



Saskatoon Community Clinic

E-Newsletter

June 2020

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ANNUAL GENERAL MEETING POSTPONED

Due to COVID-19 physical distancing requirements, the Annual General Meeting, normally held in June, is postponed. The new date will be announced in a future issue of Focus.

The Annual Report will be available on the Community Clinic website by the end of June.

If you are interested in running for the Board of Directors please check our website for the [Candidates Package](#). Elections are postponed until the AGM can be held. Three positions are open for election.

For more information contact Hazel Javier, Board Secretary, 306-652-4240.

BOARD OF DIRECTORS NOMINATIONS OPEN

Nominations are open for the Board of Directors. Three positions are available. Terms are normally for three years unless a Board member is completing a term of another who retired early.

Board members are a link to our members and community. By putting your name forth you will be able to get involved with others in the community who share similar interests and concerns, and help the Saskatoon Community Clinic fulfill its mandate.

More information is available in the [2020 Candidates Package](#) available on our website.



CO-OP CAMP IS BACK AND WE WANT YOU TO BE A PART OF IT

The Saskatchewan Co-operative Youth Program is going online every Monday, Wednesday and Friday from July 6th to August 14th. Join them and help make (virtual) Co-op Camp Magic. Highlights include sessions on Camp cooking, Crafts, Co-ops 101, Virtual tours of interesting co-operatives, Game shows, a Talent night, and much more! Camp sessions will also feature some special guests. Plus... beloved Camp Staffers from the past are making comebacks to our Virtual Camp World.

All participants are welcome – no prior experience with Co-op Camp or co-operatives is required, so feel free to pass this on to your friends and family. You must be between 12-18 to take part. Registration is \$60 . Don't delay! The deadline to apply is June 30th. Click on [THIS LINK](#) to register.

COVID-19 UPDATES

We are re-opening in keeping with public health guidelines.

Virtual care through telephone or video consultation will remain the first choice, unless an in-person visit is deemed essential. Our staff will work with you to determine which option is most appropriate.

Diagnostic Services is now processing all lab and x-ray orders. To ensure physical distancing in their waiting room, you may be asked to wait in your car or outside until they are finished providing care to other patients.

The Ministry has removed the prescription drug quantity limits. Prescriptions can be picked up on-site or delivery can be arranged.

Please click [here](#) for complete information on all services and programs. Our reception staff can answer your questions or direct you to the employee who can help you.

SUGGESTIONS FOR COPING

By Mandy Brkich, RSW, MSW, Primary Care Counsellor

It can feel difficult to navigate life during this time, and that is okay. There are no guidelines or rules. I would encourage you to be okay with the uncertainty, and know you are doing the best you can with the circumstances. I have listed a few resources for you to explore that may help.



If you are feeling overwhelmed, keep tasks and expectations for yourself simple. For example, if you like running but cannot find the motivation, try a walk, or sitting outside. Another example is, if you enjoy reading, but cannot concentrate, try listening to music or a podcast. Be kind and gentle to yourself.

If you're struggling and find the days are getting harder, please reach out to your family doctor, or other supports, and they can explore ways to help. It is okay to ask for help and know you are not alone in this.

<https://brenebrown.com/podcast/introducing-unlocking-us/>

<https://www.anxietycanada.com/articles/how-to-do-progressive-muscle-relaxation/>

<https://onlinetherapyuser.ca/>

<https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself>

VIRTUAL 2020 PRIDE PARADE: CELEBRATING DIVERSITY

The Saskatoon Community Clinic was pleased to join with others in the community in celebrating diversity by submitting a video to the virtual 2020 Pride Parade.

The virtual parade can be viewed on Saskatoon Pride's Facebook page.



2020 WALK FOR RECONCILIATION

In June of last year the Saskatoon Community Clinic (SCC) participated in the *Rock Your Roots – Walk for Reconciliation*.

Since 2016 thousands of people of all ages, cultural backgrounds and abilities have participated in this yearly event that brings Indigenous and non-Indigenous peoples together and paves a way

for a shared future. It is a reminder that we cannot delegate

reconciliation. Because the community-wide walk did not take place this year due to COVID-19

restrictions, the SCC held a walk on June 22 with our staff and volunteers demonstrating our

commitment, as individuals and as an organization, that we are committed to listening, learning and growing together.



KEEP A LIST OF YOUR MEDICATIONS AND ALLERGIES

Stay on top of your health by keeping a complete list of all your medications. The list should include:

- The brand and generic name of each medication.
- The prescribed dose and/or how often you take them (if different than the prescribed dose).
- Medications you buy without a prescription such as vitamins, minerals, herbal remedies, cannabis and medications you take for pain; and
- Medication allergies/sensitivities, including the date and type of reaction you experienced in the past.

Show the list to your doctor, nurse practitioner (NP), pharmacist or other healthcare professional at each visit so they know exactly what medications you are taking.

This is very important and can help prevent mistakes from happening if all your medications are not known. It also helps avoid receiving medications that shouldn't be taken together.

Adapted from https://safemedicationuse.ca/tools_resources/medication_list.html. Check out this website for downloadable medication lists/wallet cards and smart phone apps.



SUPPORT THESE CAMPAIGNS

The Saskatoon Community Clinic invites you to join our organization in supporting two national campaigns addressing the need for improvement in seniors care and the ending of homelessness.

Advocating for a Seniors Care Strategy

Seniors' care, including home care, long-term care, palliative care and pharmacare, often falls outside the scope of the Canada Health Act with wait times, eligibility criteria and out-of-pocket expenses different in each of the provinces and territories. The *Canadian Health Coalition* is calling for a national *Seniors' Care Strategy* which provides adequate funding and establishes national standards, similar to those in the Canada Health Act, to ensure services are universal, public, comprehensive, accessible and portable. For more information and to sign their petition visit www.healthcoalition.ca.

Lets End Homelessness Once and For All

The *Recovery for All Campaign* asks Canadians to encourage the federal government to invest in housing, homelessness and income support to end homelessness in Canada *once and for all*. Sponsored by the *Canadian Alliance to End Homelessness*, the group is encouraging Parliament to make the right investments in a post-COVID recovery that not only stimulates the economy but helps those who need it most. They believe that if done right, this recovery effort can end homelessness in Canada, once and for all. Sign up for the [campaign](#) and encourage others to do the same.

FOCUS SUMMER 2020 NEWSLETTER NOW AVAILABLE



(Click on logo above)

Stories include:

- *Advocating for a Seniors Care Strategy*
- *A Look at the Lighter Side of Being*
- *SCC Foundation Year-end Report*
- *Supporting Others During a Crisis*

QUESTIONS OR REQUIRE FURTHER INFORMATION

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

If you have any questions or require additional information about items discussed in this edition of the Saskatoon Community Clinic E-Newsletter, **please contact Member and Public Relations at 306.664.4243**, or email member.relations@communityclinic.ca.



To unsubscribe to this newsletter please email member.relations@communityclinic.ca.

The Saskatoon Community Clinic respectfully acknowledges that we are situated on Treaty 6 territory and traditional lands of First Nations and Metis people.

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saskatooncommunityclinic.ca