

Focus

Saskatoon
Community
Clinic
"Your Health
Care Co-op"



Summer, 2017
Volume 53, Number 2

Community Health Services (Saskatoon) Association Ltd.
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Board of Directors 2017 Year-end Report

By Bill Davies, President



Bill Davies, President

The Board of Directors is pleased to present its annual report to the membership. We continue to work with our staff team, led by Lisa Clatney, our new Executive Director, on fulfilling our key strategic goals this coming year:

- Adopting a patient and family-centred approach to care;
- Nurturing a healthy, culturally diverse workplace that actively engages staff and volunteers; and
- Investing in infrastructure and facilities to meet our evolving needs.

Moving forward with strategies to achieve these goals, coupled with the implementation of key recommendations from the 20-year Master Capital Plan that was approved earlier this fall, will set our health care co-operative up for continued success and enable us to achieve our longer term strategic goals.

Of note, we are grateful for the financial support from the Saskatoon Community Clinic Foundation to enable us to engage the services of KCI Ketchum Canada, a national

fundraising firm. Working with KCI, we will create a customized plan of action to ensure we have the funds to achieve our long-term objective of a facility expansion at Westside and redesign at our Downtown location.

We continue to have an active and strong social justice focus. Through our Board's Values Committee we explored issues such as End of Life Care, Reproductive Choice, Transgender and Sexual Health awareness and Food Insecurity. We advocated for full coverage of the termination of pregnancy drug Mifegymiso, and increased resources in priority areas including mental health and HIV care. With the introduction of the provincial budget we expressed our concern related to the elimination of the Saskatchewan Transportation Bus service as many of our patients need publicly accessible transportation when travelling to and from areas outside of Saskatoon for health related appointments. These issues align strongly with our value of creating a healthy, just and vibrant community in which everyone's health and social needs are met.

Our year-end financial statements indicate that we are in good standing and the Clinic ended the year with a surplus that will be needed as we look forward. We know that this will be a challenging year ahead for the health care sector

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Community Health Services (Saskatoon) Association Ltd.

Annual General Meeting

**Mayfair United Church Hall
Wednesday, June 14, 2017**

Registration 6:30 p.m.; Meeting 7:00 p.m.

*Please note that there will be a tribute
to the late Dr. John Bury at this meeting.*

See page 3 for details.

Special Foundation Appeal: Be a Part of the Downtown Tribute Garden

By Karen Timoshuk, Member and Public Relations Coordinator



In the past few months, the Clinic's Facilities Operations staff have been considering ways to minimize landscaping maintenance, while Member Relations staff have been considering ways to recognize past, present and future champions of the Clinic in a more systematic and sustainable fashion. Thus, the idea of a Tribute Garden was born. We invite you to be a part of creating the Garden.

Developed in phases as funds permit, phase one will involve replacing annuals with perennial vines and shrubs and necessary pruning and replacing of trees. Later phases of the Tribute Garden will include installing benches and a plaque to recognize the Clinic's many champions.

To cover the cost of creating the Garden, the Saskatoon Community Clinic Foundation is seeking modest donations of \$30.00, roughly the cost of purchasing a single perennial. If you wish, the project will gladly accept larger donations! Donations can be made in recognition or in memory of a loved one, or simply in support of green space at the Clinic.

Donations can be made to the Foundation:

- Online, through the "Donate Now" button on the Clinic's website home page, or,
- In person, by phone or by mail.

Cheques and money orders should be made out to the

"Saskatoon Community Clinic Foundation".

To ensure your donation is directed accordingly, please print "Tribute Garden" in the comments box/memo line for online, cheque or money order donations or indicate likewise if donating by phone.

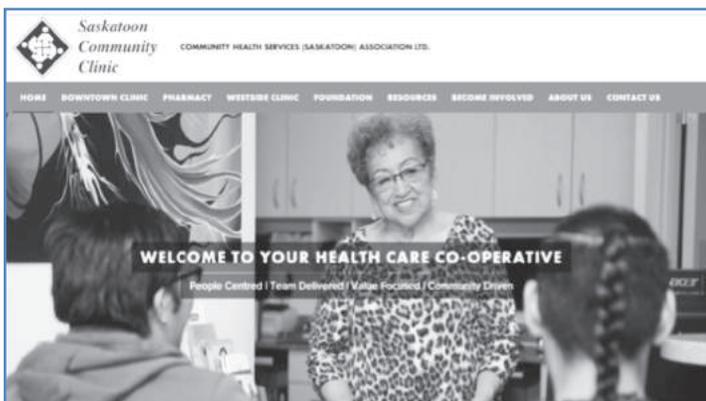
You will receive an official receipt for income tax purposes and will be recognized for your donation unless you specify otherwise.

Speaking in support of this initiative, Leading Eagle Man, Vice-President adds, "By creating a Tribute Garden, Clinic champions will be recognized through a living green space with benches where respite and reflection by all can occur. We feel that such a place is particularly well-aligned with the Saskatoon Community Clinic's vision of *healthy individuals in a healthy community*." The Clinic's Workplace Wellness Committee agrees. "A Tribute Garden would support our mandate of fostering staff health and wellness. Being street front, it will be an inviting green addition to 2nd Avenue."

In the spirit of co-operation, we can make the Tribute Garden a reality!

Saskatoon Community Clinic Foundation
455 2nd Avenue North, Saskatoon, SK S7K 2C2
(306) 652-0300 www.communityclinic.ca

Introducing our new website!



On April 5th, the Community Clinic launched its shiny new website. The design will improve your access to a wide variety of information—the location and hours of the Clinic's many services, health resources both within the Clinic and Saskatoon, volunteering with the Clinic, and more!

On the homepage, readers learn of the Clinic's vision and core values that make it a unique and vital primary health care provider in Saskatoon. As well, the homepage has direct links to:

- Obtaining a Physician or Nurse Practitioner
- Job Postings
- News & Events
- The latest issue of Focus
- E-refills of Prescriptions
- The Foundation: A feature story and a "Donate Now" button

We encourage you to check out www.communityclinic.ca and provide us with your thoughts using the Patient and Member Feedback form located under Contact Us.

Happy surfing!



Annual Meeting Notice



Community Health Services (Saskatoon) Association Ltd.

Wednesday, June 14, 2017

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

- | | |
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| <ol style="list-style-type: none"> 1. Call to order 2. Reading and disposal of minutes of preceding Annual General Meeting 3. Business arising out of minutes 4. Reports of President, Directors, Administrator, Medical Director, Treasurer and other Officers 5. Report of Auditor and consideration of Financial Statement | <ol style="list-style-type: none"> 7. Discussion, consideration and disposing of reports set out in 4 and 5 8. Resolutions, recommendations and bylaws 9. Election of Directors and Focus Editorial Committee 10. Reports of Special Committees 11. Unfinished Business 12. Appointment of auditors 13. New business 14. Adjournment |
|--|--|

Election of Directors

There will be an election for three directors at this meeting. If you are interested in running for the Board of Directors, please contact the Member and Public Relations Director at 306-652-0300.

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.

Meeting Packages

The Annual Report, Financial statements and other meeting materials will be available for pick up at the Clinic seven days in advance of the meeting. The Annual Report will also be available on-line at www.saskatooncommunityclinic.ca. For more information, please telephone Member and Public Relations at 652-0300, ext. 243.

~Join Us For a Tribute to Dr. John Bury~

A tribute to the late Dr. John Bury will be held at the 2017 Annual General Meeting. Dr. Bury, a former physician of the Saskatoon Community Clinic and an active member, contributed significantly to the Association during his years of working at the Community

Clinic and in his retirement. He emigrated to Canada from England to join the Community Clinic staff in 1963 in support of the introduction of universal medicare in Saskatchewan. We welcome all who would like to join us with members of his family in honouring his contributions.

Continued from front page...

and the Saskatoon Community Clinic as the provincial government is asking us to maintain our current level of service delivery with reduced financial resources.

This is also an exciting time, however, as work is underway to transition the 12 Regional Health Authorities (RHAs) to a single Provincial Health Authority in fall 2017. Included in this work is recognition of the importance of primary care as a foundation to patient health and wellbeing, and a recommendation to fully implement the provincial government's Primary Health Care Framework (2012) and make the enhancement of team-based primary health care across the province a priority. With the dedication and continued commitment of our members, Board, and staff, we are well positioned to provide expertise as a model of effective primary health care. Our Board will work closely

with the Community Co-operative Health Federation in responding to this change in Saskatchewan's health system. The Board will also continue to nurture and grow our partnerships with organizations and agencies to best meet the needs of our clients and our community.

The Annual Report which includes additional information regarding our year-end results will be available for members at the Annual Meeting and one week in advance of the meeting on our website.

The Board wishes to thank its members, and staff for all their efforts this past year and looks forward to continuing on our journey in 2017/18. We thank retiring Board members Diane Ewert and Leading Eagle Man and look forward to working with the newly elected Directors. ♦

Helping Children Cope with Grief and Loss

By Shannon Theriault, Counsellor at Regina Community Clinic

It is important to let children express their feelings about grief and loss. Children will benefit from ideas on how they can help themselves feel a bit better when they feel sad and upset. Remember, sometimes it's too difficult to remember a special loved one who has passed away. That's OK too. In time most children will want to talk or express their emotion. Also children may have questions about burial, cremation or what happens in the hospital or ambulance. It is helpful to have someone who can answer those questions for them. As with adults, there are no rules about how to grieve. People young and old grieve differently and at different paces. It's OK to allow and acknowledge these differences.

Feelings are normal and all children, boys and girls alike, need a safe place to express their feelings. In our culture, it is often more acceptable for girls and women to express sadness and grief but boys and men are sometimes taught to hold it all inside. It is important to acknowledge that it's OK for boys to express sadness as well. Some feelings that may come up: worried, relieved, angry, lost, tired, cheated, ignored, weird, confused, quiet, sick and maybe even guilty feelings will arise. Ask a child who has experienced a loss or death to tell you about their feelings. They could write or colour their feelings. What colour is sad?

What can a child do when they have strong feelings after a loss?

- be active, run, swim, walk, ride a bike
- play with a friend
- draw a picture
- listen to music
- cuddle with a dog or cat

- talk to your parents
- don't forget to eat and drink even if you don't feel like it ... just a little bit will help
- if you are tired, rest ... acknowledge that you may feel more tired than usual ... it's OK
- be kind to yourself – you're going through a difficult time

It often is important for a child to be able to remember the loved one they have lost. They can have a framed photo or have an adult help them do a photo book. A tree or special flower planted in a garden can be a special remembrance. A picnic or family dinner in honour of the loved one on an anniversary day like their birthday can be a nice activity. Memories are there to be shared. Don't be scared to talk about the person who has passed away. Honour their memory. Smile at a fond or funny memory – it's OK. ♦

This article is reprinted with permission from Regina Community Clinic, Pulse Newsletter.

Co-op Camp is Back for 2017!



Do you know youth ages 12-18 who would enjoy a week of summer camp featuring dynamic and engaging co-operative educational programming?



The Saskatchewan Co-operative Youth Program (SCYP) offers multiple 4 to 6 day camps at two lakes this summer.

Please visit the Sask Co-op Youth Program website at www.sask.coop or contact the Community Clinic Member Relations Department at 306-664-4243. Application forms and brochures are also available in our waiting areas.

Why do You Need to See My Health Card?

By Ingrid Larson,

Member and Public Relations Director

When you receive medical care at the Saskatoon Community Clinic, the receptionists and lab techs will ask to see your Saskatchewan Health Card at every visit. Many people, especially long-time members and registered patients, ask, “Why do you need to see it?”

The Saskatchewan Health Card confirms that you have health coverage and identifies your patient records. These records include physician and nurse practitioner notes, other health care worker notes, specialists’ reports, and lab and diagnostic test results. All of these reports are linked together by the Saskatchewan Health Card Number.

A practical example: some lab samples provided at the Community Clinic lab are sent to the provincial lab for analysis. Your health card number and complete name as shown on your health card are required when we send those samples and when the provincial lab sends your results back to the Clinic. The test results are placed in your electronic medical record. Both your name and your health care number are used to verify that the returned results are indeed yours.

Our goal is safe, high quality care. The Saskatchewan Health Card number is an important tool to ensure that we meet this goal. Thank you for your understanding and cooperation. 

Volunteer Days



Seniors Program Volunteers Lynne Fowke and Lenore Schmidt visit with member Rob MacDonald during Volunteer Days. The event was held on April 18th, 2017 to promote awareness of our Seniors and Volunteer Programs.

Seniors Corner Intergenerational Learning



By Laurie Stone,

Seniors’ Volunteer Co-ordinator

One of the great things about organizing an educational series for patients is that you get to try new things. One such experience took place when we invited students from the University of Regina’s Social Work program to present a program on communication at a Seniors of Tomorrow Health Education Series session last fall.

Led by their professor, Joanne Toh, the students presented information they had learned about honest, open communications and gave some heartfelt examples from their own lives. They also met in groups with seniors to interview them about their lives. This format allowed for meaningful communication on all sides. Despite the age difference, the participants were surprised at how much they had in common and how much they could learn from each other. The seniors were honoured to have the opportunity to share their lives with the next generation, and the students felt that they had been given valuable insights to take with them as they move forward in their professional and personal lives.

Student comments provide some insight into what the experience meant to them:

“I left with an invaluable experience and felt more prepared to work with seniors as a social worker.”

“I was thankful for the opportunity to gain more experience with older adults, and I feel like this day will probably stand out as a highlight of the course to everyone who got to participate.”

Sessions like these help to build intergenerational understanding, engage us in the community, and help to educate the next generation of health professionals, who may one day consider working at the Saskatoon Community Clinic. The Seniors of Tomorrow program is offered through the Counselling and Community Services Department of the Community Clinic.

Getting a Good Night's Sleep (Part 2)

By Dorothy Griffith, RN CRE, Calysta Adams RD CDE,
Trudy Myers B.Sc (P.T.) CAFCI and Meagan Turgeon-Walter BSP



Editor's note: In the Spring issue of Focus, we discussed healthy sleep hygiene habits for getting a good night's sleep. In this issue, we'll look specifically at sleep assessment, nutrition, physical exercise and medication use as they pertain to our nightly sleep. This article is a collaborative submission by members of our health care team. Sources for the information provided are listed at the end of the article.

Sleep Assessment

To begin, how do we know if the sleep we're getting is sufficient, restful and restorative? If this question concerns you, try completing the **Epworth Sleepiness Scale (ESS)**. This questionnaire provides a measure of a person's general level of daytime sleepiness. The ESS is not a diagnostic tool itself, but is very useful for measuring one important aspect of the sleep-wake cycle, sleepiness. Here you go:

What is your chance of dozing or sleeping when:				
	no chance (0)	slight chance (1)	moderate chance (2)	high chance (3)
1. Sitting & reading				
2. Watching TV				
3. Sitting inactive in public				
4. Being a passenger in a car for 1 or more hours				
5. Lying down in the afternoon				
6. Sitting and talking to someone				
7. Sitting quietly at lunch (no alcohol)				
8. Stopped in traffic for a few minutes while driving				

If your score is 9 or above, please talk to your doctor or nurse practitioner about your sleepiness. Screening for Sleep Apnea may be warranted, particularly if other sleep disorder signs and symptoms are evident. These symptoms include: excessive daytime sleepiness that cannot be explained, snoring with pauses in breathing, high blood pressure, irritability, gasping or choking during sleep, fatigue, depression, lack of concentration, morning headaches, memory loss and impotence.

Any combination of the following factors may increase your risk of sleep apnea: obesity, large thick neck, family history of obstructive sleep apnea, male, over 40 years of age, a recessed chin, large tonsils or currently smoking.

23% of Canadian adults 18 years and older have sleep apnea, so it is important to discuss any sleep concerns with your health practitioner. Additional screening can be arranged.

What is the right amount of sleep per age category?

- Newborns (0-3 months): 14-17 hours
- Infants (4-11 months): 12-15 hours
- Toddlers (1-2 years): 11-14 hours
- Preschoolers (3-5 years): 10-13 hours
- School-aged children (6-13 years): 9-11 hours
- Teenagers (14-17 years): 8-10 hours
- Adults (18-64 years): 7-9 hours
- Older adults (65 years and older): 7-8 hours.

Nutrition

For healthy adults, lack of sleep can affect caloric intake, meal times and weight status. This means, over time, we may see weight gain due to our lack of sleep. These changes can be seen after only five consecutive nights of poor sleep. Lack of sleep impacts our nutrition and weight by:

- Raising our hunger hormones and food cravings.
- Increasing how often we eat (longer waking hours means we need more food to fuel our brains).
- Limiting our physical activity because we have less overall energy.

The foods we eat during the day may also impact our sleep quality. There is growing evidence that diets high in processed foods (i.e. the 'western diet') may negatively affect our sleep-wake cycle and metabolism. So what can we do to promote sleep through our food choices?

- Aim to eat a variety of foods from all four food groups each day.
- Explore cooking from scratch by trying a new recipe, joining a cooking group or cooking with the family.
- Avoid eating a large meal right before going to bed.
- Limit caffeine and alcohol in the evenings.

Physical Exercise

Exercise can promote or interfere with your sleep. How and when we exercise can influence sleep positively or

Continued on next page...

negatively. Adults should exercise at a moderate intensity for 150 minutes per week. At this intensity, your heart will beat faster and you will breathe faster, but you will not be so out of breath that you cannot say a full sentence. Moderate intensity activities include brisk walking, swimming and biking.

The time of day you exercise can affect sleep. Moderate intensity physical activity done in the morning or afternoon will improve your ability to fall asleep, sleep deeper and sleep longer. Gentle stretching or yoga prior to bed can promote relaxation of the body and mind and may let you fall asleep easier. Avoid strenuous or vigorous activity (where you work very hard and become out of breath) immediately prior to bed, as it may decrease your ability to fall asleep and stay asleep. Also, go outside. Exercising outdoors in the sunshine has the added benefit of helping regulate your sleep wake cycle.

Remember, the effect exercise has on sleep may not be immediate. Much like the effect exercise has on weight loss, improvement in sleep due to exercise will be gradual. It may take several weeks or months to fully reap the benefits.

Medication Use*

Many factors contribute to insomnia. Try to resolve underlying medical, psychiatric or environmental causes first (e.g. sleep apnea, heart failure, thyroid function, incontinence, restless legs syndrome, depression, anxiety, pain) and consider if your medication could be leading to insomnia.

Drugs which may cause Insomnia (non-exhaustive)			
alcohol	Diuretics	methylphenidate	quinidine
amantadine	Donepezil	modafinil	salbutamol
amphetamines	Fluoxetine	nicotine	salmeterol
aripiprazole	Flutamide	oral contraceptive	selegiline
atenolol	H2 blockers	paroxetine	senna
bupropion	ipratropium	phenylephrine	sertraline
caffeine	lamotrigine	phenytoin	terbutaline
clonidine	Levodopa	progesterone	theophylline
corticosteroids	medroxyprogesterone	propranolol	thyroid hormones
decongestants	methylodopa	pseudoephedrine	venlafaxine

Tips to reduce drug associated insomnia:

- Certain medications should be taken in the morning – for example, diuretics or “water pills”, such as furosemide & hydrochlorothiazide, bupropion, steroids such as prednisone, stimulants, such as methylphenidate.
- Avoid excessive use of certain medications e.g. salbutamol inhaler, decongestants.
- Caffeine and nicotine should be avoided within 4-6 hours of sleep.

- Avoid alcohol within 4 hours of bedtime, as it causes fragmented sleep, especially in the second half of the night.

Sometimes medications must be used to treat insomnia, for example, if non-drug measures have been tried and poor sleep is negatively affecting daytime function.

Tips for those that require a sedative:

- Only use sedatives in combination with non-drug measures.
- Ideally, only take sleeping pills for short periods of time (2-4 weeks). Try taking only a few nights per week, if possible.
- Always use the lowest effective dose.
- Be aware that sleeping pills can be “habit forming” and you may experience a few nights of poor sleep when you stop taking them.
- Be aware that certain sleeping pills may worsen the quality of your sleep over time.
- Always re-evaluate sedative use if you are taking them for long-term. If you are ready to stop, work on a tapering plan with your doctor or nurse practitioner.

Check with your pharmacist for specific tips related to your medications.

* Adapted from: www.RxFiles.ca Sleep/Sedatives: Overview

Tips for Healthy Sleep

Remember:

- Go to bed and wake up at the same time every day. (Yes, even on weekends!)
- Bask in bright light in the morning.
- Make sure your bedroom is conducive to sleep - dark, quiet and cool.
- Sleep on a comfortable mattress and pillow.
- Don’t go to bed feeling hungry but avoid a heavy meal right before bed.
- Develop a relaxing routine before bedtime.
- Reserve your bedroom for yourself and your partner, sleeping and intimacy only.
- Exercise regularly during the day.

Hopefully you will never suffer the consequences of a sleep disorder. If you are concerned about your sleep habits, please see any member of your health care team. 

The information provided above is taken from the following websites:

- epworthsleepinessscale.com
- todaydietitian.com/newsarchives
- sleepfoundation.org
- foodandnutrition.org
- psychologytoday.com/blog/sleep-newzz
- sleep.org



Gifts to the Saskatoon Community Clinic Foundation

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Honouring:

In Celebration of Dr. Bettin, Dr. Hanson and Dr. Markentin from Marie S. McDonald

Thank you for your generosity ~ February 11th, 2017 – May 3rd, 2017

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