



Saskatoon Community Clinic

# E-News

April 2018

Volume 8, Number 1

## Landscape Design Volunteer Needed

Do you have the skills and knowledge to plan a green space or flower beds? We are recruiting a volunteer to assist in the overall design of the Tribute Garden being planned for the front of the Downtown Clinic Building.

You will work closely with a team of staff and volunteers to help design the space. We have ideas about the design but need an experienced landscape volunteer to help us pull together our ideas into a cohesive plan.

We are looking for someone who is able to commit to working with us, during daytime hours, over the next six months to create the plan. We expect the planting and installation to unfold over several years. The Landscape Volunteer can choose to assist with the installation and planting or help with the design only.

If you are interested in joining our team doing this work contact Mel Langer Reception and ask for Wilson at (306) 664-4283 or email [member.relations@communityclinic.ca](mailto:member.relations@communityclinic.ca).

### Downtown Clinic

455 2<sup>nd</sup> Ave N  
(306) 652-0300

### Westside Clinic

1528 20<sup>th</sup> Street West  
(306) 664-4310

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

## Recruiting Board Members

Our Board of Directors is recruiting new board members and invites applications from members who are interested in using their expertise to make a difference in their own community. We are looking for board members that represent the diverse population served by the Saskatoon Community Clinic. Candidates should be energetic, strategic thinkers who value collaborative, person-centred care and who would like to help build our vision of healthy people in a healthy community. Three positions are available with elections taking place at the AGM on June 20, 2018.

For more information email [member.relations@communityclinic.ca](mailto:member.relations@communityclinic.ca) or phone (306) 664-4243.

## Seniors of Tomorrow Workshops

It's not too late to participate in our spring line-up:

**Psychology of Safety** - Wednesday May 9<sup>th</sup>, 2018. Know your Limitations, Stay Safe and Healthy Presented by Professor Valery Chirkov, Faculty Department of Psychology, U of S

**"Meri Misfits"** - Wednesday June 13, 2018. The Meri Misfits perform songs and fun skits with a serious message, drawing attention to the hazards of falling and other situations dangerous for older adults in a fun way. Presented by the Meri Misfits.

All are welcome, sessions run from 2 to 4 p.m., Mel Langer Building, 424 1<sup>st</sup> Avenue North

## **Saddle up and Have Some Fun on Your Ride to Work Bike to Work Day YXE**

Choose active transportation during Bike to Work Day YXE: May 16, 2018 for a chance to win prizes, enter challenges and enjoy grab-and-go refreshments at Commuter Stations all over Saskatoon! We encourage our members to participate in 2018 Bike to Work Day.

The Saskatoon Community Clinic will be hosting commuter stations at both the Downtown and Westside Clinic. We would love to see members drop by to say hello on their bike as they go about their daily activities be it work, participating in a volunteer program or getting out and having some fun (hint: people who are between jobs or retired can still participate).

We are also looking for volunteers to help at our commuter stations. Volunteers would need to be available for about one hour between 7 a.m. and 9 a.m. Contact Member and Public Relations at (306) 664-4243.

## **Community Safety Seminars**

The Saskatchewan Safety Council is hosting the first annual Community Safety Seminar at Prairieland Park on May 15-17. On May 15<sup>th</sup>, they are addressing **Senior Safety** with topics related to dementia, physical activity, and age-friendly communities. May 16<sup>th</sup> is the topic of **Youth Safety**, covering issues such as mental health, the state of youth in Saskatchewan, and multiculturalism.

The Community Safety Seminar will gather together presenters, thought leaders, businesses, organizations, and like-minded individuals to learn about, discuss, and strategize ways in which participants can Work Together to Achieve a Safe Saskatchewan. The Senior and Youth days are free to attend (registration is required). They include local area speakers and networking opportunities. Both days close with an interactive session involving participants. You can attend one or both.

To find out more information, go to their website: <http://www.sasksafety.org/events/community-safety-seminar>. If you want to register, use this link: <http://www.sasksafety.org/events/community-safety-seminar/community-safety-seminar-registration>

## **CPAP Benefit in Saskatchewan**

The Saskatoon Community Clinic Respiratory Therapist has asked that we inform our patients about changes to the CPAP benefit in Saskatchewan. Eligibility criteria have been updated to align with most jurisdictions in Canada and reflect current standards of care. For more information about program eligibility visit the Saskatchewan Lung Association website at [sk.lung.ca/news-room](http://sk.lung.ca/news-room) or phone Dorothy Griffith, RN, Certified Respiratory Educator at (306) 652-0300.

## **New Worlds Explored – New Friends Discovered**

Registration has begun for the summer 2018 Saskatchewan Co-op Youth program camps. This summer leadership program for ages 12 – 18 is celebrating 90 years with this year's theme "New Worlds Explored. New Friends Discovered." Saskatoon Community Clinic has sponsorships available. Phone (306) 664-4243.

## **Invest in the Future of Your Health Care Co-operative**

Your gifts to the Saskatoon Community Clinic Foundation are invested in new programs, equipment, therapies, research and resources that improve the quality of health care for Clinic members and the community.

You can donate in-person at reception, by mail or online at [www.canadahelps.ca](http://www.canadahelps.ca).

Your donation will be recognized in our newsletter *Focus*, can be made in memory of another and an income tax receipt is issued. Monthly gifting and planned gifts are also always welcomed.

Thank you to all for your support of our Foundation!

### **Focus Spring 2018 Newsletter Now Available on our Website**

The Spring 2018 Focus member newsletter is now available on our website. Stories include:

- New Community Clinic Pharmacy Opens
- Semi-annual meeting report
- Supporting a cause you believe in
- Joan Bell receives volunteer award
- Controlling dust mites
- Making smarter and effective health care choices

<http://www.saskatooncommunityclinic.ca/focus-newsletter/>

For more information about the services and programs offered by your health care co-operative visit [www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca)

*Thank you for your on-going support of the Saskatoon Community Clinic.*