



# Saskatoon Community Clinic

## E-Newsletter

June 2019

Volume 9 Number 2

### ROCK YOUR ROOTS WALK FOR RECONCILIATION: FRIDAY, JUNE 21

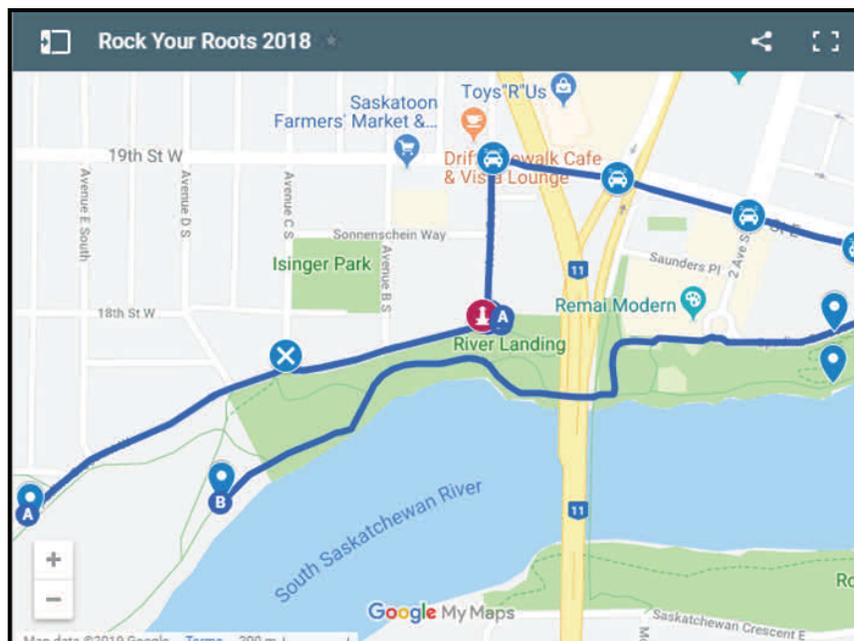
The [Rock Your Roots Walk for Reconciliation](#) is back for its fourth year with the theme of Re-igniting the Fire—a reminder that we cannot delegate Reconciliation. Participation in the Walk demonstrates our commitment as individuals, and as the Community Clinic as a whole, to listen, learn, and grow together with hope that keeping the fire burning will spark change in our lives and city. As a Community Clinic member, please consider participating in this Walk as it is an important event that brings Indigenous and non-Indigenous peoples together and paves the way for a shared future.



Logistics: Clinic participants are encouraged to wear a white top and blue jeans to give our group a team look!

We will meet in Isinger Park, on the corner of Avenue B South and Sonnenschein Way (kitty corner from the Farmer's Market) at 9:00 am sharp—look for our banner! We will then walk over as a group to Victoria Park. The March begins at 9:30 am at Victoria Park and will feature a variety of traditional and multicultural dances, music and performances along the way. The walk culminates at 11:30 am joining National Indigenous Peoples Day celebrations hosted by the Saskatoon Indian and Métis Friendship Centre including lunch, special guest speakers and entertainment.

We believe the parade route will be similar to 2018 (shown below). We hope you will join us.



## 2019 ANNUAL GENERAL MEETING

Join us for our Annual Meeting as follows:

**Wednesday, June 19, 2019**  
**Mayfair United Church Hall**  
**902 22rd Street West**  
**Registration 6:30 pm; Meeting 7:00 pm**

The AGM will include elections for three Board members and a bylaw change recommendation. The purpose of the proposed bylaw amendment is to introduce submission of criminal record checks by all prospective Board candidates. Additional background information and the wording of the proposed change is published in the [Summer 2019 Focus newsletter](#) with the meeting notice.

If you are interested in running for the Board of Directors or have a resolution to submit for discussion at the meeting please contact Member Relations at 306.652.0300 or email [member.relations@communityclinic.ca](mailto:member.relations@communityclinic.ca).



**Saskatoon  
Community  
Clinic**

### Annual General Meeting

Registration 6:30 pm  
Meeting 7:00 - 9:30 pm  
**Wednesday, June 19, 2019**  
Mayfair United Church Hall  
902 - 33rd Street West

**Reports, Elections, Resolutions**

Three positions are open for election on the Board of Directors.

If you would like to submit a resolution or stand for election please contact  
**Hazel Javier, Board Secretary at 306.664.4240**  
or email [hjavier@communityclinic.ca](mailto:hjavier@communityclinic.ca)

New members are required to join by May 24, 2019 in order to run for election and vote at the meeting. Non-voting guests are welcome to attend.



Community Health Services (Saskatoon) Association Ltd.  
[saskatooncommunityclinic.ca](http://saskatooncommunityclinic.ca)

## NEW EXPANDED HOURS AT COMMUNITY CLINIC PHARMACY – WESTSIDE

Effective April 24, 2019, the new hours at Community Clinic Pharmacy – Westside, 1520 20<sup>th</sup> Street West, are as follows:

**Monday to Friday 9:30 a.m. – 5:30 p.m. (closed 12:15 – 1:00 p.m.)**

**Saturday to Sunday 11:00 a.m. – 4:00 p.m.**

**Closed Statutory Holidays**

**Reminder:** This location, similar to our Downtown location, is available to provide service to all members of the public, whether or not they have a physician at one of the two Community Clinic locations. Ask a member of the pharmacy team at either location how easy it is to transfer your prescription from any pharmacy to either pharmacy location. Ask about the many benefits to yourself and your Community Clinic from using our pharmacies.

## PRIDE PARADE: SATURDAY, JUNE 22

Members, patients and their families are welcome to march with us in the PRIDE Parade on Saturday, June 22. The Parade starts at 1:00 p.m. We will meet underneath the University Bridge at 12:00 p.m. for Parade Marshalling (look for our banner). Don't feel like marching in the Parade? Come watch and cheer us on! Then stay for the afternoon and take in all the free activities.



## NEW TO OUR WEBSITE

As a patient of the Community Clinic, you now have the ability to request your Health Records via our website. By clicking on the Health Records Request button on the Clinic's homepage, you will learn how you can obtain these records by completing a form, to be returned to the Clinic either in person or on-line. As in the past, standard fees apply. If cost is prohibitive we will work to meet your needs.

[Health Records Request](#)

## SASKATOON SLEEP APNEA ONLINE SUPPORT GROUP

Sleep problems are common. Many people find that their physical and mental well-being improves when their sleep improves. The Lung Association's Sleep Apnea Online Support Group provides a safe environment for patients, family, and caregivers to come together in a safe environment to ask questions, share experiences and offer support to each other.

The group helps those living with sleep apnea navigate their journey in a supported way knowing they are not alone.

Please register for the online support group with the Lung Association of Saskatchewan at <https://sk.lung.ca> or call 306.343.9511.

## LUNCH AND LEARN: THE NEW CANADA FOOD GUIDE FOR SENIORS

Speaker: Renee Nagus, Community Clinic Dietician

**Wednesday, June 12, 2019**

**12 noon – 1:00 p.m.**

**Mel Langer Building**

**424 1<sup>st</sup> Avenue North**



This is a 'Lunch and Learn' Event sponsored by the Seniors Advisory Council and the Counselling and Community Services Department. Lunch will be available at no cost and everyone is welcome to attend.

Please RSVP to [lstone@communityclinic.ca](mailto:lstone@communityclinic.ca) or call 306.664.4282.

## THANK YOU TO AFFINITY CREDIT UNION

Thank you to Affinity Credit Union for the grant of \$ 5,000 to support the Community Peer Leader Program. The funding will be used to purchase food and provide honorariums for the volunteer peer leaders.

The Community Peer leader program offers collective kitchens, health and wellness educational opportunities and fitness sessions for patients and other members of the Westside Clinic community. Sessions are led by trained volunteer peer leaders.

The program is offered in partnership with the Saskatchewan Health Authority Aim for Health Program.



## INVEST IN THE FUTURE OF YOUR HEALTH CARE CO-OPERATIVE

**Imagine the impact the SCC Foundation could make with \$10,000!**

From June 1 to 30, every \$1 donation the [Saskatoon Community Clinic Foundation](http://SaskatoonCommunityClinicFoundation), receives through [CanadaHelps.org](http://CanadaHelps.org), automatically enters our Foundation for a chance to WIN \$10,000. The more donations we receive, the more chances we have to win!



In 2018 alone, grants awarded by the Foundation to the Community Clinic benefitted patients directly through the purchase of a new hematology analyzer, activities of the Community Peer Leader Program, and financial support to professional development of staff. The Clinic's needs are many and your donation through this Challenge supports our vision of ensuring healthy individuals in a healthy community.

[Donate Now](#)

## CO-OP CAMP OPPORTUNITY



The Saskatoon Community Clinic has sponsorships available for Co-op Camp.

What is Co-op Camp? Officially known as the [Saskatchewan Co-operative Youth Program or SCYP](#) it is a series of four- and five-day residential summer camp sessions held in July and August.

The curriculum is specially designed for youth ages 12 to 18 to meet new people, develop leadership skills, learn more about co-operatives and how to get involved in the community -- and participate in a memorable summer experience. These experiences, and the bonding that takes place between participants, all help to create the legendary Co-op Camp "Magic".

Activities are participatory and interactive, and challenge participants to work together. Of course, SCYP also offers swimming, canoeing, volleyball, campfires, and other recreational activities.

For more information visit the Saskatchewan Co-operative Association website: <http://www.sask.coop/events/co-op-week>

If you or a family member is interested in a sponsorship from the Saskatoon Community Clinic contact [member.relations@communityclinic.ca](mailto:member.relations@communityclinic.ca) or phone 306.652.0300.

## FOCUS SUMMER 2019 NEWSLETTER NOW AVAILABLE ON OUR WEBSITE

The [Summer 2019 Focus newsletter](#) is now available on our website at under Publications.

Stories include:

- Annual General Meeting and bylaw change notice
- Board of Directors Year-end report
- Federal Election Policy agenda
- Understanding Anxiety
- 2019 Volunteer and C. A. Robson Award Recipients
- And more!



## 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](mailto:member.relations@communityclinic.ca).

To unsubscribe to this newsletter please email [member.relations@communityclinic.ca](mailto:member.relations@communityclinic.ca).



**Downtown Clinic**  
455 2<sup>nd</sup> Avenue North  
306.652.0300

**Westside Clinic**  
1528 20<sup>th</sup> Street West  
306.664.4310