



Saskatoon Community Clinic

E-Newsletter

October 2018

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2018 INFLUENZA IMMUNIZATION OPTIONS

There are several options available for you to have the opportunity to receive your seasonal Influenza Immunization at the Community Clinic.

Community Clinic Pharmacy

The influenza vaccine is available at the **Community Clinic Pharmacy** beginning **October 22** for those ages 5 and older to any member of the community whether or not they are a patient of the Saskatoon Community Clinic. The Pharmacy staff encourages you to make an appointment especially during the first two weeks of immunization availability. Walk-ins will also be accepted pending the Pharmacist's availability. Call **306-664-4277** to make an appointment.

Downtown Clinic Patients

Commencing **October 26** Downtown Clinic patients 6 months of age or older may drop in for influenza immunization from **9:00 am to 4:30 pm at the Mel Langer Building, 424 – 1st Avenue North**, on the following dates:

Friday, October 26

Monday, October 29

Friday, November 2

Monday, November 5

After November 5 appointments can be made with the Appointment Nurse at the Downtown Clinic by phoning **306-652-0300**.

Westside Clinic Patients

Community Clinic Pharmacy – Westside can provide influenza immunizations on a drop-in basis for those 5 years of age and older. Commencing **October 22** Westside Clinic patients may drop in for influenza immunization anytime Westside Clinic is open. Patients must be 6 months of age or older.

Public Health Locations

Public Health will be providing free influenza immunization clinics at locations throughout Saskatchewan. Information about times, dates, and locations are available on the following website: www.4flu.ca.

For your safety you will be asked to wait 15 minutes after your flu vaccine to ensure there is no reaction.

For more information on the **Seasonal Influenza (Flu) Immunization Program** visit <https://www.saskatchewan.ca/residents/health/accessing-health-care-services/influenza-immunization#who-should-get-the-flu-vaccine>



SENIORS OF TOMORROW

Plan to attend the following upcoming Seniors of Tomorrow Education Series, a drop-in health education program for Community Clinic members and patients. Located in the **Mel Langer Building, 424 1st Ave North** on **Wednesdays from 2:00 – 4:00 pm**

For more information contact **Elaine Weisgerber, Seniors' Counsellor 306-664-4232**,
Counselling & Community Services Department

Health Information Online

Come join Dr. MacLean for a presentation on how to find reliable health information using the internet; discussion to follow. As a medical professional, she has special interest in patient self-care and education. She will recommend resources with credible health information.

Race & Stereotypes

Understanding and Addressing Stereotypes in Canada
"What is Race?" & "How Do We Address Racial Stereotypes?" Dr. Thompson will explain how widely held ideas about "Race" are not supported by scientific evidence and the history behind the term. Special attention in this presentation is given to Settlers/First Nations relations in Canada.

CHSA HANDICRAFT CLUB

4th Tuesday of the month from 1:30 to 3:30 p.m.
Mel Langer Building, 424 1st Avenue North

Don't be shy! The Handicraft Club is open to any members who like to do crafting including knitting, crocheting, sewing, wood working, baking etc. Participation in craft groups is known to support people in maintaining good health and social well-being. In addition to the meetings, on the 1st Tuesday of the month the Club holds a Showcase Sale at the back door of the Downtown Clinic from 9:00 – 2:00 p.m. Proceeds are used to purchase patient comfort items.

Thank you to the hard working members of the Handicraft Club who recently agreed to fund the following items: children's play equipment for the Downtown Clinic and Pharmacy; benches for the Community Clinic Tribute Garden; art supplies for the Westside and Downtown Clinic waiting rooms and kitchen supplies for the Westside Clinic community kitchen space.

Contact Member Relations if you are interested in participating at **306-652-0300 ext. 265** or member.relations@communityclinic.ca

SWITCH ZOMBIE RUN

The Saskatoon Community Clinic is pleased to continue its partnership with the Student Wellness Initiative toward Community Health offered out of the Westside Clinic. The students are holding their 5th Annual Zombie Run on October 13. Register as a runner or Zombie at www.switchzombierun.ca

IT'S NOT TOO LATE TO COMPLETE OUR PATIENT INFORMATION SURVEY!

As follow up to Patient and Family Centred Care feedback received at the January 2018 semi-annual meeting, and on a recent patient survey, we want to learn more about our patients' and members' specific health information and communication preferences. If you haven't done so yet, we would truly appreciate you taking about 10 minutes to complete the following survey. Responses will be accepted online until October 31. Following October 31, paper copies will be available for those who have not yet participated. By providing us with your thoughts, you will be helping the Community Clinic determine how to best respond to the information needs of the people it serves.

Please visit <https://www.surveymonkey.com/r/InformationandCommunicationSurvey2018> to start the survey.

SASKATOON COMMUNITY CLINIC FOUNDATION

Your gifts to the Saskatoon Community Clinic Foundation are invested in programs, equipment, therapies, research and resources that improve the quality of health care for members and the community. You can donate in person at reception, by mail, or online at 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!

SLEEP APNEA SUPPORT GROUP

Twice annual meetings are currently held, each with an education component and discussion about CPAP and Mask Tips. There is usually an opportunity to meet with CPAP suppliers in attendance & talk about their services. Don't miss this opportunity!

To register with this group and receive notice of upcoming meetings in Saskatoon, please contact **Jaimie Peters** at the Saskatchewan Lung Association. You can reach her at jaimie.peters@sk.lung.ca or **call 306-343-9511 ext. 3012**.

FALL COOKING EXPERIENCE

The Collective Kitchen Partnership presents a Fall Cooking Experience

October 5, 12, 19, 26 and November 2

Beginning at 10 am at Westside Community Clinic

1528 - 20th Street West

Come join us for some fun and laughter in the kitchen and learn what a Collective Kitchen is all about. Limited spaces are available, register early (only attend the days you want).

Cost is \$ 5 per cooking session. Childcare is available if required.

Register with **Janet at 306-655-4575** or **janet@chep.org**

Collective Kitchens are a partnership program sponsored by:



Co-op Week 2018: October 14 - 20, 2018

Co-op Week is celebrated in Canada each year during the third week of October. Co-op Week is a time to reflect on the contributions the co-operative sector has made to the lives of Canadians and celebrate the impact that co-operatives have in our communities.

Co-op Week has been proclaimed across Canada every October since 1982. International Credit Union Day has been celebrated worldwide on the third Thursday of October since 1948.



Local and provincial events:

[Co-op Week Flag Raising Ceremony at the Legislative Building October 15 \(Regina\)](#)

[Co-operative Council of Regina's Co-op Week Luncheon October 15 \(Regina\)](#)

[Saskatchewan Co-operative Merit Awards ceremony and banquet October 15 \(Regina\)](#)

[Saskatoon Co-op Network and SCA's Saskatoon Co-op Week event – film screening of *A Silent Transformation* October 17 \(Saskatoon\)](#)

International Credit Union Day - say hello to your friendly neighbourhood credit union! October 8, (all communities)

More events to be announced!

This year the Saskatoon Community Clinic, your primary health care co-operative, will be featured in the co-op week supplement published in the October 11 issues of [Planet S](#) and [Prairie Dog](#) Magazines.

For more information visit the Saskatchewan Co-operative Association website: www.sask.coop/events/co-op-week

Questions or Require Further Information

Thank you for your on-going 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-news**, please contact **Member and Public Relations at 306-652-0300, ext. 265** or email member.relations@communityclinic.ca

To unsubscribe to this newsletter please email member.relations@communityclinic.ca

Downtown Clinic

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Westside Clinic

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(306) 664-4310

www.saskatooncommunityclinic.ca