

# Focus

Saskatoon  
Community  
Clinic  
“Your Health  
Care Co-op”



Winter, 2020  
Volume 56, Number 4

Community Health Services (Saskatoon) Association Ltd.  
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## Supporting Inner-city Residents During the Pandemic

By Ingrid Larson, Member and Public Relations Co-director



Joy Hiatt, BSW, RSW



Dr. Markentin

The staff at the Westside Clinic have been supporting the needs of some of the most vulnerable people in our community during the COVID-19 pandemic. Their work has been coordinated through

the Saskatoon Inter-agency Response to COVID-19, a group of over 50 agencies including non-profit and government agencies that provide front-line care.

In the spring the group set up the Essential Services Hubs. With locations in Saskatoon’s core neighborhoods, the Hubs are one-stop, pop-up support centres for clients living in the area. Joy Hiatt, a social worker at the Westside Clinic, and two other outreach workers worked several shifts a week at a Hub in March and April. Their job was to assist drop-in visitors with applying for income assistance on-line, arranging referrals for shelter or housing and distributing emergency food vouchers for people awaiting income assistance.

Joy met a young woman whose circumstances reflect how the COVID-19 pandemic has intensified the struggles vulnerable people face in securing food and housing. The young woman was pregnant, had recently moved to Saskatoon and had been abandoned by her partner. She was struggling to meet the expectations set out by her income support worker. She had to stop by the Hub several times in order to prove that she was indeed trying to secure stable housing. “We would see her on a daily basis and make sure she had some food that day,” said Joy. Eventually the young woman was given a shelter allowance to stay in a hotel until housing could be secured. She was a client about who I thought, “where would she be if we were not here to help her.”

Joy’s redeployment to the Hub brought home to her that the pandemic is creating concerns more far reaching than simply trying to prevent people from getting the virus. “You start to see how much it impacts people in terms of social

*Continued on page 2...*



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### Saskatoon Community Clinic’s Semi-Annual Members Meeting will be held virtually on:

**Wednesday, January 13, 2021**

**Meeting site opens: 6:00 p.m.**

**Meeting time: 6:30 – 9:30 p.m.**

**Pre-registration required by January 6, 2021  
by emailing [agm@communityclinic.ca](mailto:agm@communityclinic.ca)  
or phoning (306) 664-4265.**

**Presentation and Discussion:  
Developing a Unique Value Proposition for  
the Saskatoon Community Clinic**

*See page 3 for more information*

issues. Housing was difficult to acquire before the pandemic. And then you add the effects of the pandemic into their lives and things exponentially become more difficult for them.”

During a virtual press conference in early November, Community Clinic physician Dr. Morris Markentin, reiterated the above point. He spoke about the increase in the number of inner-city patients testing positive for COVID-19 and the state of emergency that existed for them even before the pandemic.

He noted that many of our clients are being told by Public Health to self-isolate, “yet they do not have access to the social supports that most others have in our community. They cannot afford to buy groceries online and have them delivered; they cannot afford to miss work for 14 days or more of self-isolation that is required. This, coupled with housing and shelter needs has a significant negative impact on their health, and has hit home the need for a broader, interdisciplinary coordinated approach in the community.”

At the press conference other agencies spoke to the critical need for affordable housing. The interagency group notes, “Shelter is a human right. With the cold weather approaching and the pandemic looming over us, we need an emergency sheltering plan for asymptomatic people who are homeless and awaiting test results to help keep COVID-19 out of shelters so they can remain open. Additionally, there is a need for a transitional supported housing model with harm reduction supports and intensive case management to ensure that systems, like health, are not creating and perpetuating homelessness and the potential spread of the virus by medically discharging people into homelessness.”

Representatives of the inter-agency group are calling upon provincial ministries, community agencies and the Health Authority to come together for a collective response.

Saskatoon Inter-agency Response to COVID-19 is accepting donations to support their work. Donations can be made through the Saskatoon United Way or the Saskatoon Community Foundation. ❖

## UPDATE: Clinic Services During the Pandemic

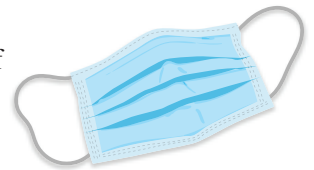
Our healthcare providers are continuing to serve our patients with non-COVID-19 related health concerns so please do not delay making an appointment if you feel one is warranted.

- You must phone (306) 652-0300 first for medical appointments. No walk-ins are being accepted on any day.
- Arrive 5 minutes before your appointment time. This helps us safely manage patient flow at the Clinic.
- Enter the Clinic alone unless you require personal

support. This helps us maintain physical distancing between patients.

- Masking is mandatory with the exception of those under the age of 2. If you arrive without a mask, a cloth or surgical mask will be provided to you depending upon the purpose of your visit.

If you develop symptoms of COVID-19, please refrain from visiting our Clinic. Call Healthline 811 for further direction. ❖



## COVID-19 Pandemic Patient Survey

Since the declaration of the COVID-19 pandemic in March, the Saskatoon Community Clinic has adapted the way in which we deliver our programs and services based on the latest directives from the province and Saskatchewan Health Authority. We are interested in learning how these adaptations have impacted our patients and so we invite you to complete a short survey. Members who provided their email addresses to the Member Relations Department have been sent an electronic version of the survey. However, paper copies are also available to members and patients.

Your participation is voluntary and your decision whether to participate will not impact the healthcare you receive.

If you choose to participate, your answers will be completely confidential and names will not be included in the survey summary report.

To request a copy of the survey, please contact Karlene Britton, Administrative Assistant, Member and Public Relations, at 306-664-4265 or [member.relations@communityclinic.ca](mailto:member.relations@communityclinic.ca). Mailed-in surveys must be postmarked no later than Friday, December 18th.

Thank you in advance for assisting the Clinic in our endeavour to best serve our patients during these unprecedented times. ❖

# Thank you!

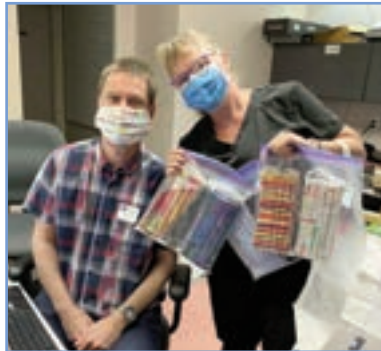
From Lisa Clatney, Executive Director

On behalf of the Saskatoon Community Clinic, a heartfelt thank you to the following people and businesses for donating items that have made life more bearable during the pandemic. Among the many challenges that we have been presented with, these donations have been a much-welcomed and appreciated “silver lining”, making the lives of our staff and patients safer, more comfortable and more enjoyable.

We have been on the receiving end of various donations—from masks, ear savers for masks, hand sanitizer, breakfast sandwiches and even a pizza lunch for staff! This generosity makes us proud to call Saskatoon, and Saskatchewan, our home.

- Arthur Joseph
- Betty Weenk
- Carlson 3D, Rosetown
- Chinese Community Group
- Dr. Leane Pask
- Dr. Stephen Helliar
- Jan Norris and Ken Sailor
- Joan Spicka
- LB Distillers
- Margo Berry
- McDonalds Restaurants
- Mr. Dayong Zhang
- Panago Pizza
- Penny Dyck
- Phuong Bui
- Saskatchewan Medical Association
- Saskatoon Open Door Society

Thank you again! Take care, and stay safe. ❖



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

## Semi-Annual Meeting Notice

**Wednesday, January 13, 2021**

Due to COVID-19 physical distancing restrictions the meeting will be held virtually.

**Pre-registration required by January 6, 2021  
by emailing [agm@communityclinic.ca](mailto:agm@communityclinic.ca)  
or phone (306) 664-4265**

Your membership status will be confirmed and a confirmation email sent to you with the virtual meeting information.

**Virtual meeting site opens: 6:00 p.m.  
Meeting time: 6:30 – 9:30 p.m.**

### Agenda

1. Introduction
2. Summary of minutes of previous annual meeting
3. Interim report of the Chairperson of the Board
4. Approval of annual service fees proposed by the Board
5. Discussion of written resolutions recommending action to the Board
6. Election of directors to fill any vacancy arising since the last annual meeting and not filled by the Board (no positions open at time of publication)
7. Presentation and discussion:

### **Developing a Unique Value Proposition for the Saskatoon Community Clinic**

8. Announcements
9. Adjournment

To be considered at the meeting, resolutions recommending action to be by the Board must be provided in writing and received by **7:00 p.m., January 13, 2021.**

If you would like further information or have a resolution to submit contact Member and Public Relations at 306-664-4265 or e-mail [memberrelations@communityclinic.ca](mailto:memberrelations@communityclinic.ca)

# Facts About Asbestos

*Submitted and adapted by Dorothy Griffith, RN*

*Sources: lungsask.ca, Facts about Asbestos & Asbestos Awareness; Saskatchewan Asbestos Disease Awareness Organization*

Asbestos use continues to raise serious health concerns for which public education is paramount. Asbestos is a durable, inexpensive mineral fibre used to make cement pipes, wallboard, siding, roofing, flooring, plaster, insulation, fireproofing material, ductwork and adhesives. If asbestos fibres are inhaled, it can lead to crippling and fatal diseases including several types of cancer and asbestosis (long-term inflammation and scarring of the lungs causing shortness of breath). There is no safe level of exposure. All forms of asbestos are carcinogenic.

Asbestos was widely used in the 1960s and 1970s in the construction of homes, office and other buildings. As the health effects of asbestos became apparent, many countries, including Canada, placed a ban on the use of asbestos in many products. Even so, Canada still imports tubes and pipes, corrugated sheets and panels, paper, millboard, clothing, and other asbestos based materials.

As a result, certain work environments and occupations continue to be exposed to asbestos including mechanics, asbestos removal workers, millwrights and miners. Additionally, during renovations and repairs to older buildings, construction workers, trades people, building maintenance workers and homeowners may be exposed to very high concentrations of asbestos fibres.

Asbestos is the leading cause of industrial cancer deaths in Canada. In 2010, more than 152,000 Canadian workers were exposed to asbestos in the workplace. A third of occupational cancer deaths are caused by asbestos.

The general population is also at risk of exposure, particularly individuals who live and work in buildings with deteriorating asbestos insulation particularly when the asbestos-containing material is disturbed in some way releasing particles and fibres into the air.

Asbestos is regulated by international, federal and provincial laws. Current federal controls focus on mining, high-risk consumer products and federal workplace exposure. In 2013, the Government of Saskatchewan passed Bill 604 (Howard's Law) making it mandatory to register government buildings containing asbestos.

The info-graphic supplied with this article illustrates the sections of homes which may be of concern related to

asbestos exposure. If you have any health concerns about asbestos exposure, please contact your physician or nurse practitioner.

The following list is provided for those who would like more information about the regulations regarding asbestos and mitigating the health risks.

## Building Permits and Asbestos

As of March 1, 2015, prior to the issuance of a building permit for the demolition, alteration or renovation of a building, an Asbestos Removal Notification form must be completed for any building constructed prior to 1990.

## Saskatoon Landfill and Asbestos

Friable waste asbestos (any material that can be easily crumbled in your hand) can be disposed only at landfills approved by the Ministry of Environment. The City Landfill does not accept asbestos.

## City of Saskatoon Asbestos Registry

City of Saskatoon Building Asbestos Reports are available on the public website:

- City Asbestos Registry

## Provincial and Federal Information on Asbestos

Asbestos in the workplace and with respect to workers:

- Asbestos in Saskatchewan
- Understanding, Identifying, and Handling Asbestos

Managing asbestos in buildings and The Public Health Act (Howard's Law) requirements:

- Guidelines for Managing Asbestos in Buildings

Asbestos abatement:

- Saskatchewan Asbestos Abatement Manual

Asbestos and landfills:

- Policy on the Disposal of Friable Waste Asbestos
- Construction & Demolition Waste Management and Disposal

Upcoming Federal government initiatives on asbestos:

- News Release - Government of Canada to ban Asbestos

Asbestos in the home:

- Canadian Centre for Occupational Health and Safety
- Health Canada 

# ASBESTOS IN THE HOME

Asbestos has been used to make products strong, long-lasting and fire-resistant. Production and use of asbestos have declined since the 1970s. Before 1990, asbestos was mainly used for insulating buildings and homes against cold weather, noise and for fireproofing. It may also be found in some auto parts.



### TIPS:

- Avoid disturbing asbestos materials yourself — there are no significant health risks if materials containing asbestos are tightly bound in products and in good condition; sealed behind walls and floorboards; isolated in an attic; and left undisturbed
- Before doing any major renovations, remodelling or demolitions, reduce your risk of exposure in the home by hiring a professional to test for asbestos
- If asbestos is found, hire a qualified asbestos removal specialist to get rid of it before beginning work
- Asbestos may be found in some replacement car parts; be sure to check with your auto parts dealer before doing any work yourself

FOR MORE INFORMATION: [Canada.ca/health](https://Canada.ca/health)



## *Do We Have Your E-mail Address?*

The Saskatoon Community Clinic sends regular updates to its members by e-mail. If you haven't provided us with your email address we invite you to do so by emailing it to [member.relations@communityclinic.ca](mailto:member.relations@communityclinic.ca)

You can also provide it to Member Relations by phoning (306) 664-4265. Thank you!

# Trauma and Health

## *Instead of “What’s wrong with me?”, ask “What’s happened to me?”*

By Erin Beckwell, MSW RSW (Sask)

Living with violence or abuse at home. Surviving a car accident. Receiving a life-altering health diagnosis. Forced relocation due to disaster or war. If you have experiences like these in your past, they may be impacting your health today.

### *What is trauma?*

There is no universal definition of trauma, and how each person (or community) responds to stressful life experiences is unique. One of the simplest ways to describe trauma is any experience which overwhelms a person’s capacity to cope. Trauma can result from any experience (single event, series of events, or set of circumstances) where our life or safety is threatened (or perceived to be). Trauma isn’t about what happened as much as it’s about what happens inside us as we attempt to make sense of, cope with, and move forward from these experiences – and that depends on things like our:

- Access to appropriate and compassionate supports
- Range of coping skills and strategies, and ability to use them effectively
- Presence of an empathetic and affirming witness (someone who acknowledges their experiences without minimizing, denying, or trying to ‘fix’ them)
- Age, state of development, previous trauma history, overall health, and other characteristics

Trauma disrupts our sense of safety, trust, and control. People who have experienced trauma will go to great lengths to re-establish these, as feeling unsafe and out of control is very distressing and takes a toll on our health.

### *How does trauma impact health?*

No matter when trauma occurs, it can impact our health. This information isn’t new. Researchers, health care practitioners, traditional knowledge keepers, and people who’ve experienced trauma have long been saying that trauma can impact all aspects of a person’s health, often in areas that are far-removed from the original experience.

People with unaddressed trauma often experience physical symptoms such as digestive issues, chronic pain, and conditions associated with increased inflammation due to chronic stress, such as cardiovascular disease and autoimmune conditions. Mental health is often affected –

depression, anxiety, poor relationships with our bodies, food, and movement, substance use, and self-harm may be experienced. In relationships, people with trauma histories often struggle with trust, setting boundaries, safety, and feeling in control.

### *So, what can we do?*

- Increasing our understanding of trauma, how common it can be, and how far-reaching its impact is can be a great place to start.
- Shifting the way we view ourselves and others can help, too. Sometimes the things we label as our greatest “flaws” are actually ways we’ve adapted to cope with the distressing and disruptive effects of trauma. Asking, “What happened to this person?” rather than, “What’s wrong with this person?” is a helpful way of reframing these coping strategies, even if they aren’t always helpful or health-promoting. Acknowledging our creativity and resourcefulness in surviving trauma can move us away from shame and blame and help us feel in control and resilient.
- Reaching out to others when we need support, such as talking to a health care provider, seeing a counsellor, confiding in a trusted friend, or connecting with supportive communities online or in-person, can help us process trauma and explore new ways to cope with its effects.
- Finding activities and practices that support coping with stress and promote a sense of safe, mind-body connection, such as joyful movement, creative expression, participating in ceremony, or meditation can also be helpful.

*Erin Beckwell is a Social Worker with the Public Health Observatory – Population Health, Saskatchewan Health Authority.* ❖



### *Join us on Facebook*

The Community Clinic is now on Facebook. Follow and like our page, Saskatoon Community Clinic Primary Care and Pharmacy.

Receive timely, regular updates about your Community Clinic as well as links to health education resources and community announcements.

# 2020 Annual General Meeting Report

By Ingrid Larson, Member and Public Relations Director

The 58th Annual General Meeting took place virtually on Tuesday, September 29th. There were 86 members in attendance.

Reports of the Board, Executive Director, Medical Director and Auditor were received.

Patrick Lapointe, Chair of the Governance Committee reported that the Board has adopted a new policy whereas Board members are required to obtain a Criminal Record Check, including all appointees to the Board and candidates elected at members' meetings. If an elected or appointed board member has a criminal record that might put the Association at risk the member will be asked to step down. If the member will not resign the Board will put forth a motion to the members at a general meeting asking them to remove the Board member. If you are interested in the policy please ask Hazel Javier, Board Secretary, for a copy.

One resolution was passed regarding provision of medical services for staff-patients by our medical group. The following was agreed to by the members at the meeting.

a) physicians and staff-patients along with representatives of the Board of Directors and Administration meet to seek a resolution that will address physician concerns and protect

the continuation of care for staff-patients at our Clinic; and

b) this process be supported and facilitated by a skilled mediator; and

c) there be a report back on this matter to the Membership at the next Membership meeting.

Five candidates ran for three Board positions. Elected were Sheri Benson, Dominique Rislund and Patrick Lapointe. Heather Hale, Vice-Chairperson thanked departing board members, Karen Cederwall and Dr. Jaris Swidrovich for their outstanding leadership and dedication to CHSA.

Three Communications Committee members were elected by acclamation: Cheryl Hewitt, Carol Glazer and Jill Hodgkinson.

At its first meeting following the AGM, the Board of Directors agreed to the following officers: Heather Hale, President; Patti Warwick, Vice President; Scott Caswell, Treasurer; and Hazel Javier, Secretary.

Thank you to all who participated and for your on-going support of the Association. ❖



AGM Slideshow clip



Sheri Benson



Patrick Lapointe



Dominique Rislund

## New! Appointment Reminders

Upon booking an appointment with our Downtown Clinic physicians, Nurse Practitioners and counsellors, patients will now receive an automated reminder in three ways: text, email and phone call.

You will be prompted to either confirm or cancel your appointment.

If you do not want a reminder, you must choose to opt out by informing the receptionist each time you book an appointment.





## Gifts to the Saskatoon Community Clinic Foundation

### *In Memory of:*

**Alice & Walter Allen** from Bonnie & John Lawrence  
**Glenn Diekin** from James S. Lokken  
**Mom & Bruce** from Paul Henderson  
**Jim Fergusson** from Angie Fergusson  
**Douglas Stewart Harold** from Conal & Margaret Tompson  
**Alvin Hewitt** from Cheryl M. Hewitt  
**Betty & Geoff Hopkins** from Anne Hanson  
**J. Gren Jones** from Isobel Jones  
**Bobby McMillan** from Doug McMillan  
**Rev. D. Umpherville** from Phyllis Umpherville  
**Alexander & Shirley Smith** from Carol Glazer

### *Donations:*

Jack E. Adams, Scott Bell, Catherine Lesley Biggs, Jean-Louis Bilodeau, Ronald Brazeal & Patti Soltys, Heather Anne Brenneman, Gerry & Yvonne Caudle, Mary E. Chapman, David & Jeannette Christensen, Marie R. Colbert, Paul Denham, Michel Desjardins, Graham Dove & Kathleen Slavin, Marie Dunn, David Edney, Marlene Flodell, Margaret J. Gauley, Doreen Hewitt, Patrick Lapointe, Doug & Flo Lavallie, Iain Maclean, Richard McCormick, Barb McDonald, Marie Sherry McDonald, G. Allan McGuire, Ken & Margaret McKechney, Kenneth & Rosemarie Milligan, Mona P. Morgan, Michael Murphy, Dennis Oleksin, Dr. Paula Paley, Frank Patrick, Kathy & Mendel Pauw, Marjaleena Repo, Michael Rohatynsky & Elizabeth Quinlan, Verna P. Sagansky, Patricia Santo, Philippine Schaan-Dumont, John W. Sheard, Kathleen Storrie, Stuart A. Thiesson, Karen Timoshuk, Marlene Tremblay, Tanya Marie Veemen, Doreen Walmsley, Mabel Wiley, Donald Wilson, Kathleen Yaworski, Evelyn Yuzik, Bernard & Ruth Zuk

*Thank you for your generosity. Donations from August 1, 2020 to October 5, 2020*

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For useful information about your clinic please visit our website at: [www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca)

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**Editorial Committee:** Carol Glazer, Cheryl Hewitt, Jill Hodgkinson

**CHSA Board of Directors:** Heather Hale (President), Patti Warwick (Vice-President), Sheri Benson, Fran Forsberg, Marianne Jurzyniec, Patrick Lapointe, Gertie Paul, Dominic Rislund, Sherri Swidrovich

**Executive Director:** Lisa Clatney

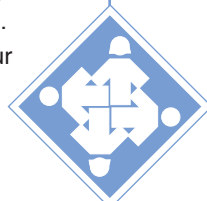
**Board Secretary:** Hazel Javier

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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