

# FOCUS

Saskatoon  
Community  
Clinic  
“Your Health  
Care Co-op”



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## The ConnectR Story

By Carrie Catherine Horachek, Coordinator, Reconciliation Saskatoon and ConnectR



Carrie Catherine

*“Reconciliation is not an aboriginal problem—it is a Canadian problem. It involves all of us.”  
- Justice Murray Sinclair*

These words, by one of three commissioners who led the Truth and Reconciliation Commission (TRC), are a strong reminder that we all need to participate if we are to build bridges and create equity for all people in our country. As the Coordinator for Reconciliation Saskatoon, I work with Indigenous and non-Indigenous peoples, newcomers, Elders, residential school survivors, youth and others to build opportunities and initiatives to engage more people in reconciliation.

Reconciliation Saskatoon is a community of over 115 organizations including non-profits, government agencies, businesses and other partners that have come together to foster reconciliation. Since 2016, we’ve organized the Walk for Reconciliation, drawing thousands of people to Saskatoon’s Victoria Park to show their commitment to reconciliation. We organize monthly learning events, Orange

Shirt Day activities, and have created ConnectR online tools that help people find and respond to the Commission’s Calls to Action as they begin or continue their path of reconciliation.

While Reconciliation will mean something different to everyone, we believe Reconciliation is about Indigenous and non-Indigenous Canadians working together to create a new shared future based on:

- a shared understanding of Canada’s history,
- authentic relationships,
- strong, thriving cultures, and
- social and economic systems that represent us all.

We are constantly mindful that an important part of Reconciliation is understanding its origins in the Truth and Reconciliation Commission of Canada. The TRC’s mandate was to inform all Canadians about what happened in Indian Residential Schools by documenting the truth of survivors, families, communities, and anyone personally affected by the Residential School experience. In addition to addressing the TRC’s Calls to Action, we also align our work with the United Nations Declaration on the Rights of Indigenous Peoples (UNDRIP) and the Calls to Justice that resulted from the inquiry into Missing and Murdered Indigenous Women & Girls and Two Spirit peoples (MMIW2S). We continually return to these foundations to ensure we’re working in the right direction and fostering change.

### ConnectR

ConnectR includes two on-line tools: a website and a Facebook group. Anyone can participate through these on-line tools to help them in their personal journey of Reconciliation. They were created because we realized that

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many people wanted to get involved in Reconciliation, but they didn't. Sometimes they were overwhelmed by resources, and didn't know where to start; sometimes they did nothing for fear of doing the wrong thing.

The website lists hundreds of calls to action—for example, first steps that people can take to start their Reconciliation journey. We have linked each call to action to a website, article, book or video that can be read or viewed to learn more about Indigenous people and how, together, we can work towards Reconciliation. We have also organized these calls to action according to where people might be in their journey, "Reconciliation 101" or their own interests such as art, music, food or work to name a few.

Our process for building these important tools involved forming a committee of Indigenous and non-Indigenous people who participated in planning meetings and brainstorming sessions. The group included Elders and Residential School survivors who, at each meeting, guided us, taught us, and informed our process. We have developed a set of Guiding Principles to make sure our process is connected to Elders, Survivors, and Indigenous communities and ways of knowing. Our project name, logo and content were all developed through consultation with these groups. Our work is also informed by sessions we held with youth and members of our broader community.

## How to be a ConnectR

We encourage you to join us in your Reconciliation journey. The first step is to visit [www.beaconnectr.org](http://www.beaconnectr.org) and find a call to action that resonates with you. Fulfill that action. It's that simple. It's about learning and taking action and then repeating that cycle as you grow what you know.

In addition, if you are a Facebook user, you can take part in Reconciliation Challenges. Participants sign up for eight weeks. Every week they choose a call to action from the [beaconnectr.org](http://beaconnectr.org) website and then post on the Facebook page about how they have fulfilled the action. This might include reading a book, watching a movie or attending an event. Sometimes it helps us take action when we have a community of support and are accountable to others which is the appeal of the Challenges!

We invite you to visit us on our website or Facebook page to stay updated on initiatives and events in which you can participate. On the last Wednesday of each month, we host Reconciliation Conversations—an hour of casual community conversation to support each other on this journey. Visit our events page to stay posted.

For more information visit [www.beaconnectr.org](http://www.beaconnectr.org) or our Facebook page [facebook.com/beaconnectr](https://facebook.com/beaconnectr) 

## Keep a List of Your Medications & Medication Allergies

*Submitted by the Community Clinic RNs*

Stay on top of your health by keeping a complete list of all your medications with you at all times. 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
- 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.

As an example, your family doctor or nurse practitioner may not be aware of new prescriptions recently added or changed by a specialist. In addition to specialists, be sure to include prescriptions from walk-in or ER providers, your optometrist and dentist as well. Keep your medication list current by adding new medications and eliminating any that have been discontinued. 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](https://safemedicationuse.ca/tools_resources/medication_list.html). Check out this website for downloadable medication lists/wallet cards and smart phone apps. 

# Your Foundation is Looking for Monthly Donors

By Michael Murphy, Saskatoon Community Clinic Foundation Board Member

The board and staff of the Saskatoon Community Clinic are grateful for every donation made to the Foundation. However, our monthly donors provide steady income that allows the Foundation Board to allocate funds throughout the year for equipment, programs and services needed to carry out our specialized work at both the Westside and Downtown Clinics.

As Foundation directors we ask you to consider becoming a monthly donor. Donations, large or small, all help the Saskatoon Community Clinic. Monthly donations can be set up using your credit card or through an arrangement with your financial institution. To make monthly donations by credit card visit the Saskatoon Community Clinic Foundation page at [CanadaHelps.org](http://CanadaHelps.org). To set up monthly donations from your credit union or bank account contact Scott Caswell, Controller at (306) 664-4214.

One year-end tax receipt is issued for the total amount of your monthly donations.

The Saskatoon Community Clinic provides so much for us so please consider joining our current monthly donors as a way of giving back for the many services it provides with compassion and professionalism. Our health care co-operative is unique in so many ways – our community work, our Westside Clinic work and so much more. It is also our favourite place to be when we are in need of health care or good advice. So please, become a monthly donor. ❖

## Funding proposals for 2021 include:



Specialized books, toys and games for the Clinic's new Child & Youth Counselling Program

## Member Involvement Opportunities

### Board of Directors and Communications Committee

The Nominating Committee is recruiting candidates for election at the June Annual General Meeting.

Candidates' Packages, with background information, are posted on the Saskatoon Community Clinic website.

If you are interested but would like further information contact Member and Public Relations at [member.relations@communityclinic.ca](mailto:member.relations@communityclinic.ca) or phone (306) 664- 4243.

Thanks to all for your interest!



The Saskatoon Community Clinic was pleased to be one of the pilot sites in Saskatoon to offer the Pfizer COVID-19 vaccine to Phase 1 patients. Seen here are Christine and Ed Karpinski. More information on the COVID-19 vaccine can be found at <https://www.saskatchewan.ca/COVID19-vaccine>.



# Congratulations 2021 Award Recipients

By Ingrid Larson, Member and Public Relations Director

At the January 13, 2021 Semi-annual Members meeting the Board of Directors recognized three members for their outstanding contributions to the Saskatoon Community Clinic. Members Anne Doucette and Michael Finley received the C.A. Robson Award that honours those who, through their affiliation with the Association, have provided superlative service embodying the values of compassion, cooperation and commitment. Donna Phoenix received the Volunteer Recognition Award awarded annually to a member who has given outstanding volunteer service.

## C.A. Robson Award for Outstanding Service

*Anne Doucette and Michael Finley*



Anne Doucette and Michael Finley are long-time active members of our co-operative. Anne served on the Board of Directors from 1981 to 1983 and from 2003 to 2018. During her second term she served as President for six years. Anne was active on committees, was a representative to the Saskatchewan Community Health Co-operative Federation, the Canadian Association of Community Health Centres, the Saskatchewan Association of Health Organizations and the Saskatchewan Co-operative Association among other responsibilities.

Michael Finley, Anne's partner, has also been active in many different ways. Currently, Michael is the Vice-President of the Saskatoon Community Clinic Foundation and a member of the Saskatoon Community Clinic Seniors Advisory Council. He has served on the Focus Editorial Committee, written articles for the Focus newsletter and presented information at Seniors of Tomorrow educational sessions. Michael also brings legal knowledge of many matters - for example, elder care and abuse.

“Both Anne and Michael are activists for improvements in health and social policy that preserves and enhances publicly funded health care as well as public policy to improve the social conditions that affect health status,” noted Patrick Lapointe when presenting the award on behalf of the Board.

He further noted, “Anne and Michael are active participants in membership meetings, celebrations and events such as membership days. They are both knowledgeable about the history of our co-operative as well as the current services and programs of the Saskatoon Community Clinic.”

“Anne and Michael work collaboratively with all those they interact with at the Saskatoon Community Clinic. They always take an interest in getting to know staff and members and publicity recognize the efforts being undertaken by the Association,” said Lapointe.

It is the contributions of members such as Anne and Michael that makes our co-operative Association a strong force in the community, both as a deliverer of primary health care services and as an advocate for improvements in publicly funded health care.

## Volunteer Recognition Award

*Donna Phenix*



The Facilities and Operations Department is dependent upon volunteers to maintain the landscaping at the front of the 2nd Avenue Clinic. The Saskatoon Community Clinic is pleased to honour Donna Phenix for her exceptional commitment in this role.

Celine Schlosser from our Facilities and Operations Department works closely with Donna. She notes that “Each spring Donna is excited, self-motivated and begins to

organize, research and determine which plants are most suitable – well before the rest of us start thinking about gardening. Not only is she conscious of cost, but she also donates plants. Donna comes equipped with all the necessary tools for the project. Her love of plants and her joy in volunteering is infectious.”

Donna was instrumental in the Saturday Planting Bee in the

spring of 2019, when perennials were added as the finishing touch to the rejuvenated front-of-building landscaping.

We thank Donna for prepping the soil, planting the bedding plants, weeding, pruning, cleaning and her constant care and attention ensuring all plants thrive from spring planting right up to winter’s first appearance. We receive many compliments about her great gardening skills. ♦



## COMMUNITY CLINIC PHARMACY

www.saskatooncommunityclinic.ca

The Community Clinic has pharmacy locations conveniently located at both clinic locations. Pharmacists, along with Medication Technicians, can be an integral part of your health care team.

Here are some of the services offered –

- Medication bubble packaging to help clients manage their medications easily and safely
- Medication reviews one-on-one with a pharmacist
- Convenient refill ordering options (through website, text, telephone or our members app)
- 100-day supply for most medications
- Transferring prescriptions, in most situations, between Canadian pharmacies, to improve access to prescriptions
- Basic medication compounding
- Medication reconciliation at hospital discharge
- Naloxone kits for opioid overdose reversal
- Pharmacist-initiated prescriptions for minor ailments and self-care (examples include mild acne, Gastroesophageal reflux disease (GERD), cold sores, headaches, musculoskeletal pain, oral thrush, shingles, erectile dysfunction, hormonal contraceptives, nail fungus).
- Emergency contraceptive prescribing (ECP)
- Smoking Cessation Counselling
- Injection services, such as administering the flu vaccine
- Opioid Assisted Recovery Services (methadone and suboxone dispensing) at out Westside location
- Direct Observed Therapy (DOT) which involves witnessing the administration of certain medications to optimize medication adherence and/or to reduce abuse potential.
- Free city-wide prescription delivery
- Medication disposal

The Saskatoon Community Clinic Pharmacy can be reached at 306-664-4277 (Downtown location) and 306-986-2906 (Westside location).

# The Forgotten Public Health Emergencies

By Dr. Jacelyn Hanson and Dr. Larissa Kiesman

Saskatchewan, historically, has been a province of innovation – leading the way with Medicare for our country and ensuring that no one is left behind. This is an important part of our identity. Yet, with the rise of COVID-19 cases, many are being left behind struggling with loss of income, loneliness and isolation, mental health issues and, sadly for some, loss of life.

We are asked to stay home but what about those who do not have a home? For some, it is not just an inconvenience, but an impossible task. Homelessness and lack of safe, stable housing are not new issues but have only been amplified by the COVID-19 pandemic. There has been an increased demand for safe shelter, and yet, due to COVID-19 precautions, there has been a decrease in the number of shelter beds. Without safe and adequate housing, how are individuals expected to survive day to day, let alone follow the public health recommendations? Staying at home, avoiding crowds, social distancing, washing one's hands frequently and isolating when needed are recommendations that are essential in preventing illness and curbing the spread of COVID-19 but these recommendations are close to impossible to follow when you are homeless.

The provincial government has provided much needed funding for temporary shelters for individuals required to self-isolate but who do not have safe, stable housing in which to do this. This helps lessen the spread of COVID-19 in the community but is only a short-term measure to get us through the pandemic. COVID-19 has shone the spotlight on the dire need for long term stable housing solutions.

And while the number of COVID-19 cases and COVID-related deaths continue to rise, there are other crises in its shadow that we cannot continue to ignore. The opioid crisis continues to increase in Saskatchewan as does the rate of HIV infection.

In 2020 and continuing into 2021 a record number of individuals have died of, or are suspected to have died from, overdoses. According to the Saskatchewan Coroner's report there were 345 suspected and confirmed toxicity deaths in 2020, more than double the cases in 2019. In 2021 there were already 75 confirmed and suspected cases. They are not numbers or statistics – they are daughters, sons, fathers, mothers and valued community members, just like those we are losing to the COVID-19 pandemic. As the opioid crisis deepens, Saskatchewan's HIV crisis continues in parallel. Saskatchewan has the highest HIV diagnosis rate per capita in Canada (2.4 times the national average) and,

unfortunately, the trend is not slowing. While COVID-19 has particularly dire consequences for our elderly, the HIV and opioid crises are targeting our young.

We, as a community and a province, need to demand better from our government, health authority and social services system. Homelessness, the opioid crisis and Saskatchewan's HIV epidemic are public health emergencies that existed pre-COVID, and have been further magnified by the pandemic. They have been ignored for far too long and, because of this, those affected are even more vulnerable in the face of the COVID-19 pandemic. Not dealing with these issues head-on affects us all; our communities, our hospitals, and climbing numbers of needless and preventable deaths. We can do better. We need to do better.

Certainly, we have proven in the past that Saskatchewan people can be the leaders and innovators in the country for how to respond to crisis. As individuals we have listened and done our part when our leaders pleaded with us to do so. Now it is time for our leaders to do the same – do your part, lead and innovate with targeted effective strategies that get people out of the depths of homelessness and poverty. We can commit to staying home and now we ask that our government commit to effectively and efficiently managing the epidemics that are driving the spread of COVID-19 among the most vulnerable.

*Dr. Jacelyn Hanson and Dr. Larissa Kiesman are family physicians at the Saskatoon (Westside) Community Clinic. They provide primary healthcare to some of the most vulnerable in our community including those in need of stable housing, people who are low income and those experiencing addictions. This opinion piece was originally published in the Saskatoon Star Phoenix and the Regina Leader Post. ❖*



## Join us on Facebook

The Community Clinic is 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.



## What can I expect when I have a referral to a dietitian?

Adapted from [unlockfood.ca](http://unlockfood.ca)

Your doctor or nurse practitioner may have suggested that you visit a dietitian, or you may have decided that you want to speak to someone about healthy eating or your diet. Working with a dietitian is the best way to get personal advice about food and lifestyle choices that can affect your health. They will help you identify eating habits and patterns, answer any questions about food or nutrient needs, and give you knowledge and skills to help you make the most out of your food choices.

### What happens when I see a dietitian?

The first appointment, whether it be in-person, or on the phone, will be about 45 minutes to 1 hour. During this appointment, your dietitian will ask you questions to get to know you and the reason you contacted them. You may want to make changes in the way that you eat, have a food allergy, digestive issue, or you have a nutrition-related health condition like diabetes, heart disease, or high cholesterol. Each person's reason for speaking with a dietitian is different. A dietitian's job is to work with you as a partner to look at your needs and set goals.

Your dietitian will need specific details about you to give you personal and practical information that you can use. The questions your dietitian will ask you will depend on the reason you are visiting them.

### What kinds of questions will a dietitian ask me?

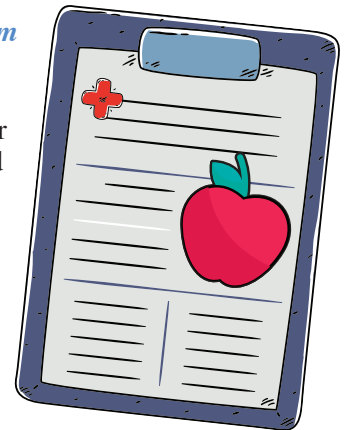
Your dietitian may ask you about:

- Your medical history, reason for visit
- Your health goals
- Your current diet, eating pattern
- Height, weight and age (to assess nutrient needs)
- Food preferences, cultural restrictions
- Your food budget and any challenges accessing or preparing food
- Other relevant questions if needed

Asking these questions will help your dietitian get an idea of your diet and lifestyle and any healthy or unhealthy habits that you have. It also gives them the information that they need to do a nutrition assessment. This means that your dietitian can figure out if you are getting too much or too little of anything in your diet.

### What will I take away from my first visit with a dietitian?

Your dietitian will consider your personal goals, culture and food traditions. They will think about the information that you have given them about your diet history, medical history, eating patterns, personal preferences and create a nutrition plan for you.



Always feel free to ask your dietitian questions or let them know about any concerns that you have during your appointment.

### Will I have a follow-up appointment?

You should expect to have a follow-up appointment. Diet and lifestyle changes are a gradual process and learning new information and skills can take time. Follow-up appointments are generally shorter. You and your dietitian can decide on the number of appointments that you need and when they should be.

During a follow-up appointment, your dietitian will track your progress, provide you with more tips and information, adjust your nutrition plan based on how things are going, and discuss the next steps. These appointments allow you to ask questions, talk about what's going well, what's not going well, learn about new tools or resources and receive support and feedback from your dietitian.

### How to access Saskatoon Community Clinic dietitians

Intake is restricted to patients of Community Clinic doctors and nurse practitioners. Registered Dietitians will see patients of both the Downtown Clinic and Westside Clinic locations.

If you are interested in a consultation with one of the Saskatoon Community Clinic's dietitians speak to your physician or nurse practitioner to arrange a referral.

### How to access a dietitian in my community

- Ask your provider for a referral
- Eat Well Saskatchewan [www.eatwellsask.usask.ca](http://www.eatwellsask.usask.ca)
- Find a dietitian [www.dietitian.ca/find](http://www.dietitian.ca/find) 



## Gifts to the Saskatoon Community Clinic Foundation

### *In Memory of:*

**Bette & Roy Atkinson** from Bob Atkinson, Leta Atkinson, Mike Atkinson, Patricia Atkinson, & Wenda Atkinson  
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