



Saskatoon Community Clinic

E-News

December 2017

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Downtown Clinic

455 2nd Ave N
(306) 652-0300

Westside Clinic

1528 20th Street West
(306) 664-4310

The Saskatoon Community Clinic will be closed on December 25th, 26th and January 1st. Best wishes from the staff and Board for the Holiday Season.

Pharmacists Prescribing Authority

The Saskatoon Community Clinic Pharmacists are now trained to assess, evaluate and prescribe most hormonal contraception, urinary tract infection treatments and new emergency contraception options. Pharmacists are also able to initiate treatment and provide prescription drugs for a growing list of other ailments such as:

mild acne	cold sores	diaper rash	insect bites
canker sores	oral thrush	painful periods	acid reflux
headaches	hemorrhoids	hay fever	ring worm
groin itch	seasonal allergies	bacterial skin infections	
athlete's foot	muscle strains and sprains		

At the Community Clinic Pharmacy, we serve all members of the public, regardless of whether they have a family doctor or nurse practitioner currently practicing at the Community Clinic. Keep your pharmacist in mind next time you need advice or wish to initiate treatment because a doctor's or nurse's visit may not be necessary.

The Saskatchewan Health Card renewal stickers were mailed this fall with current cards expiring December 31, 2017. Simply place the new sticker on the top right-hand side of your health card to renew it for another three years until December 31, 2020. This is required to ensure you receive Saskatchewan Health Benefits. If you have not received your sticker contact eHealth Saskatchewan at www.eHealth.ca.

The information on your Health Card needs to be accurate and up-to-date in order for health claims to be processed in a timely manner. Inaccurate Health Card registration information could result in the suspension of health benefits. Changes in your family unit, address, name, immigration documents, power of attorney are some of the reasons to notify Saskatchewan Health at change@eHealthSask.ca. If supporting documentation is required, these documents can be attached electronically.

eHealth Saskatchewan can also be contacted by calling (toll free) 1-800-667-7551.

Mitten, hats and scarves are needed for Westside Clinic patients. The greatest need is for adult sizes. This year, due to the renovations at the Westside Clinic, please drop off your donations at the Lab and Purchasing desk at the Downtown Clinic. ***Thank you for your support.***

You are Invited....

Patient and Family Centred Approach to Care – Join the Discussion!

Wednesday, January 17, 2018 7:00 – 9:30 p.m. (registration begins at 6:30 p.m.)
902 33rd Street West, Saskatoon

Participants of the upcoming semi-annual meeting will help craft the direction the Association takes to achieving our strategic goal of adopting a patient and family-centred approach to care. Our history as a member-based co-operative provides a solid foundation on which to build this approach. If you require transportation or child care, contact the Member Relations Department at (306) 652-0300. Additional information regarding the meeting is available in the Winter 2017 *Focus* newsletter.

Seniors of Tomorrow sessions

2 – 4 p.m. on the dates specified

Mel Langer Building, 424 1st Avenue North

January 17, 2018 **Trudy's Top Ten: Exercises for Every Day!**, *facilitated by Trudy Myers, Physical Therapist*
Learn and practice exercises that stretch and strengthen the whole body. Find what exercise works for you: an interactive activity session.

February 14, 2018 **Anxiety and Depression**, *facilitated by Dr. Louise Gagné*
Beat the winter blues and listen to an integrative medicine approach to understanding and addressing symptoms of anxiety and depression.

March 14, 2018 **Brain Health**, *facilitated by Elaine Weisgerber RSW, Seniors Counsellor*,
Join a discussion about how to improve your focus, sharpen your memory, stabilize your mood and engage your brain.

CHSA Handicraft Club

4th Tuesday of the month from 1:30 to 3:30 p.m.

Mel Langer Building, 424 1st Avenue North

Don't be shy! The Handicraft Club is open to any members who like to do crafting including knitting, crocheting, sewing, wood working, baking etc. Participation in craft groups is known to support people in maintaining good health and social well-being. In addition to the meetings, on the 1st Tuesday of the month the Club holds a Showcase Sale at the back door of the Downtown Clinic from 9:00 – 2:00 p.m. Proceeds are used to purchase patient comfort items. *Thank you to the hard working members of the Handicraft Club who have made items or supported the purchase of items for the children's play area, waiting areas furniture, kitchen supplies for cooking classes and much more!* Contact Member Relations at 306-652-0300.

The Winter Focus newsletter is now available at <http://www.saskatooncommunityclinic.ca/focus-newsletter/>.

Stories include information about the Clinic's upcoming semi-annual meeting, the new parking lot configuration, recognition of Betsy Bury upon her receipt of the Governor General Person's Award and more!

Saskatoon Community Clinic Foundation

Your gifts to the Saskatoon Community Clinic Foundation are invested in programs, equipment, therapies, research and resources that improve the quality of health care for members and the community. You can donate in person at reception, by mail, or online at www.canadahelps.ca. Your donation will be recognized in our newsletter *Focus*, can be made in memory of another and an income tax receipt is issued. Monthly gifting and planned gifts are also always welcomed. ***Thank you to all for your support of our Foundation!***