



# Saskatoon Community Clinic

## E-Newsletter

April 2021

Volume 11 Number 1

### BOARD OF DIRECTORS AND COMMUNICATIONS COMMITTEE

#### NOMINATIONS OPEN

Nominations are open for the Board of Directors and Communications Committee. Three positions are available for the Board of Directors and one position for the Communications Committee. Elections will be held at the Annual General Meeting in June 2021. By putting your name forth you will be able to get involved with others in the community who share similar interests and concerns, and help the Saskatoon Community Clinic fulfill its vision of healthy people in a healthy community.



More information is available in the [2021 Candidates Package](#) available on our website.

### COVID-19 VARIANTS OF CONCERN (VOC)

As you have heard about in the news, the COVID-19 Variants of Concern (VOC) are in Saskatoon. They can result in more illness, hospitalizations and deaths. Variants are the COVID-19 virus that has changed or mutated. Right now in Saskatoon and across the country we need to continue to do 'what works' to prevent community transmission, but we need to do them better. More information about the variants, how to reduce transmission and ways to keep your family, friends and other community members safe is available on a [factsheet](#) developed by the Saskatoon Inter-agency Response to COVID-19.

Appointments are available for non-COVID-19 related health concerns so please do not delay making an appointment if you feel one is warranted. If you develop symptoms of COVID-19, please refrain from visiting our Clinic and visit [www.saskatchewan.ca/COVID-19](http://www.saskatchewan.ca/COVID-19) or call 811 for further direction.

Click on the logo below to learn about the COVID-19 Vaccine Plan



## SUGGESTIONS FOR COPING

The Saskatoon Community Clinic Counselling Group has identified resources that may be helpful for those experiencing the emotional effects of the COVID-19 pandemic. As counsellors, they know that it can feel difficult to navigate life during this time, and that is okay. There are no guidelines or rules. They encourage you to be okay with the uncertainty, and know you are doing the best you can with the circumstances.

If you are feeling overwhelmed, keep tasks and expectations for yourself simple. For example, if you like running but cannot find the motivation, try a walk, or sitting outside. Another example is, if you enjoy reading, but cannot concentrate, try listening to music or a podcast. Be kind and gentle to yourself. If you are feeling lonely, reach out to people. If you are struggling and find the days are getting harder, please reach out to your family doctor, or other supports, and they can explore ways to help. It is okay to ask for help and know you are not alone in this. Here are some resources to help you cope:

What to do if I am worried and anxious about COVID-19:

- [Anxiety Canada](#)
- [Canadian Mental Health Association](#)
- [Government of Canada Mental Health Wellness](#)
- [Online Therapy Unit](#)
- [Tolerance for Uncertainty: A COVID-19 Workbook](#)

Supporting Children and Older Family Members

- [Anxiety Canada](#)

Coping with Loneliness

- [Canadian Red Cross](#)

General Mental Health Support

- [Government of Canada Mental Health Wellness](#)
- [Self Help Resources for Mental Health Problems](#)
- [Centers for Disease Control and Prevention](#)



## CANADA'S OPIOID OVERDOSE CRISIS

The opioid overdose crisis is worsening during the COVID-19 pandemic with many communities reporting record numbers of opioid-related deaths, emergency calls and hospitalizations. The Government of Canada has developed resources to support you and others in this crisis. Click on the logo for more information to:

- Help end the stigma
- Get help with substance abuse and addiction
- Help prevent opioid overdose



## THE CONNECTR STORY

Reconciliation Saskatoon has online tools to help people respond to the Truth and Reconciliation Commission's Calls to Action as they begin or continue their path of Reconciliation. They include a website and Facebook group. The website lists hundreds of calls to action – for example, first steps that people can take to start their Reconciliation journey. Each call to action is linked 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. The Facebook group allows participants to sign up for eight weeks; each week you choose a call to action from the website and then share on the Facebook page how you have fulfilled the action.



To learn more visit [www.beaconnectr.org](http://www.beaconnectr.org) or [www.facebook.com/BeAConnectR/](https://www.facebook.com/BeAConnectR/)

## YOUR FOUNDATION IS LOOKING FOR MONTHLY DONORS

While the board and staff of the Saskatoon Community Clinic are grateful for every donation made to the Foundation, 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. The Saskatoon Community Clinic provides so much for us, so please consider joining our current monthly donors.

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 click [www.canadahelps.ca](http://www.canadahelps.ca) . To set up monthly donations from your credit union or bank account contact Scott Caswell, Controller at 306-664-4214.



**MAKING A REAL DIFFERENCE**  
SASKATOON COMMUNITY CLINIC FOUNDATION INC.

## SHAPING THE FUTURE OF LONG-TERM CARE STANDARDS

The Saskatoon Community Clinic's Seniors Advisory Council invites you to participate in shaping the future of Long-Term Care (LTC) standards. The [Standards Council of Canada \(SCC\)](#), [Health Standards Organization \(HSO\)](#) and [Canadian Standards Association \(CSA Group\)](#) are working collaboratively on developing two new standards for Long Term Care.

In light of the ongoing COVID-19 pandemic, HSO is working to bring the voice of residents, families and the LTC workforce to the forefront of developing safe, reliable and high-quality care practices. They want to hear from Canadians about what matters most when it comes to long term care and invite you to participate by completing a survey (click on the box below). Your responses will help shape what an optimal future state of LTC ought to look like in Canada.

[COMPLETE THE SURVEY](#)

## 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, health education resources, job postings, and community announcements.



(Click on logo above)

## FOCUS SPRING 2021 NEWSLETTER NOW AVAILABLE ON OUR WEBSITE

Stories Include:



(Click on logo above)

- *The ConnectR Story*
- *Congratulations 2021 Award Recipients*
- *The Forgotten Public Health Emergencies*
- *What can I expect when I have a referral to a dietitian?*

## 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).**

*The Saskatoon Community Clinic respectfully acknowledges that we are situated on Treaty 6 territory and traditional lands of First Nations and Metis people.*

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

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

[saskatooncommunityclinic.ca](http://saskatooncommunityclinic.ca)