

FOCUS

Saskatoon
Community
Clinic
“Your Health
Care Co-op”



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Community Health Services (Saskatoon) Association Ltd.
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Truth and Reconciliation – Saskatoon Community Clinic’s Journey

By Karen Timoshuk, Member and Public Relations

The Saskatoon Community Clinic has, with others in the community, been on a path to address the Calls to Action arising from the Truth and Reconciliation Commission. This journey was initiated at our 2016 semi-annual members meeting at which Dr. Veronica McKinney, an Indigenous physician who practices at our Westside Clinic, and Director of Northern Medical Services, spoke about the Commission’s report. In 2017 a resolution was carried requesting that the Board of Directors make the TRC Calls to Action a priority goal.

The Community Clinic is working to help repair the damaged relationship between Indigenous and non-Indigenous peoples in Canada by undertaking actions that:

- Foster respectful relationships
- Create cultural and health care awareness and understanding
- Advocate for change and action
- Provide equal access to opportunities and benefits

Our staff and board have participated in educational activities, engaged Elders at the Westside Clinic in developing our plans, acknowledged our presence on treaty land at our sites and in meetings, and continue to look for opportunities to engage with our members and staff on this issue.

HealthcareCAN, a national voice of healthcare groups, states that “the Commission’s report highlights some of the troubling disparities in health outcomes between Indigenous and non-Indigenous people in Canada calling for closing the gaps between Aboriginal and non-Aboriginal communities in a number of health indicators such as: infant mortality, maternal health, suicide, mental health, addictions, life expectancy, birth rates, infant and child health issues, chronic diseases, illness and injury incidence, and the availability of appropriate health services.

To illustrate, HealthcareCAN states there is:

- An infant mortality rate for First Nations and Inuit children ranging from 1.7 to over 4 times that of the non-Indigenous children.
- Nearly twice the rate of diabetes among Indigenous people aged 45 and older compared to non-Indigenous people.
- An overall suicide rate among First Nation communities that is about twice that of the total Canadian population.

We encourage our members to engage with us on this journey. The Community Clinic has been working closely KAIROS, a national organization that promotes human rights and ecological justice. Excellent resources can be found on their website, <https://www.kairosblanketexercise.org/> including:

- An overview of historical and contemporary issues faced by Indigenous peoples in Canada
- Historical documents, reports and federal legislation that give context with respect to the ideologies and policies that informed Indigenous relations in Canada for more than 500 years

Continued on page 2...

Attend the Semi-Annual Meeting

Wednesday, January 16, 2019
7:00 – 9:30 p.m.

Presentation Topic:

Developments in Primary Care at the Provincial Level

NOTE CHANGE IN MEETING LOCATION:

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

See page 3 for more information

- Information about commissions and reports outlining recent Canadian and international reconciliation and recognition efforts
- Links to blogs, videos, films and teachers' resources

Please contact Member and Public Relations at (306) 664-4265 for more information. We are able to provide you with a package of information if you are unable to access the internet. ❖

Vitamin D Tests: *When you need them—and when you don't*

Reprinted from Choosing Wisely Canada



Many people don't have enough vitamin D in their bodies. Low vitamin D increases the risk of broken bones. It may also contribute to other health problems. That's why health care providers often order a blood test to measure vitamin D. But many people do not need the test. Here's why:

A test usually does not improve treatment.

Many people have low levels of vitamin D, but few have seriously low levels. Most of us don't need a vitamin D test. We just need to make simple changes so we get enough vitamin D. We need to get a little more sun and follow the other advice provided below.

Even if you are at risk for other diseases, like diabetes and heart disease, a vitamin D test isn't usually helpful. The test results are unlikely to change the advice from your health care provider. It is much more important for you to make lifestyle changes first—to stop smoking, aim for a healthy weight and be physically active. And, like most other Canadians, you should try to get enough vitamin D from sun and foods. And talk to your health care provider about supplements.

Extra tests lead to extra treatments.

Getting tests that you don't need often leads to treatments you don't need, or treatments that can even be harmful. For example, if you take too much vitamin D, it can damage your kidneys and other organs.

When should you have a vitamin D test?

Talk to your health care provider about your risks. Here are some conditions where you might need a vitamin D test:

- If you have osteoporosis. This disease makes your bones weak, so that they are more likely to break.
- If you have a disease that damages your body's ability to use vitamin D. These are usually serious and ongoing diseases of the digestive system, such as inflammatory bowel disease, celiac disease, kidney disease, liver disease and pancreatitis.

If your health care provider suggests getting a vitamin D test, ask about your risks. If your risk is high, you should get the test. If your risk is low, ask if you can avoid the test. Ask if you can boost your vitamin D with sunlight and food,

and possibly supplements. If your health care provider needs to keep track of your vitamin D, make sure the same test is used each time. Ask your health care provider which tests are best.

About Choosing Wisely Canada

Choosing Wisely Canada is the national voice for reducing unnecessary tests and treatments in health care. The Saskatoon Community Clinic recommends that you consult their website for important information about medical testing www.choosewiselycanada.com. ❖

Health Canada Vitamin D Recommendations

How can you get enough vitamin D?

Get some sun. The sun's ultraviolet rays create vitamin D in your skin cells. All you need is about 10 minutes outside each day during spring and summer.

Eat food sources of vitamin D. Fatty fish, eggs and liver are naturally rich in vitamin D. Vitamin D is added to foods like fluid milk, fortified milk alternatives, some yogurts and margarine.

Talk to your health care provider about supplements. Health Canada recommends anyone over age 50 take a daily supplement of 400IU. Taking more than 4000IU of vitamin D a day may be harmful.

The Community Clinic dietitians recommend the following resources:

- Health Canada Vitamin D and Calcium: Updated Dietary Reference Intakes
- National Institutes of Health Office of Dietary Supplements Vitamin D Factsheet
- Institute of Medicine of the National Academies Dietary Reference Intakes: The Essential Guide to Nutrient Requirements

Consult the above resources for recommended dietary allowances.

LiveWell[®] With Chronic Pain

You are Not Alone! Sign up for a Chronic Pain Workshop

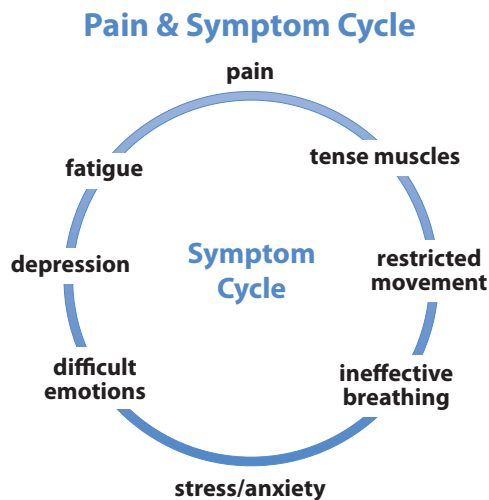
Submitted by Trudy Myers, Physical Therapist

The Saskatoon Community Clinic will be hosting the LiveWell[®] with Chronic Pain Program, **Wednesday mornings, January 9 - February 13, 2019, 10:00 a.m. to 12:30 p.m. at 455 2nd Avenue North.**

The program is for adults of any age who have chronic pain such as: musculoskeletal pain, fibromyalgia, whiplash injury, chronic regional pain syndrome, repetitive strain injury, chronic pelvic pain, post-surgical pain lasting longer than 6 months, neuropathic pain, neuralgias, post stroke or central pain, persistent headache, Crohn's disease, irritable bowel syndrome, and severe muscular pain due to conditions such as multiple sclerosis.

It is an interactive six week workshop covering a range of strategies and tools to help you manage your pain and get on with living a fulfilling life.

The program is given in groups of 10-16 people who meet for 2.5 hours a week for 6 consecutive weeks. It is offered throughout Saskatchewan at NO COST.



Testimonials from Past Participants:

"It gave me some very practical approaches to getting things done and I am now able to get more done in a day without getting tired."

"The program has helped me greatly; every day I still do the moving easy program we learned and I pace myself now. I really enjoyed it."

"Action plans – I really enjoy this part. It gives us more power to set a goal we can complete. I use this daily."

Contact the Community Clinic Physical Therapy Department at (306)664-4260 for more information or the Saskatchewan Health Authority toll free at 1-877-548-3938. ❖

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

Semi-Annual Meeting Notice

Wednesday, January 16, 2019

**Registration: 6:30 - 7:00 p.m.
Meeting: 7:00 – 9:30 p.m.**

**NOTE CHANGE IN
MEETING LOCATION:
Affinity Credit Union Campus
902 - 7th Avenue North, Saskatoon
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. Presentation:
Developments in Primary Care at the Provincial Level
Guest speakers: Tiffany Hewson, Program Consultant, Primary Health Care Services Branch and Suzanne Mahaffey, Executive Director, Primary Health Care (Saskatoon)
6. Written resolutions recommending action to the Board
7. Elections to the Board of Directors (no positions available at time of printing)
8. Announcements
9. Adjournment

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

Board of Directors 2018 Semi-annual Report

By Bill Davies, President



Bill Davies

This fall marks the end of the Five Year Strategic Plan developed in 2013. This strategic plan was a thorough and comprehensive review of the then current state of the Community Clinic and its challenges for the immediate and long term future and was conducted with an extensive consultation of stakeholders.

The Plan identified access to the Community Clinic's services as the most important priority to be addressed. Access is defined broadly in the plan and is not limited to access to physicians but includes access to all services at the Downtown and Westside Clinics.

At its November retreat the Board reviewed the five-year strategic plan and the progress made towards its objectives. The Board is very satisfied with the progress that has been made and will report on the very many achievements that have been accomplished at the semi-annual meeting. However, the existing five-year strategic plan has not been completed and after review, the Board has tentatively concluded that the plan will be valid for another five years. This is because the Strategic Plan and the accompanying 20-year Master Capital Plan envision major renewal and expansions of our facilities and services. These require capacity building in administration and operations (which is underway) and large capital investments for a renewal of the Downtown Clinic building and a larger facility for the Westside Clinic. These investments require a working in partnership on a major fundraising campaign with the Saskatoon Community Clinic Foundation.

Although the Board feels the current Strategic Plan remains valid, there will be a consultation process that will enable our members and stakeholders to comment on our progress and the plan itself. These comments will be incorporated in a final review of the plan. To begin the consultation members who attend the semi-annual meeting will be provided with an update on progress made and the opportunity to respond to the following questions:

- Do you feel that the strategic goals meet the needs of the organization and membership?
- Are there strategic goals that you feel have been achieved and could be removed?

- Are there any strategic areas that we have missed that need to be addressed?



If you are unable to attend the semi-annual meeting but would like to contribute some suggestions please forward them in writing by January 15th to our board secretary Hazel Javier, hjavier@communityclinic.ca or phone (306) 652-0300. Please use these questions when providing your suggestions. A copy of the strategic plan is available on our website or it can be mailed to you.

At the November retreat, the Board also confirmed continuing the priorities adopted in 2017-18:

- Adopting a patient and family centered approach to care;
- Improving access and capacity to serve existing and new patients;
- Nurturing a healthy culturally diverse workplace that actively engages staff and volunteers;
- Investing in infrastructure and facilities to meet our evolving needs;
- Offering comprehensive primary health services focused on community needs and growth trends, with emphasis on vulnerable populations;
- Adopting and applying the UN Declaration on the Rights of Indigenous Peoples as a Reconciliation Framework

Since the Annual Meeting in June, two important initiatives having to do with access have been implemented. The first is the opening of the Pharmacy at the Westside Clinic. This adds a new dimension to the services offered at the Westside Clinic and is another example of the importance of our inter-disciplinary team based approach. The second initiative is the changes to the configuration of the Downtown Clinic so that doctors and nurses share a common work area. This new arrangement also enhances team based and patient centred care.

Of the many initiatives that have taken over the past five years, the Community Clinic's focus on the Truth and Reconciliation initiative has been among the most transformative and continues to be an important priority.

Thank you to the members, Board and staff for your continuing dedication and contributions to the organization.

Tribute Garden News!



Betsy Bury, a founding Community Clinic member dropped by to pose with the Japanese Lilac tree that she purchased to replace the ailing spruce tree in front of our Downtown clinic...thank you so much Betsy! This area is being rejuvenated as a tribute garden in honour of past, present and future contributors to the Saskatoon Community Clinic.

Betsy is an important part of that history and played a significant role in Saskatoon not just at the Community Clinic but also in social justice concerns such as women's rights access to reproductive health services.

Member Information Survey

The Saskatoon Community Clinic is distributing a survey about its members' information needs and communication preferences. The survey has been sent by e-mail to all members. Paper copies have also been distributed in-house by volunteers at member information tables during November. If you are interested in receiving and completing a paper copy of the survey please phone (306) 664-4252 and a copy will be mailed to you. Deadline for submission is December 31, 2018.



Handicraft Club presents annual baby quilt

Every year, the CHSA Handicraft Club presents a handmade baby quilt to the first baby born on or after July 3. This is to honour the Anniversary of the Saskatoon Community Clinic, which first opened on July 3, 1962.

Congratulations Karina Winkler, pictured here with her twin girls born on July 4, 2018! The presentation took place at the Club's monthly meeting on August 28.

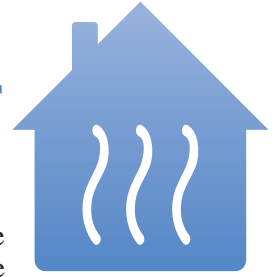
Enter to Win a Microsoft Surface Go

The Saskatoon Community Clinic is having a contest to encourage our members to provide us with their e-mail addresses.

Contest runs September 4 - December 31, 2018. You must be a member to win. Entry forms are available at all Community Clinic locations. If you are interested in entering the contest and cannot make it to one of our sites before the entry deadline phone (306) 664-4265 to enter. Winners will be notified by e-mail.

Why you might consider testing your home for radon gas at this time of year

Submitted by Dorothy Griffith, RN, Certified Respiratory Educator



What is radon?

Radon is a radioactive gas that occurs naturally when the uranium in soil and rock breaks down. It is invisible, odourless and tasteless. When radon is released from the ground into the outdoor air, it is diluted and is not a concern. However, in enclosed spaces, like homes, it can sometimes accumulate to high levels, which can be a risk to the health of you and your family.

What are the health effects of radon?

Radon gas breaks down or decays to form radioactive elements that can be inhaled into the lungs. In the lungs, decay continues, creating radioactive particles that release small bursts of energy. This energy is absorbed by nearby lung tissue, damaging the lung cells. When cells are damaged, they have the potential to result in cancer when they reproduce.

Exposure to high levels of radon in indoor air results in an increased risk of developing lung cancer. The risk of cancer depends on the level of radon and how long a person is exposed to those levels.

Exposure to radon and tobacco use together can significantly increase your risk of lung cancer. For example, if you are a lifelong smoker your risk of getting lung cancer is 1 in 10. If you add long term exposure to a high level of radon, your risk becomes 1 in 3. On the other hand, if you are a non-smoker, your lifetime lung cancer risk at the same high radon level is 1 in 20.

How can radon get into my home?

The air pressure inside your home is usually lower than in the soil surrounding the foundation. This difference in pressure draws air and other gases, including radon, from the soil into your home.

Radon can enter a home any place it finds an opening where the house contacts the soil: cracks in foundation walls and in floor slabs, construction joints, gaps around service pipes, support posts, window casements, floor drains, sumps or cavities inside walls.

Where can I get a radon test kit?

For \$50.00, you can buy a Radon kit from The Lung Association of Saskatchewan. The purchase price also

includes data analysis by the Saskatchewan Research Council. The kits can be ordered online or by calling the Lung Association, Saskatchewan at 306-343-9511 or 1-888-566-LUNG. Radon tests can either be shipped directly to you for an additional \$15 or picked-up in Saskatoon for no additional cost.

If you want to hire a contractor, Health Canada recommends that the contractor be certified as a radon mitigation professional from an accredited organization.

Health Canada recognizes the Canadian certification program, Canadian National Radon Proficiency Program (C-NRPP), www.c-nrpp.ca, 1-855-722-6777.

How much will it cost to reduce the level of radon in my home?

The cost for radon reduction depends on the size and design of a home and the work that is needed. These costs typically range from \$500 to \$3000.

Where can I learn more?

Visit Radon or call 1-866-225-0709, TTY 1-800-465-7735 for more information on radon.

Reprinted in part from: <https://www.canada.ca/en/health-canada/services/environmental-workplace-health/reports-publications/radiation/radon-your-home-health-canada-2009.html> ♦

Holiday Hours

This holiday season all Clinic locations and Pharmacy will be closed on December 25, 26 and January 1st. There will be reduced hours on December 24th and 31st with all services, including the Lab and Pharmacy, closing at 4 p.m.

Best wishes for the holiday season from the Board and staff of the Community Clinic.

Introducing Refill+ (Members Only)

As a user of the Saskatoon Community Clinic Pharmacy, there are many ways for you to request a prescription refill—by phone, by text, online and through the Community Clinic website or its free Pharmacy app.

Now, there is Refill+, a prescription refill option exclusive to members of the Saskatoon Community Clinic, accessible through the Community Clinic's website and Pharmacy app.

Why would I choose Refill+ (Members Only)?

Refill+, unlike the other refill options, allows members to:

- View all their prescriptions that are on file at the Community Clinic Pharmacy
- Order refills without prescription numbers, simply by selecting those that need refilling
- Check number of repeats remaining
- View pictures and important information about each medication

If you are interested in signing up for Refill+ but are not yet a member of the Community Clinic, visit main reception of our Downtown Clinic (upstairs from the Pharmacy), or, go to www.saskatooncommunityclinic.ca/become-a-member and print out and complete the membership form.

Once I am a member, how do I sign up for Refill+?

- Visit the Community Clinic Pharmacy at its downtown location and obtain a card number and pin
- Using this card and pin number, register either by:
 - Visiting www.saskatooncommunityclinic.ca, clicking the E-Refills button on the home page and choosing the Member Refill Plus option, or,
 - Downloading the Saskatoon Community Clinic Pharmacy mobile app from the Apple or Android app store and follow the prompts.

For more information contact the Saskatoon Community Clinic Pharmacy.



Mittens, Hats and Scarves Needed!

Westside Clinic needs donations of hats, mittens and scarves. The greatest need is for youth sizes, but adult sizes are also appreciated. Please drop off your donations at Westside Clinic, 1528 20th St. W. You can also mark them "Westside Donation" and drop them off at the front reception desk of the Downtown Clinic.

Thank you for your support!





Gifts to the Saskatoon Community Clinic Foundation

In Memory of:

Roy & Bette Atkinson from Patricia Atkinson
Joan Bell from Anonymous, Patricia Atkinson, Ann Bell, Scott Bell, John & Ina Brockelbank, Viola Bucsis, Mary E. Chapman, Jacqueline Christenson, Margaret Durant, Rod & Darlene Erick, Don & Mildred Kerr, Thelma Kulrich, Ken & Ann Marina Lyons, Ellen M. Manton, Paul Ottmann, Eugene & Alice Pura, Tim Quigley, Lenore Schmidt, Elizabeth A. Scott, Cathy Sproule, Csaba & Erika Szanto, Carol & Donald Teichrob, Stacey & Kirby Ulrich
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Honouring:

Dr. Margaret McMahon from Linda Charlton
The late Kathryn Howsam from the Howsam family

Thank you for your generosity. Donations from May 1st, 2018 to October 31st, 2018

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