

Focus

Saskatoon
Community
Clinic
“Your Health
Care Co-op”



Fall, 2017
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Community Health Services (Saskatoon) Association Ltd.
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Food Security Updates

Calysta Adams, RD CDE & Renee Nagus, RD CDE

“Food security exists when all people at all times have physical and economic access to sufficient, safe, nutritious food to meet their dietary needs and food preferences for an active and healthy life.” ~ 1996 World Food Summit

Over the last year the importance of food security has been highlighted on the national stage. This work has included a broad variety of initiatives to promote healthy eating and build food security strategies. Probably the most notable and newsworthy activity is the update of Canada’s Food Guide that is slated for release in 2018!

At the Saskatoon Community Clinic (SCC), there has also been growing awareness about the importance of food security. The SCC Dietitians have been busy engaging our co-operative’s community through presentations and Focus newsletter articles. This past summer, we have connected with several groups to explore new activities to enhance individual and community food security. Here is an update on this work.

Income Assistance Programs Special Diet Allowance Review Team

The Saskatchewan Income Assistance Program provides clients with a monthly allowance to purchase food. A special

diet allowance may provide extra funds to support nutrition therapy for a medical condition (also called a therapeutic diet). Dietitians recognize that these food allowances are not enough to cover the costs of basic healthy eating, let alone nutrition therapy. We actively advocate on behalf of our clients to gain access to or increase food allowances. This advocacy work takes the form of phone calls, letter writing and individual food costing.

This summer, the Ministry of Social Services reviewed the special diet allowance policy. We were very excited to participate in a review committee where we shared our expertise and provided policy suggestions. A report was submitted to Social Services leadership for consideration. We hope to see improvements in access to healthy food and nutrition supplements for individual’s receiving social assistance. We know that these individuals are some of the most vulnerable in the province when it comes to their food security status.

As of October 1, 2017, the Ministry of Social Services has chosen to eliminate the highest calorie diet benefit that 1600 people in Saskatchewan receive. In lieu of this recent policy change, we will continue our work to advocate on behalf of our clients with regards to their individual food needs.

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Westside Clinic Renovations!

The Westside Clinic is undergoing a number of renovations. Office space is being reconfigured, a wall is being replaced to ensure structural integrity and most importantly, the Saskatoon Community Clinic Pharmacy will soon have a second location at that site! Anticipated completion date is February 2018. Thank you to our patients and staff for their patience as we undergo these changes.



Nutrition Student Food Costing Research Project

Dietitians use food costing to determine actual costs for basic healthy eating and therapeutic diets. Food costing requires extensive resources and is difficult to keep updated. In light of the recent Special Diet Allowances Review, actual food costing data will be crucial for vulnerable clients to receive adequate support from Social Services. Unfortunately, there is no standardized method to complete individual food costing and most dietitians do not have the job capacity to do this work.

We have connected with the Saskatoon Health Region to explore individual food costing solutions in our community. A research project is being designed to look at the most common therapeutic diets prescribed for clients receiving social assistance and develop a process for determining actual food costs. The research will be completed in collaboration with the University of Saskatchewan Nutrition & Dietetics Internship Program. Results from the research will be presented at the Saskatchewan Nutrition Research Day in April 2018.

Westside Collective Kitchen

For over 20 years, the SCC has been a member of the Saskatoon Collective Kitchen Partnership that supports programming throughout the city. A collective kitchen is a small group of community members who pool their resources to make delicious bulk meals. Collective kitchens are a great way to learn new cooking skills and meet new friends. These innovative sessions also reduce food costs and improve food security for participants. On average, participants can expect to take home a main entrée, baked good and large vegetable dish for only \$5 per session! All recipes focus on using familiar, low cost ingredients.

Our staff are excited that the Westside Clinic will now be a regular site for collective kitchen programs! The sessions will be offered in collaboration with the Community Peer Leader Program whose members are trained collective kitchen leaders. If you are interested in attending, please contact the Collective Kitchen Coordinator at (306) 655-4575 ext. 223 or janet@chep.org.

Interested in learning more? Please contact the Saskatoon Community Clinic Dietitians at (306) 644-4222. ❖

Help Make the Tribute Garden a Reality!

By Ingrid Larson, Member and Public Relations Director

Thank you to all who responded to our appeal in the last issue of Focus for donations directed to landscaping costs to rejuvenate the front flower bed area of the Downtown Clinic. This project will include a tribute to the past, present and future champions of the Saskatoon Community Clinic as well as refurbishment of the current beds.

This is a multi-phase project which we hope to complete within the next two years. We have started the process of clearing areas to minimize maintenance. The entire areas will be “re-beautified” with the addition of new perennials and shrubs, seating areas will be upgraded and a plaque will be added to recognize our many Champions. Most recently we planted a Linden Tree, featured in this photo.

Donations continue to be welcomed to help us complete the project.



Welcome to Ms. Linden the newest addition to the Front Flower bed beautification project.

example, a thirty dollar donation is roughly the cost of purchasing a single perennial. If you wish we will gladly accept larger donations! Donations can be made in recognition or in memory of a loved one, or simply in support of the green space at front of our property.

Donations can be made to the Saskatoon Community Clinic Foundation:

- Online, through the “Donate Now” button on the Saskatoon Community Clinic’s homepage; 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

To cover the costs we are seeking modest donations, for donations or indicate likewise if donating by phone. ❖

What Can You Do to Resist the Flood Of Junk Food Fighting For Your Attention?

By Heather Dzioba, Dietitian at Regina Community Clinic

Source: Nutrition Action Newsletter - April 2017



Don't let yourself get too hungry.

If you're too hungry, "your gut signals the reward system in your brain. You need to really be on the lookout and respond intensely to any food cues you see," says Ashley Gearhardt, Assistant Professor of Psychology at the University of Michigan. Her advice: skip the crash diets and "focus on the quality of the food you eat."

Don't drink your calories.

Sugary drinks - soda, sports drinks, energy drinks, or sweetened teas - lead to weight gain. It's not clear why. One possibility is that liquid calories may not "register". People eat only slightly less food when they drink a 150 calorie glass of cola with lunch than when they drink a zero calorie glass of water or diet cola.

Find foods that don't cause a war.

Hungry between meals? Try fresh fruit or carrots with hummus. Try to identify foods that you enjoy but that don't cause an intense internal struggle, for example, "I'm only going to have one bite of this but, oh, I want more" suggests Gearhardt. "That's exhausting. The willpower parts of your brain can only take so much."

Address your stress.

"Stress can be a huge cue," notes Gearhardt. "Notice the

emotional triggers that can set you up to crave palatable rewarding foods". Go for a walk, call a friend, try some meditation, or distract yourself. "The craving will peak and then go down if you don't give in to it."

Why does stress take a toll? "When we're stressed, the executive control system in the brain - the signal to stop eating- is weakened. Stopping ourselves from doing things we want is taxing and energy intense. So when we're stressed, there isn't much energy for that."

Get enough sleep.

When researchers let people sleep only four hours a night for five days, they ate more and gained weight. In similar studies, "participants reported increased hunger," says Erin Hanlon, assistant professor in the Department of Endocrinology, Diabetes and Metabolism at the University of Chicago, "and their appetite was greatest for high-carbohydrate or high fat foods."

Give yourself a break.

"I ask people to have some compassion for themselves, because it is really hard," says Gearhardt. "Our food environment is set up to make it hard for people to eat healthier." ♦

Healthy diet facts from the World Health Organization

- A healthy diet helps protect against malnutrition in all its forms, as well as non-communicable diseases (NCDs), including diabetes, heart disease, stroke and cancer.
- An unhealthy diet and lack of physical activity are leading global risks to health.
- Healthy dietary practices start early in life.
- Energy intake (calories) should be in balance with energy expenditure.
- Limiting intake of free sugars to less than 10% of total energy intake is part of a healthy diet.
- Keeping salt intake to less than 5 g per day helps prevent hypertension and reduces the risk of heart disease and stroke in the adult population.
- World Health Organization member states have agreed to reduce the global population's intake of salt by 30% and halt the rise in diabetes and obesity in adults and adolescents as well as in childhood overweight by 2025.

WHO (2015). *Healthy Diet Fact Sheet*. Geneva, World Health Organization (Fact sheet no. 394; <http://www.who.int/mediacentre/factsheets/fs394/en/>, accessed 30 August 2017)

2017 AGM Report

By Karen Timoshuk, Member and Public Relations Coordinator

The 55th Annual General Meeting (AGM) of the Community Health Services (Saskatoon) Association Limited was held on Wednesday, June 14th with 136 members and 4 visitors in attendance.

Reports

President Bill Davies noted that the Association's Strategic Goals for 2017/2018, and the 20-year Master Capital Plan, will be the Clinic's key directives for continued success. The Plan is a comprehensive document, providing insight into the Association's organizational strengths and opportunities within the context of the current health care, political and fiscal environments. It sets a clear direction for future building needs and complements the three strategic goals set by the Board. He also noted that the transition to a single Provincial Health Authority in fall 2017, while fully implementing the provincial government's Primary Health Care Framework (2012) of making team-based primary health care across the province a priority, may bring new challenges to the organization. His full report can be found on the Clinic's website at www.saskatooncommunityclinic.ca.

Executive Director Lisa Clatney explained how the Capital Plan is becoming operationalized. Staff will continue to be engaged in identifying ways to reach and measure the achievement of strategic goals through new and current activities.

Clatney made particular note of the following patient care improvements.

- New programming by our Registered Dietitians
- Online and telephone ordering of prescription refills
- Continued improvements to care for over 500 patients with HIV
- Additional staff training to provide dedicated pelvic floor health service
- New appointment system at Westside Clinic to improve access

- Pharmacy providing influenza immunization
- Positive outcomes for patients of our Certified Respiratory Educator

As well, Clatney made reference to the role community partnerships play as the Association strives for excellence in primary health care such as the Refugee Engagement and Community Health Clinic (REACH) held every Wednesday morning and the co-hosting of a National Poverty Reduction Strategy session held in Saskatoon. "With the challenges of leadership and staff changes, comes opportunity for our Clinic. There is much to be proud of," Clatney noted.

Medical Director Dr. Morris Markentin presented a number of patient care improvements made this past year. He noted that, by August, there should be close to the full complement of physician staff and that the Community Clinic leads the way in primary care through physician specializations in the care of patients with addictions, who are transgender, and those living with HIV.

Markentin presented a number of challenges and opportunities, including the need to provide care to an increasing number of patients with HIV, Hepatitis C, and addictions without an increase in our resources, and the value of exploring new ways to empower

and support patient self-care with an end to preventing and recognizing illness. He also assured the membership that "the Community Clinic has a competent group of medical staff and although a patient may see a different provider at subsequent appointments, we all strive to provide great evidence based care."

Scott Caswell, Controller, presented the 2016 yearend audit. The Statement of Operations shows that the Association had an excess of revenue over expenses of \$269,407, up \$128,177 from the previous financial year. A motion was passed by the membership to switch auditors from Deloitte to Price Waterhouse Coopers. The change was recommended by the Board of Directors based on consideration of options gathered through a Request for Proposal process.

Strategic Goals for 2017/18

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

Resolutions

Two resolutions were presented for consideration at the AGM.

- **(Passed) The Need for a Saskatchewan Seniors Advocate**, which calls on the Saskatoon Community Clinic to urge the provincial government to establish an independent Seniors Advocate, to monitor and analyze seniors' services and issues, and make recommendations to government and service providers to address both individual and systemic issues.

- **(Passed) The Adoption of the United Nations Declaration on the Rights of Indigenous Peoples**, which calls on the Clinic to adopt the United Nations Declaration on the Rights of Indigenous Peoples as a reconciliation framework and to apply its principles, norms, and standards to Clinic policy and core operational activities involving Indigenous peoples and their lands and resources.

Further detail on these resolutions can be found in the News & Events section of the Clinic's website.

Election of Directors

Karen Cederwall, Patrick Lapointe and Dr. Jaris Swidrovich were elected to the 2017/2018 Board of Directors from nine member-candidates. They join continuing Board members Bill Davies (President), Carol Eaton, Jason Majid (Vice President), Gertie Paul, Jason Cruikshank and Anne Doucette. Bios of the Board members can be found in the News & Events section of the Community Clinic's website.

Appreciation of Departing Board Members

President Davies thanked departing Directors Carla Smith, Diane Ewert and Leading Eagle Man for their contributions to the Board of Directors.

In his final remarks, President Davies noted, "Our Clinic's strengths are in its dedication and continued commitment of its members, Board, and staff. As well, we are part of a Health Federation which is a great asset in times of a changing provincial health system." ♦

Congratulations to Dr. Leane Bettin



Congratulations to our very own Dr. Leane Bettin for receiving an Award of Excellence from the Saskatchewan College of Family Physicians.

A true advocate, Leane recognized a specific health need in Saskatoon and responded by expanding her services to include transgender health and abortion care. In addition to clinical practice, Leane is an active teacher, and a promotor of multi-disciplinary teamwork both at the Community Clinic and the greater community of Saskatoon.

After completing medical school and residency at the University of Saskatchewan, Leane joined the Saskatoon Community Clinic medical staff in 2007. In addition to practicing family medicine Dr. Bettin also served for several years as Medical Director.

Leane balances medical work with her artistic and creative passions of painting, gardening, and being mom to her teenage daughter.

Congratulations Dr. Bettin for your outstanding contribution to the Community Clinic's vision of healthy individuals in a healthy community.



Congratulations to baby Scott Douglas who was presented with the annual baby quilt created by the Clinic's Handicraft Club. The presentation took place at the Club's monthly meeting on August 22nd.

Each year, the Handicraft Club presents a handmade quilt to the first baby born on or after July 3rd to honour the anniversary of the Saskatoon Community Clinic which first opened on July 3rd 1962.

Featured in the photo are mother Joanne Harris and baby Scott Douglas (sitting), and Handicraft Club member Sheila Finnestad and Scott's brother Jonah (standing).

Patient Reminder:

Chronic Disease Management (CDM) Appointments

To Book CDM Appointment:
Call (306) 652-0300

Patients with Diabetes, Heart Disease (CHF, CAD) or COPD

- Please make appointments every 3 months with your Physician or Nurse Practitioner.
- Request "CDM" Appointment.

For Patients with Diabetes

- Have lab tests done 1 week prior to appointment.
- Once per year: fasting labs and meter check.
- 3 times per year: non-fasting labs (HgA1C).
- Each visit: Bring your "Standing Order" Lab Requisition and home blood glucose records.



No Scent Makes Sense!

By Trudy Myers, on Behalf of the Occupational Health and Safety Committee

Dealing with a scent situation can be a sensitive undertaking. There is a delicate balance between expressing your concern to the individual and appearing to be confrontational.



Due to the health concerns arising from exposure to scented products staff and patients are asked not to use scented products, such as perfumes, lotions, sprays, soaps, etc., while at the clinic, and to be aware that they may be asked to refrain from using such products

Exposure to scented products can adversely affect a person's health. Scented products may trigger responses to those with allergies or chemical sensitivities.

Reported symptoms can include, but are not limited to:

- | | |
|---|---|
| <ul style="list-style-type: none"> • Headaches, migraines • Nausea • Dizziness, • Light headedness • Fatigue • Weakness • Malaise • Confusion | <ul style="list-style-type: none"> • Anxiety • Numbness • Difficulty with concentration • Upper respiratory symptoms • Sinus congestion • Skin irritation • Loss of appetite |
|---|---|

The severity of these symptoms can vary. Some may only experience mild irritation while others can be incapacitated. Allergic and asthmatic patients, as well as those with other conditions, report that certain odours, even in the smallest amounts, can trigger an attack.

If you, as a patient or member, have been approached about scented personal products do not take offence and consider switching to scent free alternatives!

Adapted from UBC Risk Management
<http://riskmanagement.ubc.ca/health-safety/scents>

Be A Volunteer - Make A Difference!

Are you looking for a fun and meaningful volunteer opportunity?

Do you enjoy working with older adults and participating in group programs and activities?

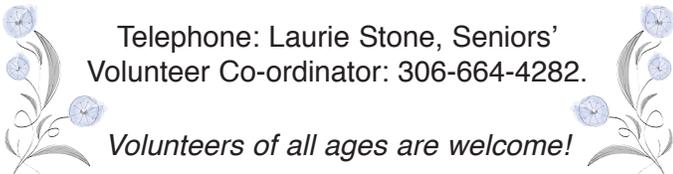
You can learn more about our Community Clinic Seniors' Volunteer Program at:

Website: www.saskatooncommunityclinic.ca/volunteer-opportunities

Email: volunteers@communityclinic.sk.ca

Telephone: Laurie Stone, Seniors' Volunteer Co-ordinator: 306-664-4282.

Volunteers of all ages are welcome!



Celebrating Co-ops

By Cheryl Hewitt, CHSA Member

Co-op Week in Canada is a time to celebrate the achievements of co-operatives big and small, old and new, traditional and non-traditional. The Saskatoon Community Clinic is a co-operative – owned and operated by people who use our high-quality services.

The Saskatoon Community Clinic has a rich history as a co-operative and as a steadfast supporter of Medicare. Community activists planned the clinic in the months before the July 1, 1962 implementation of Medicare. We started operations immediately after July 4 since Saskatchewan's physicians went on strike in opposition to the CCF Government's new Medicare plan. The doctors who came to our clinics from across Canada and overseas were some of the few physicians who continued to provide medical care during the strike in support of publically funded health care.

The Saskatoon Clinic and dozens of other co-operative clinics across the province showed that communities could come together to do something for themselves that the physicians and their supporters would not do. The clinics provided basic primary health care to their communities as a right and at no cost. The physicians settled with the Government after a short but rancorous strike, reluctantly accepting Medicare. The clinics played a pivotal role in that settlement – the physicians finally realized that the citizens of Saskatchewan could and would replace private physician practices with health service co-operatives.

Several co-operative community clinics continue to thrive in Saskatchewan today, supporting initiatives to strengthen



and expand Medicare, and championing barrier-free multidisciplinary health services that focus on the needs of communities.

So, celebrate the spirit and courage of the early co-operators who created your health clinic. You may join the Co-op Week celebrations from October 15 to 21. But consider taking direct action to strengthen the co-operative movement – join another co-op! Join a credit union, apply to live in a housing co-operative, join a retail food/home store or a fuel co-op – these co-ops are rooted in communities in and around Saskatoon.

But also consider the impact that just one more active member can have within a small co-op. Check out the Steephill Food Co-op on Broadway Avenue in Saskatoon – they've been providing quality local, organic and natural foods at fair prices for their members and the broader community for over 35 years. Perhaps join the Saskatoon CarShare Co-operative – this alternative to car ownership will help reduce your transportation costs while reducing the environmental impact of motor vehicles. Help harness the sun by joining the SES Solar Co-operative, dedicated to involving ordinary citizens in renewable energy production in exceptionally sunny Saskatchewan.

Co-op Week honours those who believed in the value of co-operative action and who repeatedly triumphed over so many barriers over the years. And we can continue to honour them by working with others to create co-operative and healthy communities. Because, after all, health is not just the absence of disease! ♦



The Saskatoon Community Clinic was honoured to host Honourable Ahmed Hussen, Minister of Immigration, Refugees and Citizenship and his staff Wednesday August 2nd. Minister Hussen met with physicians and representatives of the groups partnering to offer the Refugee Engagement and Community Health Clinic (REACH) at the Saskatoon Community Clinic. He shared his own personal experience in navigating the Canadian health care system upon his arrival to our country, and commented on how wonderful the model is at the Saskatoon Community Clinic to be able to offer so many services under one roof. The group shared what is working well with the REACH Clinic, and what our challenges are in trying to sustain this collaborative model with the limited resources and available funding.



Gifts to the Saskatoon Community Clinic Foundation

In Memory of:

Roy Atkinson from Margaret Durant
Deloris & Art Clark from Fran Eldridge
Allan Blakeney from Robert Hackett
Dr. John Bury from Betsy Bury and Family, Margaret Durant, T.Y. & Judith Henderson, for the Tribute Garden, Dennis Morrison & Linda Holmes
Dr. Carla Eisenhauer from Raymond J. & Edith A. Bannister, Eloise Lowe
Ida & Ray Eliason from Marlene Tremblay, for the Tribute Garden
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Honouring:

The Retirement of Kathleen Pollock from Gordon & Illa Knudsen

Thank you for your generosity ~ May 4th, 2017 - September 5th, 2017

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