



Saskatoon Community Clinic

E-Newsletter

December 2018

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HOLIDAY HOURS

This holiday season all Saskatoon Community Clinic and Pharmacy locations will be closed on **December 25, 26, and January 1st**. There will be reduced hours on **December 24** and **31** with all services, including the Lab and Pharmacy closing at **4:00 p.m.**

Best wishes from the staff and Board for the Holiday Season.



ADULT SIZED MITTENS AND GLOVES NEEDED

Adult sized mittens and gloves are needed for Westside Clinic patients. Please drop your donations at Westside Clinic, 1528 - 20th Street West. You can also mark them "Westside Donation" and drop them off at the front reception desk of the Downtown Clinic. Thank you for your support.



SASKATOON COMMUNITY CLINIC FOUNDATION ANNUAL APPEAL

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. Read more [here](#) about the many good reasons to give.

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.

In the 2018 Saskatoon Community Clinic Foundation Annual Appeal Yann Martel and Alice Kuipers, International best-selling authors and members, describe their reasons for supporting the Foundation. Read more [here](#).



Help grow a healthy community, please make your tax-deductible gift today.

Thank you to all for your support of our Foundation!

WINTER FOCUS

The Winter *Focus* newsletter is available [here](#). Stories include: Saskatoon Community Clinic's Truth and Reconciliation Journey; mid-year Board of Directors report; information about Vitamin D and Radon testing; and more!

SENIORS OF TOMORROW - WINTER PROGRAM 2019

Seniors of Tomorrow is a Counselling and Community Services drop-in program. It is offered one Wednesday a month in the Mel Langer Building, 424 1st Avenue North, from 2 p.m. to 4 p.m. All are welcome, no registration is required.

January 16, 2019 - Indigenous People & Canada from the Past, Present, and Future

Randy Morin (Faculty Member) Department of Indigenous Studies, U of S

Randy has many years teaching the Cree language and First Nations Cultural knowledge and awareness on treaties, spiritual practices, environmental and natural knowledge as well as healing decolonization for Indigenous peoples.

February 20, 2019 - How Canada Can Address Climate Change & Achieve Sustainability

Jason MacLean (Faculty Member) Department of Law, U of S

How can Canada meet its commitments under the UN Paris Climate Change Agreement and Sustainable Development Goals? This talk outlines the law and policy obstacles and opportunities in Canada today.

March 13, 2019 - Herbal Medicines: Do They Work? Are They Safe?

Dr. Stan Bardal, BSP, MBA, PhD, Associate Professor (APA), Department of Pharmacology
College of Medicine, U of S

The use of natural health products (NHP) is a big business, and their popularity is rising. This talk will provide a general overview of the process involved in regulating NHP, as well as focus on the pharmacology (mechanisms of action, safety) and evidence of benefit (or not) for a number of commonly used NHP.

For more information please phone Kim at 306-664-4283 or email at kferguson@communityclinic.ca

INTRODUCING REFILL+ (Members Only)

As a patient of the Saskatoon Community Clinic Pharmacy, there are many ways for you to request a prescription refill - in person, by phone or text. Now, there is Refill+, a prescription refill option exclusive to members of the Saskatoon Community Clinic, accessible through the Clinic's website and Pharmacy app.

Why would I choose Refill+ (Members Only)?

Refill+, unlike the other refill options, allows members to:

- View all their prescriptions that are on file at the Community Clinic Pharmacy
- Order refills without prescription numbers, simply by selecting those that need refilling
- Check number of repeats remaining
- View pictures and important information about each medication

How do I sign up for Refill+?

- Visit the Community Clinic's Pharmacy, at it's Downtown location, and obtain a card number and pin
- Using this card and pin number, register either by visiting saskatooncommunityclinic.ca, clicking the E-Refills button on the home page and choosing the Member Refill Plus option, or downloading the Saskatoon Community Clinic Pharmacy mobile app from the Apple or Android app store and follow the prompts.

For more information contact the Saskatoon Community Clinic Pharmacy at 306.664.4277.

SEMI-ANNUAL GENERAL MEETING

Wednesday, January 16, 2019

Registration: 6:30 pm Meeting: 7:00 - 9:30 pm

Affinity Credit Union Campus 902 - 7th Avenue North (Please use the North East entrance)

Presentation Topic: Developments in Primary Care at the Provincial Level

Guest Speakers: Tiffany Hewson, Program Consultant, Primary Health Care Services Branch and Suzanne Mahaffey, Executive Director, Primary Health Care (Saskatoon)

Agenda also includes:

- Semi-annual Board Report
- Resolutions
- Award Presentations

If you require transportation, would like to submit a resolution or require further information please contact the Member and Public Relations Department at 306.652.0300.

LIVEWELL© WITH CHRONIC PAIN

You are Not Alone! Sign up for a Chronic Pain Workshop

The Saskatoon Community Clinic will be hosting the **LiveWell© with Chronic Pain** Program, Wednesday mornings, January 9 - February 13, 2019, 10:00 a.m. to 12:30 p.m. at 455 - 2nd Avenue North.

The program is for adults of any age who have chronic pain such as: musculoskeletal pain, fibromyalgia, whiplash injury, chronic regional pain syndrome, repetitive strain injury, chronic pelvic pain, post-surgical pain lasting longer than 6 months, neuropathic pain, neuralgias, post stroke or central pain, persistent headache, Crohn's disease, irritable bowel syndrome, and severe muscular pain due to conditions such as multiple sclerosis.

It is an interactive six week workshop covering a range of strategies and tools to help you manage your pain and get on with living a fulfilling life. The program is given in groups of 10-16 people who meet for 2.5 hours a week for 6 consecutive weeks. It is offered throughout Saskatchewan at NO COST.

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

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