

# Focus

Saskatoon  
Community  
Clinic  
"Your Health  
Care Co-op"



Summer, 2019  
Volume 55, Number 2

Community Health Services (Saskatoon) Association Ltd.  
455 Second Avenue North, Saskatoon, Saskatchewan S7K 2C2

Phone (306) 652-0300  
Fax (306) 664-4120

## Connected to Community Care

By Lisa Clatney, Executive Director



Lisa Clatney Executive Director

It is no secret that there are challenges to how care is delivered, and received, in our health care system. Patients and providers alike have lamented the lack of coordination and communication that occurs within our siloed system of care.

With the transition to one provincial Health Authority, and the creation of health networks, the province is looking to make improvements. But what exactly

are health networks? Health networks are geographical areas where health care services are delivered closest to where our patients live and work. Health networks will utilize an interdisciplinary team of health care professionals to provide care that is accessible, coordinated, timely and centered on the needs of the patient. And, health networks adapt to the population they serve, because we recognize that communities across this province have different needs.

We know that community care is the basis / foundation for effective, patient-centred health care. It is where the majority of people spend their health care journey. And when people require acute care services, we need to ensure that their transition back to community is smooth, safe, and connects them to the care they need to have a successful recovery. In other words, health networks need to be accountable to the patient to ensure that the right care is available and delivered when and how the patient needs it.

With that in mind, CHSA is pleased to be at the forefront of the development of a health network in Saskatoon's core neighbourhoods and central business district. In partnership with the Saskatchewan Health Authority (Saskatoon), Saskatoon Tribal Council (STC), and the Central Urban Métis Federation Inc. (CUMFI), we are working to redesign how care is delivered for our clients that live in these neighbourhoods. Part of this work enhances the interdisciplinary team and hours of operation at Westside location. People that live in the neighbourhoods of Riversdale, Pleasant Hill, Caswell Hill, King George, and Westmount are now able to access primary health care into the evenings and on the weekends at Westside Community

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### Community Health Services (Saskatoon) Association Ltd. **Annual General Meeting**

**Join us for our Annual Meeting**  
**Mayfair United Church Hall**  
**Wednesday, June 19, 2019**  
**Registration 6:30 p.m.; Meeting 7:00 p.m.**

The AGM will include elections for three Board members.  
If you are interested please contact Member Relations at  
(306) 652-0300 or email [member.relations@communityclinic.ca](mailto:member.relations@communityclinic.ca).

**See page 3 for details.**

Clinic. As part of this initiative, there will also be increased medical support on-site evenings and weekends at the Lighthouse in the downtown neighbourhood, and at the Brief and Social Detox Centre. STC and CUMFI have both expanded their health and social care teams to also better meet the needs of our community. It is our intent that by

augmenting our teams, and improving communication between and amongst our teams, we can help reduce reliance on our emergency departments, and bring people out of hospital safely and in a more timely manner by ensuring the resources they require are available to them in the community. ♦

## Community Health Services (Saskatoon) Association Ltd. Notice of Bylaw Change

On June 19th, 2019 at the Annual General Meeting the following resolution will be presented by the Board Directors to amend the Association's bylaws. The purpose of the proposed bylaw amendment is to introduce submission of criminal record checks by all prospective Board candidates to ensure that we do not have elected to our Board of Directors individuals who have had violent or fraud related criminal offences. If the bylaw amendment is agreed to, nominees will be required to undergo a criminal record check and provide that information to the CHSA Board of Directors. No candidate would be eligible if they have a criminal record of violence or fraud. If the bylaw change is adopted nominations from the floor will no longer be accepted. Instead, the Board of Directors will adopt a policy which provides for a nominations deadline in advance of elections.

### Resolution:

*That the Community Health Services (Saskatoon) Association Ltd. bylaw section 1.b.vii be deleted as follows:*

- vii. A Director ceases to hold office when the Director
1. dies;
  2. resigns in writing;
  3. has served the maximum number of consecutive terms described in (v);
  4. is removed from office by the Members; or
  5. is no longer qualified.

*And that bylaw subsection 1.b.vii be amended as follows:*

- vii. (A) A person is eligible to become or continue to hold office as a director of the Co-operative where the person:
1. is at least 18 years of age;
  2. has not been found by a court in Saskatchewan or elsewhere to lack capacity;
  3. is an individual;
  4. is a Member of the Co-operative;
  5. does not have the status of bankrupt;
  6. is not an auditor or trustee of the Co-operative;
  7. has not been convicted of any violent or fraud related criminal offence(s); and
  8. provides a criminal record check evidencing no violent or fraud related criminal offence(s), acceptable to a committee of the board of the

Co-operative constituted to review the same, at their sole discretion.

- (B) A Director ceases to hold office when the Director:
1. dies;
  2. resigns in writing;
  3. has served the maximum number of consecutive terms described in subsection 1 v.;
  4. is removed from office by the Members; or
  5. is no longer eligible pursuant to subsection 1 vii. (A) above. ♦

### New Expanded Hours at Community Clinic Pharmacy – Westside

Effective April 24, 2019, the new hours at Community Clinic Pharmacy – Westside, 1520 20th St W, are as follows:

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

**Saturday – Sunday 11 a.m. – 4 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.

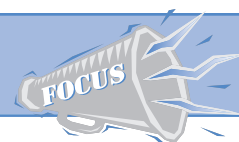
Ask a member of the pharmacy team at either location how easy it is to transfer your prescription from any pharmacy to either pharmacy location. Ask about the many benefits to yourself and your community clinic from using our pharmacies.

Community Clinic  
Pharmacy  
455 2nd Avenue North  
Saskatoon, SK S7K 2C2  
Telephone: 306-664-4277

Community Clinic  
Pharmacy – Westside  
1528 20th Street West  
Saskatoon, SK S7M 0Z6  
Telephone: 306-986-2906



# Annual Meeting Notice



Community Health Services (Saskatoon) Association Ltd.

**Wednesday, June 19, 2019**

**Mayfair United Church Hall, 902 33<sup>rd</sup> Street West, Saskatoon**

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

**Meeting: 7:00 p.m. - 9:30 p.m.**

## *Agenda*

1. Call to order
2. Reading and disposal of minutes of preceding annual general meeting
3. Business arising out of minutes
4. Reports of President, Directors, Administrator, Medical Director, Treasurer and other Officers
5. Report of Auditors and consideration of financial statements
6. Discussion, consideration and disposal of reports set out in Items 4 and 5
7. Resolutions, recommendations and bylaws
8. Election of directors (3 positions available)
9. Reports of special committees
10. Unfinished business
11. Appointment of auditors
12. New business
13. Adjournment

## *Director Elections*

Members will elect three directors at this meeting. If you are interested in running for the Board of Directors, please contact the Board secretary at (306) 664-4240. Your name will be forwarded to the Nominating Committee, and an information package will be sent to you. Biographies received seven days in advance of the meeting will be included in the agenda package.

## *Eligibility for Voting and Elections*

Upon approval of the Board of an application for membership, the member shall be entitled to attend any general or special meetings of the Co-operative and be entitled to vote. Each member will be entitled to one (1) vote only, and no member may vote by proxy. In cases where a member has a spouse or a spouse and dependents who are members (joint or family memberships), the spouse and any dependent who is eighteen (18) years of age or over shall be entitled to vote and shall be eligible to be elected as a director.

## *Deadline for Resolutions*

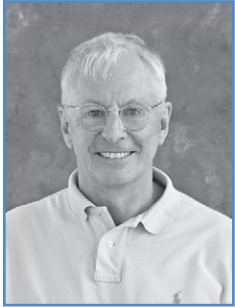
Resolutions from members are welcome. Members may introduce resolutions from the floor. However, the Board urges members who would like to put forth a resolution to submit them ten days in advance of the meeting. Early submission allows for copying the resolutions so they are available for members in advance of the meeting.

## *Meeting Packages*

Meeting materials are available seven days in advance of the meeting at the Downtown Clinic (display table) 455 2nd Avenue North. The Annual Report can also be viewed at [www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca). For more information, phone Member and Public Relations at 306-652-0300, ext. 4243.

## Board of Directors Year-end Report

By Bill Davies, President



Bill Davies, President

The Board of Directors is pleased to submit its annual report to our membership. This has been another productive year for CHSA as we work towards fulfilling our vision of healthy people in a healthy community.

At our annual retreat in the fall, the CHSA Board of Directors took time to review and reflect on the 2014-2019 strategic plan for the organization.

The Board felt that our strategic goals of people-centred, team-delivered, value-focused, and community-driven were still relevant to the current climate and needs of the population we serve. With that in mind, the Board made a decision to review the current strategic plan with our Members at the 2019 semi-annual meeting. The Board and Administration will also consult with community groups, staff, and clients over the next several months and incorporate feedback into the next five-year strategic plan. The Board also reviewed its governance policies and affirmed its desire to include more strategic and future oriented discussions at Board meetings.

We have also taken the following steps to address the Resolutions passed at the 2018 AGM, and the 2019 semi-annual meeting:

*Be it resolved that the Saskatoon Community Clinic indicate its support for a universal, national, single-payer Pharmacare program and communicate that support to the Federal Government.*

In June the Board provided three recommendations to Prime Minister Trudeau and the Federal Government regarding the mandate and composition of the Advisory Council on the Implementation of National Pharmacare including; 1) that a public, universal and single-payer national Pharmacare plan is implemented 2) ensuring that the Advisory Council is evidence-based, not interest-based and 3) that they make health equity an explicit criterion in the terms of reference for the Advisory Council and in selection of Council members to help ensure that our National Pharmacare plan is informed by critical considerations of how it will benefit diverse Canadians.

*Be it resolved that the Community Clinic Board of Directors ask the Minister of Health and the Saskatchewan Health Authority to retain patient access to urgent mental health services and beds through a continued and specifically designated Mental Health Assessment Unit (MHAU).*

In February, the Board wrote to the Minister of Health informing the government that the availability of a separate unit that can provide respite and immediate mental health services away from general emergency services is essential for patients and families dealing with a mental health crisis. We urged the government to continue this unit with at least the current number of beds and staff, as it is a much needed and valued support in our community, and a resource for patients from northern communities in need of emergency psychiatric evaluation and care. We are pleased to report that a decision has been made by the province to continue with a dedicated MHAU.

The need for access to mental health services remains a serious issue for our community, and the Board urges everyone to voice their concerns to their elected representatives. As an Association, we have taken steps this past year to improve access to mental health, including expanding the availability of the primary care counsellor at the Downtown Clinic to assist with urgent mental health issues. Our six-week evening psych-educational groups continue to grow. The purpose of these groups is to help provide our patients, who are on a waiting list, with some tools and strategies to better self-manage their care. It continues to be our goal that a number of these patients who complete the group sessions will not need to be placed on the waiting list for individual counselling sessions.

Effective communications with our membership and patients is a priority of your Board of Directors. The Focus Editorial Committee recommended that a Communications Audit be undertaken. The goal was to evaluate member communications materials including newsletters, our website and other materials. A member and staff committee oversaw and participated in the audit. Feedback from patients, members and staff was considered in the audit process. The results will guide member communications in the future.

CHSA has ended the 2018-2019 year with a surplus, attributable in large part to physician vacancies. The Board is pleased to advise our membership that a number of new physicians will be joining the Saskatoon Community Clinic, and we anticipate being at our full physician complement for 2019-20.

The CHSA Board would like to express our appreciation to the Saskatoon Community Clinic Foundation. We are continuing to work closely with the Foundation to plan for the development of a major fundraising campaign to renovate the Downtown Clinic and expand the Westside

*Continued on page 5...*



Clinic. I would like to thank the Foundation for their work in support of the Clinic as we build for the future.

On a final note, I would like to share with members that this will be my last report as CHSA Board President. I would

like to thank all of the staff, Board members, volunteers, and other participants who I have worked with over the past six years. It is very gratifying to be part of an organization that has such a strong focus on social justice and a healthy community. ❖

## Dr. Stephen Helliar Recognized for Outstanding Service

By Patrick Lapointe, Board Member

Dr. Stephen Helliar was presented with the Saskatoon Community Clinic's C.A. (Smokey) Robson Award at the 2019 Semi-Annual Meeting. C.A. 'Smokey' Robson was a founding member, Board member and Administrator of the Saskatoon Community Clinic. Smokey was an exemplary co-operative and community leader. The award, named in his honour, is given to those who have provided superlative service embodying the values that Smokey demonstrated of compassion, commitment and co-operation.

For thirty-eight years Dr. Helliar has championed the Westside Clinic, working to expand the quality and number of services to the vulnerable groups in the surrounding neighbourhoods. Dr. Helliar also provides high quality services at the Downtown Clinic.

Dr. Helliar has contributed significantly to the Community

Clinic during his work with us including advocating for: interdisciplinary team-based care; the introduction of Nurse Practitioners; expanding the role of primary care nurses; and the addition, to our team, of community outreach workers, counselors and addiction workers. He served on the Board of Directors in the 1980s and later was a member of the Board's Political and Social Action Committee. He also participated actively in strategic planning over many years. Dr. Helliar mentored many students and new practitioners, especially the members of the SWITCH student health clinic that operates at the Westside Clinic.

But most of all, Dr. Helliar excels as a devoted, non-judgmental, high-quality, compassionate care provider for patients. Congratulations from the members and Board of Directors to Dr. Helliar for your work and the honour of the C.A. (Smokey) Robson Award. ❖

### Lunch and Learn

#### The New Canada Food Guide For Seniors

Speaker: Renee Nagus, Community Clinic Dietician

Wednesday, June 12th  
12 noon – 1 p.m.

Mel Langer Building  
424 1st Ave. N.

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 to reserve your spot!



The Seniors Advisory Council sponsored their first ever 'Lunch and Learn' educational session attended by 26 clients on Wednesday, April 24 at the Mel Langer Building. Many thanks to Dr. Darren Chew for his excellent presentation on 'Vaccinations for Seniors', and to the Seniors Program Volunteers for providing and serving a delicious chili lunch.

The next lunch and learn will take place on Wednesday, June 12th and will provide education on how to plan healthy meals using the new Canada Food Guide. See notice on this page.

# Canadian Association of Community Health Centres Federal Election Policy Agenda

By Ingrid Larson, Member and Public Relations

The Saskatoon Community Clinic is a member of the Canadian Association of Community Health Centres (CACHC). CACHC is the voice for Community Health Centres and community oriented, people-centred, primary health care across Canada, including representation to the Federal Government.

CACHC has developed a policy agenda for the upcoming federal election calling on federal political parties to commit to action and investment in five key areas. The Association believes that action in these areas will help break down silos in health care and social services, fill gaps in access to critical public services and help prevent major costs to Canadians by making smarter investments ‘upstream.’

## *Invest in Community Health Centres (CHCs)*

Community Health Centres (CHCs) offer the Federal Government a high-impact vehicle to advance numerous federal priorities and commitments. CACHC calls on the Federal Government to establish a CHC secretariat within the Health Portfolio to administer federal policy and investments in CHCs. Two specific areas of focus should be to invest in community infrastructure projects and support the adoption of innovations and best practices.

## *Implement Universal, Public National Pharmacare*

CACHC calls for a universal, public National Pharmacare program by 2020 that ensures coverage of a national formulary of prescription medications for all residents of Canada.

## *Expand Access to Dental Care*

One in five Canadians cannot access dental care due to

lack of insurance and high costs of private dentistry. CACHC is calling on the Federal Government to:

- allocate annual federal funding for publicly-funded dental care and to
- flow funding to provinces/territories to expand public dental programs and
- directly fund CHCs and public health units to expand their publicly funded dental care services.

## *Invest in Affordable Housing and Homelessness*

Roughly 1.7 million households are in ‘core housing need’ and 200,000 Canadian experience homelessness. This has a major impact on their health. CACHC calls on the Federal Government to:

- preserve and expand the stock of social, non-profit and cooperative housing across Canada;
- develop and implement an urban, rural and northern Indigenous Housing Strategy;
- enshrine the right to housing in federal legislation; and
- increase investment in services/supports for people experiencing homelessness.

## *Invest in Supports for Vulnerable Newcomers*

By better supporting vulnerable new members of our society to overcome the initial hurdles of settlement and to begin healing from experiences of trauma, CACHC believes that our society is enriched and strengthened for all Canadians. CACHC calls on the Federal Government to invest in trained interpretation and mental health services at community-based health and social service agencies across Canada which provide care and support to refugees and vulnerable newcomers.

For further information visit [www.cachc.ca/election2019](http://www.cachc.ca/election2019).


# Saskatoon Sleep Apnea Online Support Group

Submitted by Dorothy Griffith, RN, Certified Respiratory Educator

Sleep problems are common. Many people find that their physical and mental well-being improves when their sleep improves.

The 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 or call 306-343-9511. 

## Understanding Anxiety

By Mandy Brkich, Community Clinic  
Primary Care Counsellor

According to the Canadian Mental Health Association, in any given year, one in five people in Canada will personally experience a mental health problem or illness” and it “affects people of all ages, education, income levels, and cultures.” Did you know that suicide is one of the leading causes of death in both men and women from adolescence to middle age? So how can we help?

Steve Leong of the I Will Survive Association says that discussing our mental health challenges is one of the best ways to erase the stigma and ensure that people reach out when they need help. It appears what “mental health needs is more sunlight, more candor, more unashamed conversations.” It can seem really scary to ask someone about their mental health, but most people will be glad you reached out.

Did you know anxiety is a common mental health concern? Most often anxiety, worry, and stress are all a part of people’s everyday lives. Anxiety is experienced by more individuals than any other mental health disorder. Most individuals manage and cope with anxiety, and experiencing it does not necessarily mean you need to connect to professional help. Anxiety becomes a concern when the symptoms become chronic and interfere with our daily lives and ability to function.

Focusing on some simple actions can alleviate anxiety symptoms - exercise, sleep, nutrition, deep breathing, decreasing caffeine, and creating routine/consistency/structure. You can download a variety of helpful apps onto your smartphone - “Headspace” and “Calm” are two examples. You can also access several YouTube videos for guided meditation and progressive muscle relaxation. I would encourage you to choose one activity you enjoy per day, and do it. Avoiding social media or setting time limits on screen time can help too. Keeping a journal (or more specifically, a daily gratitude journal) can also help with your mental health journey. Remember that often the things you want to do the least are what you should be doing most.

Please know that you matter, and that you do not have to struggle or do this on your own. Please speak to your family doctor. They are here to help, to be compassionate, supportive, and non-judgemental and to assist you. It’s always okay to share how you are feeling, your thoughts, fears, and concerns. You’re human and you matter.


For more information, specifically on anxiety and for tools and strategies, please visit the following website:  
[www.anxietycanada.com](http://www.anxietycanada.com)

811 – Health Line links you to a helping professional right away  
898989- Crisis text line connects you to support 24/7  
306-933-6200 – Saskatoon Mobile Crisis 24/7

## Jacquie Christensen Recognized for Outstanding Volunteer Service

By Laurie Stone,  
Seniors Volunteer Coordinator

Congratulations to Jacquie Christenson, our 2019 Volunteer Recognition Award recipient. Jacquie has volunteered with the Happy Gang/Silver Threads Seniors Group since 2007. Her cheerful attitude and welcoming smile are much appreciated by patients, volunteers and staff alike. Jacquie has been of great assistance in helping new volunteers 'learn the ropes', particularly in the kitchen, where she is well known for making a terrific pot of coffee.

Jacquie contributes tirelessly to CHSA and other organizations including the Saskatoon Food Bank and St. Martin’s United Church. She embodies the co-operative values that we all aspire to and is a most deserving recipient of the Volunteer Recognition Award. 



Jacquie Christenson received her award from Board member Karen Cederwall at the January 16, 2019 semi-annual meeting.



## Gifts to the Saskatoon Community Clinic Foundation

### *In Memory of:*

**James Abel** from Irene Abel  
**Betsy Bury** from Nancy Allan, Sheri Benson, Anne L. Blakeney, John & Ina Brockelbank, Harold Chapman, John Comer, Margaret Fredeen, Dennis Morrison & Linda Holmes, John W. Sheard, Margaret K. Shearer  
**A. Ernest Cardinal** from Theresa Cardinal  
**Alvin Hewitt** from Cheryl M. Hewitt  
**Lynne Higgins** from Allan Peters  
**Diane Hiltz** from Melva McGhee  
**Mrs. P. Holtslander** from Jim Holtslander  
**Bill Hope** from Jessie M. Hope  
**Rae Howe** from Barbara Labatt

**J. Gren Jones** from Isobel Jones  
**Allan W. Krahn** from June Krahn  
**Winona Lambert** from Art & Patricia Adams  
**John H. Matthews** from Clifford Matthews  
**Shirley Jean (Durant) Nixon & I. W. Nixon** from Margaret Durant  
**Alexander & Shirley Smith** from Carol Glazer  
**Walter & Gene Swityk** from Howard & Roxanne Salisbury  
**Dr. Margaret Szott** from Doreen Kerby  
**Thomas Timoshuk** from the Staff and Doctors of the Community Clinic

### *Donations:*

Jack E. Adams, Gary & Beryl Barnes, Catherine Lesley Biggs, Carol V. Blenkin, Elsie Burechailo, Linda A. Charlton, Jacqueline Christenson, Graham Dove & Kathleen Slavin, David Edney, Margaret V. Gauley, Arnold & Deborah Janzen, Ken & Laurel Jensen, Dennis & Beth Johnson, J. & L. Krueger, Marjorie Matheson, G. Allan McGuire, Allan A. McHarg, Gordon & Jane McMurtry, Lillian McMurtry, Patricia Miquelon, Barry Nygren & Debra Gess-Nygren, Lila M. O'Grady, Marjaleena Repo, Michael Rohatynsky & Elizabeth Quinlan, Dvonne Scrivens, Pauline Serienko, Ivor A. & Orca Jean Thokle, Karen Timoshuk, Tanya Marie Veemen, Doreen Walmsley

### *Honouring:*

“For the good care from Dr. Pask, Dr. Holden, Dr. Parent, and Jenna Weese NP” from Marie S. McDonald

*Thank you for your generosity. Donations from February 5th, 2019 to April 30th, 2019.*

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**Editor:** Ingrid Larson

**Editorial Committee:** Carol Glazer, Cheryl Hewitt, Nancy Wilkinson

**CHSA Board of Directors:** Bill Davies (President), Karen Cederwall, Carol Eaton, Fran Forsberg, Heather Hale, Patrick Lapointe, Gertie Paul, Keeley Phillips, Jaris Swidrovich

**Executive Director:** Lisa Clatney

**Board Secretary:** Hazel Javier

Member concerns and comments are welcomed by the Member and Public Relations Department.

Please call 306-664-4243.

ISSN 0015-5195

Canadian Publications Mail Product Sales Agreement 40052408



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 Community Health Services (Saskatoon) Association  
 455–2nd Avenue North  
 Saskatoon, Saskatchewan S7K 2C2  
[www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca)



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