must be no further delay in implementing the recommendations in the 10 Year Mental Health and Addictions Action Plan for Saskatchewan. ♦

Board Governance Review

By Bill Davies,
Committee Chairperson

The Saskatoon Community Clinic Board Governance Review committee has been meeting regularly since our last report in *Focus*. The committee's goal is to review our current governance processes and make recommendations to ensure that your Board is using best practices.



We most recently received a report that looked at best governance practices in other community health centres and co-operatives in Canada. The Board of Directors is considering three changes to our current Board model that are now common in other non-profit organizations:

- A smaller Board: in our case we are considering moving from twelve members to nine members;
- Limits on Board member terms: we are considering a maximum of two consecutive three year terms for Board members; after taking a year off a board member could stand again for election;
- Fewer committees; the Board as a whole would discuss agenda items rather than having recommendations made through committees, with some exceptions.

In addition we are considering the following to help the Directors in their planning, meeting organization and decision making: a regular Board calendar, annual retreats and public Board attendance records.

Some of these changes will require by-law amendments which may be presented to our members as early as our June 2015 Annual Meeting.

Member Consultations

Do you need more information or have questions or suggestions about the Board governance review?

Please attend a member consultation session on one of the following dates:

Tuesday, April 14, 7 p.m. to 9 p.m.

Friday, April 17, 12 noon to 1 p.m.

Location: Community Clinic Meeting Room,
Mel Langer Building, 424 1st Avenue North.

For more information e-mail

ilarson@communityclinic.sk.ca or phone 306-664-4243.

Seniors of Tomorrow Spring 2015 Education Series

Welcome to the Seniors of Tomorrow Education Series; a Counselling and Community Services Department drop-in education program for Community Clinic members and patients.

Sessions take place Wednesday
afternoons from 2:00 pm – 4:00 pm at the
Langer Building, located at 424 1st Avenue N.

April 1st Guided Meditation

Learn how to improve your mental health and well-being. Facilitated by *Nayyar Javed*, Community Clinic Counsellor

April 15th Aging Backward

Learn about and take part in a “made in Canada” fitness program for strength, flexibility and good health. Facilitated by *Jana Danielson*, Community Educator

April 29th Meewasin Valley Authority

Spring is coming! Learn about MVA parks and programs. Facilitated by the *Meewasin Valley Authority*

May 13th End of Life Medical Issues

Join us for information and discussion about end of life decision making, and current legal and legislative initiatives. Facilitated by *Doug Surtees*, U of S Law Professor

May 27th The Great Canadian Trivia Challenge

Test your knowledge, learn more about Canada and have fun at this interactive program wind-up event. Guest: *Dr. Paulette Hunter*, University of Saskatchewan Psychologist

For more information call:

Laurie Stone, Seniors' Volunteer Coordinator
at (306) 664-4282 OR

Norine Shewchuk, Seniors' Counsellor
at (306) 664-4270





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