

Pharmacy News

Refills are now convenient and easy!

Order your Community Clinic prescription refills one of three convenient ways:

1. Automated PHONE ORDER: Call us at 306-664-4277. Choose option #2. Follow the voice prompts to key in your prescription number, found in top left corner of your label.
2. Online E-REFILL: Click "E-REFILL" link on our home page, www.saskatooncommunityclinic.ca to order online using your prescription numbers.
3. TEXT: Text your prescription # to 306-500-6441 with the word refill then prescription #. If more than one prescription, separate the numbers by a space or a comma.

LiveWell with Chronic Pain

This is a free six-week program that provides practical suggestions and support, to build confidence and skills in coping with the everyday challenges of chronic pain.

Who is it for?

Individuals and caregivers of people with Chronic pain from such conditions as:

- Chronic musculoskeletal pain (such as chronic neck, shoulder, back pain, etc.)
- Whiplash injuries
- Chronic regional pain syndromes
- Repetitive strain injury
- Chronic pelvic pain
- Post-surgical pain that lasts beyond 6 months
- Neuropathic pain (often caused by trauma)
- Neuralgias (such as post-herpetic pain, and trigeminal neuralgia)
- Post-stroke or central pain
- Persistent headache
- Inflammatory Bowel Disease
- Fibromyalgia
- Arthritis
- Severe muscular pain due to conditions such as Multiple Sclerosis

Tuesdays Evenings
6:30-9:00 p.m.

February 21, 2017- March 28, 2017
Mel Langer Building, 424 1st Avenue N

To register please call 306-655-5483

Parking at the Downtown Clinic

Free patient parking is available at the Downtown Clinic for patients at the time when they are receiving services.

Patients must park in designated patient-parking spots only or risk receiving a ticket or worse, being towed. The lot is located on the north side of the property off 1st Avenue and there are two rows for parking.

There are also handicapped designated spots closer to the building (must display handicapped parking pass).

Please follow the signage to enter and exit the patient parking lot correctly and please do not park in such a way that blocks other patients' entry or exit into the lot. If the parking lot is full, there is free parking further north on 1st or 2nd Avenue or metered parking is available.

Holiday Hours

Best wishes for the holiday season from the Board and staff of the Saskatoon Community Clinic. The Community Clinic holiday hours are:

Saturday, December 24

Downtown Clinic: Drop-in Clinic from 9 a.m. to 1 p.m.
Pharmacy closed
Westside Clinic closed

Sunday, Monday, Tuesday, December 25, 26, 27

All locations and Pharmacy closed.

Wednesday, Thursday, Friday December 28, 29, 30

Full service, all day, regular hours

Saturday December 31

Downtown Clinic: Drop-in Clinic from 9 a.m. to 1 p.m.
Pharmacy Closed

Westside Clinic Closed

Sunday, Monday January 1, 2
All locations and Pharmacy closed

Regular hours resume Tuesday January 3

Healthy Eating and Active Living!

The New Year is a time when we may look to “reboot” our eating and activity choices.

- Confused about diet plans and exercise crazes?
- Want to get back to the basics of healthy living?

Join the Community Clinic for one of our upcoming information sessions on getting back to the basics of making healthy choices.

All members and clients are welcome to attend!

Dates: Choose one of the following options:

- *Monday. January 23, 2017, 1:00 – 3:00 p.m.*
- *Thursday. February 16, 2017, 1:00 – 3:00 p.m.*
- *Wednesday, March 8, 2017, 6:30-8:30 p.m.*

Place: Mel Langer Building, 424 1st Avenue North
Cost: Free

This is a drop-in session. Registration is not required! Questions? Please contact Therapies 306- 664-4259.

Semi-annual Members Meeting

Members are invited to attend the Semi-Annual Members Meeting:

Wednesday, January 18, 2017
Registration: 6:30 - 7:00 p.m.
Meeting: 7:00 – 9:30 p.m.
Mayfair United Church Hall
902 33rd Street West, Saskatoon

Guest Presentation:

Food Insecurity in Saskatoon – Concerns and Solutions

Presented by Calysta Adams, RD, and Renee Nagus, RD, Community Clinic Dieticians

For more information contact Member Relations at 306-664-4243.

Saskatoon Community Clinic Foundation

The Saskatoon Community Clinic Foundation Inc. is a registered charity which provides funds to invest in new programming, equipment, therapies, research, buildings and resources that improve the quality of life of healthcare for members and the community.

Your gift – large or small – ensures that you, your family and others, continue to reap the benefits of innovative, patient-centred, primary health care delivery at the Saskatoon Community Clinic.

Invest in the future of your healthcare co-operative in person, at reception, by mail or make a gift online by using the “Donate” button on our website. All gifts large and small are welcome. Monthly giving and bequests are also options which can be discussed with our Member and Public Relations staff at 306-664-4243.

Click here to make your gift online through
CanadaHelps: <https://www.canadahelps.org/en>

Focus Winter 2016 Newsletter Now Available on our Website

The Winter 2016 Focus newsletter is now available on our
website: <http://www.saskatooncommunityclinic.ca/publications.htm>

Happy holidays! Thank you for your ongoing support of the Saskatoon Community Clinic.