



Saskatoon Community Clinic

E-Newsletter

October 2019

Volume 9 Number 3

2019 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 22** 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 Downtown Clinic, 455 2nd Avenue North**, on the following dates:

Tuesday, October 22

Wednesday, October 23

Tuesday, October 29

Wednesday, October 30

After October 30 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 21** 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>



FEDERAL ELECTION 2019: Take Action!

ASSOCIATION CANADIENNE DES
CENTRES DE SANTE COMMUNAUTAIRE



CANADIAN ASSOCIATION OF
COMMUNITY HEALTH CENTRES

We're excited to promote new online action tools to put Community Health Centres and the issues that affect their communities on the political radar this federal election. Visit the Canadian Association of Community Health Centres [CACHC's public page for the 2019 federal election](#) and click on "Take Action". You can send automated email letters to candidates through this link. As well there are fact sheets and questions to ask candidates on the five key concerns identified by CACHC to improve health and opportunity across Canada:

- ✓ Investing in Community Health Centres
- ✓ Implementing universal, public national pharmacare
- ✓ Expanding access to dental care
- ✓ Investing in affordable housing and homelessness
- ✓ Investing in supports for vulnerable newcomers

The Association believes that federal government action in these areas will help break down silos in health care and social services; fill gaps in access to critical public services; and help prevent major costs to Canadians by making smarter investments 'upstream'.

CACHC is collaborating with several national partners so the "Take Action" links for Pharmacare and Housing/Homelessness will re-direct you to some partner websites.

SENIORS OF TOMORROW FALL PROGRAM

Mark your calendar to attend these drop-in sessions, held at the Mel Langer Building, 424 1st Avenue North, from 2 p.m. to 4 p.m. on the dates below. This program is offered by the Saskatoon Community Clinic's Counselling and Community Services Department. For more information contact Elaine Weisgerber, Seniors' Counsellor at 306-664-4232.

Oct. 16

Diabetes Management - Part 1

Come participate in an educational session on diabetes – Using Diabetes Conversation Maps we will explore questions about diabetes and how to manage your health living with diabetes.

Facilitated by: SCC's own Diabetic Education Team

Nov. 13

Cannabis Education

Come learn about the controversial topic of Cannabis, from a Drug Information consultant/program Specialist.

Facilitated by: Kelly Kizlyk, BSP Drug Information Consultant/Program Specialist medSask/CPDPP College of Pharmacy & Nutrition, U of S

Dec. 11

Diabetes Management - Part 2

The second part to our diabetes educational session. With so much to cover, we will have the Education Team back to further discuss living with diabetes using Diabetes Conversation Maps.

Facilitated by: SCC's own Diabetic Education Team

LiveWell™ WITH CHRONIC PAIN

This program is for individuals and caregivers who have chronic pain as a primary or secondary symptom of a health condition such as, but not limited to:

- ⇒ Chronic musculoskeletal pain (such as chronic neck, shoulder, or back pain)
- ⇒ Severe muscular pain due to conditions such as Multiple Sclerosis
- ⇒ Fibromyalgia
- ⇒ Arthritis
- ⇒ Inflammatory bowel disease
- ⇒ Chronic headache
- ⇒ Post-surgical pain that lasts more than 6 months
- ⇒ Neuropathic pain (often caused by trauma)
- ⇒ Repetitive strain injuries
- ⇒ Whiplash injuries

The LiveWell with Chronic Pain program helps individuals build confidence to manage and cope with chronic pain and to give/receive support from others who are experiencing similar health problems. The emphasis is on developing new skills and abilities for self-managing your condition.

Some of the self-management tools in the program include:

- ⇒ Symptom management
- ⇒ Communication skills
- ⇒ Appropriate use of medications
- ⇒ Pacing activity and rest
- ⇒ Problem solving
- ⇒ Decision making
- ⇒ Action planning
- ⇒ Moving Easy Program

The LiveWell with Chronic Pain program was developed at Stanford University. Canadian research confirms that it is making a real difference in the lives of participants.

Two trained peer leaders meet with groups of up to 12 participants **for 2 to 2.5 hours once a week for six consecutive weeks**. Classes are fun as well as practical. There is no cost for the program.

Each participant receives a free copy of the companion book, *Living a Healthy Life with Chronic Pain*, and the *Moving Easy Program* CD.

Upcoming sessions: Fridays, 10:00am-12:30pm October 25 – November 29.

Please contact Trudy Myers (Therapies Department) at 306-664-4259.

CO-OP WEEK 2019: the Future of Co-operatives

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. It's a time to celebrate the unique business model, as well as the contributions of co-op members -- and to proudly promote ourselves!

The public is invited to attend a panel presentation on the **Future of Co-operative Federations** sponsored by the Saskatchewan Co-operative Association and the U of S Centre for Study of Co-operatives on Wednesday October 16 from 3:00 to 4:30 p.m. The panel presentation will be followed by a reception and keynote address focused on the **Future of Co-operatives in North America**. More details and a link to the RSVP are included in the [attached poster](#).

To learn more about co-op week provincial activities visit <http://www.sask.coop/events/co-op-week/>

To read the Saskatoon Community Clinic feature article that appeared in last year's Planet S Co-op Week supplement, visit http://www.sask.coop/images/co-opweek_saskatoon.pdf

To read about the Community Clinic's beginning and many reasons for celebrating co-operatives, visit https://www.saskatooncommunityclinic.ca/wp-content/uploads/2017/10/FOCUS-FALL_web-ilovepdf-compressed.pdf

Thank you to Affinity Credit Union, St. Mary's Advice Centre, for covering the cost of fruit for our Westside patients during Co-op Week. Your commitment to the co-operative principles of "co-operation among co-operatives" and "concern for community" is greatly appreciated.



CO-OP WEEK 2019: OCTOBER 13 - 19, 2019

SASKATOON COMMUNITY CLINIC FOUNDATION INVESTMENTS

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. Thank you for your generosity which helped support the following Community Clinic program and equipment needs in 2019:

- ◇ Counselling Department for Emergency Food Hampers
- ◇ Interferential Current Machine (Physical Therapy Department)
- ◇ Foot care chair
- ◇ Repair of stairs and wheelchair ramp at Westside Clinic
- ◇ SWITCH food safe equipment
- ◇ Radiology chair
- ◇ Community Peer Leader Program
- ◇ Otoacoustic emissions device for assessing hearing loss in young children



Thank you to all for your support of our Foundation! Visit our website for more information www.saskatooncommunityclinic.ca . Donations can be made in person at the reception desk, by mail or on-line at www.canadahelps.ca Monthly giving and planned gifts are also always welcomed.

IN THE NEWS

Canadians in Chronic Pain: Cost, access to treatment pose significant barriers for those suffering most.

Do you know that one in three Canadians suffer from persistent ongoing pain?



Recently, the non-profit Angus Reid Institute, in partnership with [Pain BC](#) and [Mindset Social Innovation Foundation](#), conducted a public opinion survey that examined the lives of those who experience ongoing pain, in order to better understand its causes, effects and potential resolutions. Read more about it here: <http://angusreid.org/chronic-pain-in-canada/>

Malnutrition Task Force

Are you interested in learning more about malnutrition and tips on preventing it amongst older adults?

The Canadian Malnutrition Taskforce has on-line information that can help you in pursuing answers to these questions including tips on preventing malnutrition in the older adult population here: <https://nutritioncareincanada.ca/resources-and-tools/primary-community-care>

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.

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



Downtown Clinic
455 2nd Avenue North
306.652.0300

Westside Clinic
1528 20th Street West
306.664.4310