

Focus

Saskatoon
Community
Clinic
"Your Health
Care Co-op"



Winter, 2019
Volume 55, Number 3

Community Health Services (Saskatoon) Association Ltd.
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Board of Directors Semi-annual Report

By Karen Cederwall, President



Karen Cederwall, President

In my first message as president of the CHSA Board I want to express how proud I am to serve as a representative of such a diverse and active health cooperative, where our board, staff and members share one very important thing in common: a desire to make a positive impact in our community.

Some highlights from the past six months:

• Those of you who have attended the Downtown Clinic may have had an opportunity to be greeted by members working at Membership Days tables in the back door waiting area with the goal of engaging patients in discussions about becoming a member of the Community Clinic if they are not already members. The Board recognizes that ongoing renewal of the membership base is an important strategic priority.

• In November, a letter was sent to all members encouraging donations to the Saskatoon Community Clinic Foundation; thank you to all who have contributed to this campaign. Your contributions are very important to the quality of service we can provide in the community. In this issue of Focus you will find a description of the items funded through your donations in the past year.

• We are pleased to welcome Marianne Jurzyniec, Sherri Swidrovich and Patti Warwick to the Board of Directors. Thank you to our outgoing Board members Carol Eaton, Keeley Phillips and Bill Davies for their many contributions while serving on the Board. I would like to give a special thank you to Bill Davies for his leadership as Chairperson of the Board and President over the past several years. Bill led the Association through some significant organizational changes including a governance review. This review has resulted in a new set of Board policies and bylaw changes which have helped us move from an operationally focussed board to a governance board. His strong leadership, sense of humour and compassion for others will be greatly missed.

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Attend the Semi-Annual Meeting

Wednesday, January 15, 2020
7:00 p.m. – 9:30 p.m.

Panel Presentation:
Meeting the 90-90-90 UNAIDS Targets

Location:
Affinity Credit Union Campus
902 - 7th Avenue North, Saskatoon, Saskatchewan
Please use the North East entrance

See page 3 for more information

These are very exciting times for the Association; we continue to move forward with progress on our twenty year capital master plan, expand our role in Connected Community Care Phase II in addition to the expansion of hours at the Westside location, and work in conjunction with the Saskatoon Community Clinic Foundation to raise our profile and have our clinics recognized for their outstanding work as interdisciplinary community health centres.

Through our interactions with staff, patients, and members, our Board has heard the same clear and overwhelming message - that our clinics are running, in one manner or another, at capacity. Recently, the Board met for

our annual retreat and came away re-energized about our focus for the future, which will allow us to finalize our strategic plan over the coming weeks. Providing exceptional person-centred care will always be top of mind as we move forward with the steps and initiatives required to make our plans become reality.

Admittedly, there may be some bumps along the way as we address challenges that need to be overcome in order to move forward in a meaningful way. I find comfort in the realization that the will and determination of our CHSA founders is still very evident in our membership today; I'm sure as we collaborate and coordinate our efforts there is no hurdle that can stand in our way. ♦

LiveWell with Chronic Pain™

LiveWell with Chronic Pain™ is for individuals and caregivers, who are coping with chronic pain as a primary or secondary symptom of a health condition such as, but not limited to:

- Chronic musculoskeletal pain (such as chronic neck, shoulder, or back pain)
- Severe muscular pain due to conditions such as Multiple Sclerosis
- Fibromyalgia
- Arthritis
- Inflammatory bowel disease
- Chronic headache
- Post-surgical pain that lasts more than 6 months
- Neuropathic pain (often caused by trauma)
- Repetitive strain injuries
- Whiplash injuries

The program helps individuals build confidence to manage and cope with chronic pain and to give/receive support from others who are experiencing similar health problems. LiveWell™ emphasizes developing new skills and abilities for self-managing chronic conditions.

Some of the self-management tools in the program include:

- Symptom management
- Communication skills
- Appropriate use of medications
- Pacing activity and rest
- Problem-solving
- Decision-making
- Action planning
- Moving Easy Program exercises

The LiveWell with Chronic Pain™ program was developed at Stanford University in the U.S.A. Canadian research confirms that it is making a real difference in the lives of participants.

Two trained peer leaders meet with groups of up to 12 participants for 2 to 2.5 hours once a week for six consecutive weeks. Classes are fun as well as practical. There is no cost for the program.

Each participant receives a free copy of the companion book, *Living a Healthy Life with Chronic Pain*, and the *Moving Easy Program CD*.

Upcoming sessions: Fridays, 10:00 a.m. - 12:30 p.m. January 10 to February 14, 2020.

Please contact Trudy Myers (Therapies Department) at 306-664-4259. ♦

Volunteers Needed!

**Volunteers needed to help at
Community Clinic patient education
and social programs once or
twice monthly.**

Interested?

Email: volunteers@communityclinic.ca

Tel: 306 664-4282



PAWS AND RELAX



It's a long known fact that pets have a paws-itive effect on the mental health of their owners and those around them. The simple act of petting and stroking a pet has been proven to help ease tensions and provide a calming effect that ultimately can improve our mental wellbeing.

Buddy visits the Downtown Clinic on Thursday mornings with his owner. He also visits the Westside Clinic. This service is offered in partnership with St. John Ambulance.



If you have concerns about our therapy dog, including allergies, please speak to one of our staff so we can accommodate your needs. ❖

Semi-Annual Meeting Notice

Saskatoon Community Clinic
Community Health Services
(Saskatoon) Association Ltd.

Wednesday, January 15, 2020

Registration: 6:30 - 7:00 p.m.

Meeting: 7:00 – 9:30 p.m.

**Affinity Credit Union Campus
902 - 7th Avenue North,
Saskatoon, Saskatchewan**

Please use the North East entrance

Agenda

1. Introduction
2. Summary of minutes of previous Annual Meeting
3. Interim report by Board Chairperson
4. Approval of annual service fee
5. Panel Presentation:

Meeting the 90-90-90 UNAIDS Targets

In 2016 UNAIDS established treatment targets for addressing the world-wide AIDS/HIV crisis. Saskatchewan has one of the highest rates of HIV in Canada. The Saskatoon Community Clinic and other agencies are responding with services and programs to help meet these targets. Panelists will discuss the current and continuing high incidence of HIV in Saskatoon, examples of how community groups, including the Community Clinic are responding, and provide information on further efforts that can be made to reduce the incidence and transmission of HIV in our community.

6. Written resolutions recommending action to the Board
7. Election to the Board of Directors (no positions available at time of printing)
8. Announcements
9. Adjournment

If you would like further information, have a resolution to submit or require transportation, phone Member Relations at 306-664-4265 or e-mail member.relations@communityclinic.ca

Healthy Aging through Healthy Eating

By Cheryl Hewitt, Community Clinic Member



“Good nutrition is important at any age. Eating well helps you feel your best each day.” *The Guide to Healthy Eating for Older Adults*

The Guide to Healthy Eating for Older Adults, developed in 2013 in Ontario, emphasizes that healthy eating helps prevent or manage heart disease, diabetes, osteoporosis and some cancers.

Statistics Canada’s 2013 Community Health Survey found that at least one-third of seniors were at nutritional risk which can lead to a number of health problems. Identifying seniors at risk of malnutrition can help them avoid falls, hospitalization and institutionalization. *The Canadian Malnutrition Task Force* was established to address many of the risk factors for malnutrition. Their efforts include promoting this *Guide*.

The straightforward ideas below were adapted from the *Guide*:

- Maintain a healthy weight: instead of dieting, it’s better to make wise food choices, watch your portion sizes and be active. It’s natural for weight to change from day to day. However, some older adults begin losing weight quickly and without trying – if this happens to you, you should speak with your doctor.

- Skipping meals, especially breakfast, makes it hard to get all the nutrients you need each day. Instead, find foods you like and a comfortable place to eat; eat with family or friends; try new foods or recipes. Two or three healthy snacks can replace a meal.

- Eat at least 7 servings of fruit and vegetables each day. This may seem like a lot but a serving is smaller than you’d think!

- Milk and alternatives contain calcium, Vitamin D and other nutrients that are important for strong bones.

- Meat, poultry, fish, eggs, tofu, nuts, seeds and legumes such as beans, peas and lentils are excellent sources of protein, iron and B vitamins.

- If you have trouble swallowing you may not want to eat or may avoid hard-to-swallow foods. If you find chewing difficult, choose softer foods or change the way you prepare foods.

- When you eat alone, it can be hard to stay motivated about cooking. Prepare foods when you have the most energy. Cook meals ahead of time and freeze in portions. Buy bagged salads or pre-chopped vegetables. Invite a friend over

or arrange to potluck. Find out if your local church, legion or recreation centre offers low-cost hot meals.

- If you are on a tight budget, with a little planning you can buy a variety of healthy foods and still control what you spend. Make a list; shop with a buddy and share large items with them; read labels for nutritional information.

- Investigate telephone or online shopping or community services that offer rides to grocery stores if you find shopping difficult.

For more information about ideas raised in this article, talk to your doctor to discuss a referral to the Community Clinic dietitians. They are an incredible resource. And it’s a free service! ♦

Online Nutrition Resources:

Ontario Public Health’s *Guide to Healthy Eating for Older Adults*;
Canadian Malnutrition Taskforce’s *Resources and Tools*;
Updated *Canada Food Guide* has a specific guide for seniors.

Cookbooks:

Cook! (Dietitians of Canada, 2011)
Simply Great Food (Dietitians of Canada, 2007)
The Basic Shelf Cookbook (Canadian Public Health Association, Revised 2011)



Each year, the Handicraft Club presents a handmade baby quilt to the family of the first baby born on or after July 3rd to honour the anniversary of the Saskatoon Community Clinic, which opened on July 3rd 1962. Congratulations to mother Julianna Morin and baby Samuel featured here with Handicraft Club member Sheila Finnestad.

Saskatoon Community Clinic Foundation Investments

By *Angie Fergusson*,
SCC Foundation President

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.

Thank you for your generosity which helped support the following Community Clinic program and equipment needs in 2019:

- Counselling Department for Emergency Food Hampers
- Interferential Current Machine (Physical Therapy Department)
- Foot care chair
- Repair of stairs and wheelchair ramp at Westside Clinic
- SWITCH food safe equipment
- Radiology chair
- Community Peer Leader Program
- Otoacoustic emissions device for assessing hearing loss in young children
- Two new wheelchairs; one for the Westside Clinic and one for the Downtown Clinic

Thank you to those who responded to our recent annual appeal and those who give on a regular basis at other times during the year!

Visit our website for more information. Donations can be made in person at the reception desk, by mail or on-line at www.canadahelps.org Monthly giving and planned gifts are also always welcomed. For more information contact Karen Timoshuk at (306) 664-4250 or email foundation@communityclinic.ca 

Seniors of Tomorrow Winter 2020 Programming

Seniors of Tomorrow is presented by the Counselling and Community Services Department. It is a free drop-in health education program for Community Clinic members and patients.

Time: 2 – 4 p.m. Wednesdays

*Location: Mel Langer Building,
424 1st Avenue North*

How Our Senses Affect our Behaviour

Wednesday, January 15, 2020

Learn how our senses form who we are! Sensory processing refers to the way the nervous system receives messages from the senses and turns them into responses. Each of us has our own sensory profile. Learning more about yours can help you learn more about yourself and the way you interact with the world around you.

Facilitated by:

Elaine Weisgerber, SCC Seniors Counsellor

Grief & Loss

Wednesday, February 12, 2020

Join a discussion about the types of grief and loss. We are all aware that grief is connected to the loss of a loved one in our lives and its painful impact. Grief and loss is also experienced when we have drastic changes occur in our lives and we must adjust to the new reality. Please come and learn more and gain information on strategies to cope and heal.

Facilitated by:

Elaine Weisgerber, SCC Seniors Counsellor

Anxiety & Stress

Wednesday, March 11, 2020

Participate in an informative presentation and interactive discussion on stress and anxiety. Learn what they are, how they affect us mentally, emotionally and physically and take away strategies to cope and manage.

Facilitated by:

Elaine Weisgerber, SCC Seniors Counsellor

For more information, please phone the Counselling Department at (306) 664-4283.

Do We Have Your E-mail Address?

Having your email address helps us in providing timely information of interest to you and your family. You can provide it by sending us an email at member.relations@communityclinic.ca or use the Contact Us form located at www.saskatooncommunityclinic.ca Please ensure your full name and phone number is included in the request.

Advocating for Expanded Access to Dental Care

By Scott Wolfe, Executive Director, Canadian Association of Community Health Centres

Issue & Opportunity

Canada's universal "medicare" system is a source of great pride for Canadians based on the principle that everyone has access to health care no matter their income or where they live. But our universal health care system does not cover care for our teeth and gums.

Oral health is a fundamental component of overall health. One cannot be truly healthy if one has diseased teeth and gums, and suffers dental pain. Yet there has been little public discussion of the federal government's role in ensuring access to dental care as part of the commitment to universal healthcare. This needs to change.

An estimated 20% of people in Canada cannot access dental care due to lack of insurance and the high costs of private dentistry. There are significant income-related inequities in oral health and access to dental care. People with the highest levels of oral health problems are also those with the greatest difficulty accessing dental care.

An estimated 32% of people in Canada do not have dental insurance. With the retirement of baby boomers and growth of the "gig economy" where individuals typically have no employer dental care benefits, gaps in access to dental care and associated health inequities are growing. The impact is felt disproportionately by working poor adults, children from low-income families, Indigenous people, seniors and new immigrants.

There are significant economic and social costs when people cannot get the dental care they need, and we all pay as a result. In Ontario, over \$38 million worth of avoidable visits are made to hospital emergency rooms and doctors' offices each year due to lack of coverage for dental care. In Alberta, it costs the province up to \$6.2 million annually for dental visits to emergency rooms that should be treated by a dentist.

Gaps in access to dental care also result in other preventable healthcare costs: research shows a clear link between poor oral health and the severity of chronic conditions such as diabetes, cardiovascular and respiratory diseases.

The lack of access to dental care has impacts on employment and economic development as well. Oral diseases and missing teeth affect a person's sense of self-worth and their ability to get employment. It is tough to look for and secure a job while experiencing dental pain or if you are missing teeth. And, each year in Canada thousands of school and work hours are lost due to dental issues.

With over 6 million Canadians unable to afford to see a dentist, the gap in access to dental care results in costs to our healthcare system, lost productivity, and pain for people suffering from dental decay and disease.

Moving To Action

Federal government commitment to help fill this gap in access to dental care would have a big impact in improving the health and wellbeing of the most vulnerable people in our communities. It would also bolster economic development and reduce avoidable spending downstream on more costly health and social services.

Canada ranks second last among industrialized (OECD) countries in terms of the proportion of dental care services which are publicly-funded – only 6%. This correlates directly with the large gaps in access to care for uninsured Canadians.

Increased federal funding would help Canada begin to catch up with other industrialized countries in access to dental care. The best place to focus these investments is on expansion of the limited public dental programs now provided by provinces and territories, and on scaling up successful oral health services and programs delivered by Community Health Centres and public health units across the country.



The Canadian Association of Community Health Centres, of which the Saskatoon Community Clinic is a member, calls on the federal government to invest a minimum of \$600 million in new funding per year for public dental care, with funding to flow through two mechanisms: direct transfers to provinces and territories to expand public dental care programs; and, direct funding for Community Health Centres and public health units across Canada to expand their delivery of public dental care services. ♦

Eat Well Saskatchewan Brings Nutrition Experts to Homes

By Ingrid Larson, Member and Public Relations

The Community Clinic has been informed of a new service aimed at improving the nutritional status of residents of Saskatchewan, Eat Well Saskatchewan. The service is provided by the University of Saskatchewan College of Pharmacy and Nutrition. It provides a direct link to dietitians who can provide the most current nutrition information supported by the latest research.

Following are answers to common questions provided to us by Eat Well Saskatchewan:

How does the service work?

- Callers use a toll free line or email to speak to a registered dietitian for their nutrition questions.
- Eat Well Saskatchewan dietitians use the most current nutrition information that is supported by the latest research.
- The dietitian can email or mail additional resources to the patient, and put them in touch with other community services.
- Translation is available in over 100 languages, including Indigenous languages in Saskatchewan.
- The service is free and is available to all residents of Saskatchewan – the general public, educators, and health professionals.

Eat Well Saskatchewan dietitians cannot provide individual counseling or medical advice. Any client requiring individual counselling will be referred on to the appropriate services.

When might you contact Eat Well Saskatchewan?

- If you are at risk of developing a chronic disease and nutrition guidance can help lower your risk.
- If you have been diagnosed with a chronic disease, such as diabetes, and want general dietary guidance right away, before receiving in-depth counseling from a registered dietitian or while waiting for an appointment.
- If you are looking for answers to general nutrition and healthy eating questions, such as infant feeding, picky eaters, family weight issues, diabetes, digestive issues and family meal planning ideas on a budget.

The staff also provide nutrition information and updates via the Eat Well Saskatchewan Facebook page, Twitter and Instagram.

Eat Well Saskatchewan is jointly funded through the College of Pharmacy and Nutrition and Indigenous Services Canada, and follows a 2018 six-month pilot project done in conjunction with Dietitians of Canada. It complements a similar service, medsask.usask.ca being provided to the public which provides answers to questions about medications.

People can connect with an Eat Well Saskatchewan dietitian through a toll-free call to 1-833-966-5541 Monday to Thursday 10 a.m. – 4 p.m. or email eatwell@usask.ca with a question any time. The service is also on Facebook @EatWellSaskatchewan, on Twitter @EatWellSask and at the website eatwellsask.usask.ca. The dietitian on call will answer general nutrition questions, and refer people to other professionals for individual counselling or medical advice. Additional information is available on their website. ❖

Holiday Hours Downtown Clinic

December 24 and 31

Primary care services:

Regular services: 8:30 a.m. to 12 noon
Urgent care clinic: 12 noon to 4:00 p.m.
On both days Lab/x-ray closes at 4:00 p.m.

Pharmacy:

December 24th 8:30 a.m. to 12 noon
December 31st 8:30 a.m. to 4:00 p.m.

December 25, 26 & January 1

All locations and services closed.

Regular hours resume January 2, 2020.
For Westside Clinic hours please visit our website at saskatooncommunityclinic.ca

Best wishes for the holiday season from the staff and Board at the Community Clinic!



Gifts to the Saskatoon Community Clinic Foundation

In Memory of:

Alice & Walter Allen from Bonnie & John Lawrence
Glenn Beckett from Joanne Beckett
Allan Blakeney from Robert Hackett
Betsy Bury from John & Margaret Crawford, Margaret Durant, David Forbes, Catherine Fry, Chris Gallaway, Ingrid Larson, Tim Quigley, Lenore Schmidt, Norine Shewchuk, John & Kay Williams, Mary Jean Williamson
John & Betsy Bury from Woodsworth & Marie Baker, William & Judy Burke, Sonja Freiermuth, Rita McLeod
David Cave from Jean Cave & Family
Dr. Carla Eisenhauer from Sonja Freiermuth, Eloise Lowe
Clifford Elliot from Ingrid Larson, Darrell & Karen McClarty
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Dr. Margaret Szott from Lorie A. Irwin
Betty Weenk from Judy Weenk
Colleen Westcott from Kerry Westcott
William and Arvinna Wilkinson from the family

Donations:

Jack E. Adams, Carol Armstrong-Monahan, Catherine Lesley Biggs, Anne Blakeney (For the Westside Clinic), Dianne Bekolay, Claire Book, Heather Anne Brenneman, Roger Carriere, Mary E. Chapman, Linda A. Charlton, Jacqueline Christenson, Marie R. Colbert, John Comer, J. Ronald & Ruth Cruickshank, Graham Dove & Kathleen Slavin, David Edney, Sarah Elliott, Earl Fogel, Margaret DeFehr, Paul Denham, Wilfrid Denis, Margaret V. Gauley, Kate Germin, Deanna Gruending, James Handy, Teresa Harley, Margaret Heffernan, Stephen Helliari (For projects at the Westside Community Clinic), Raymond & Sharron Landreau, Patrick Lapointe, Carol Loewen, Maegan Marshall, Yann Martel, A. E. Matley, Richard McCormick, Marie Sherry McDonald, G. Allan McGuire, Ken & Margaret McKechney, Bonnie J. Mihalicz, Dorothy Munday, Michael Murphy, Dennis Oleksin, Maxine Olson, Deborah A. Parnell, Lyall Petrie, Tim Quigley, Marjaleena Repo, Patricia E. Riddell, Elaine Robichaud, Michael Rohatynsky & Elizabeth Quinlan, Garry H. Romuldietz, Blanche Saelhof, Dorothy Sagan, Sarah Seeman, Lenore Schmidt (For the Counselling Department's Emergency Food Hampers), Juliana Sherbot, Stuart A. Thiesson, Karen Timoshuk, Tanya Marie Veemen, Peggy Walker, Doreen Walmsley, Mabel Wiley, Shirley Wilmot, Donald Wilson, Phyllis Rugg, Bernard & Ruth Zuk

Bequests from the Estate of:

Jim & Phyllis Speers Fund; Vern & Clara Welker Fund

Honouring:

"For the superior care and understanding from Dr. Olszynski" from Bob & Shirley McAuslan
 "In appreciation of the long service to CHSA by Joan Spicka on her retirement" from Karen & Darrell McClarty
 "Honouring Muriel & Ruddick Welwood" from Lisa Clatney

Thank you for your generosity. Donations from May 1, 2019 to November 5, 2019

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For useful information about your clinic please visit our website at: www.saskatooncommunityclinic.ca

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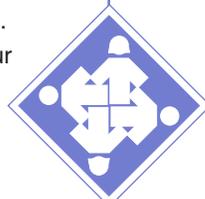
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