



Saskatoon Community Clinic

E-Newsletter

December 2019

Volume 9 Number 4

SEMI-ANNUAL MEMBERS MEETING NOTICE—PLAN TO ATTEND!

Wednesday, January 15, 2020

Affinity Credit Union Campus

902 - 7th Avenue North

Please use entrance at back of building off Duke Street. Parking available in Affinity Credit Union staff parking lot.

Registration: 6:30 pm

Meeting: 7:00 - 9:30 pm

Presentation Topic:

Meeting the 90-90-90 UNAIDS Targets

A panel of healthcare providers will address how the Saskatoon Community Clinic and community agencies are working to achieve the reduction of the incidence and transmission of HIV in our community.

Guest Speakers:

Dr. Kali Gartner, Community Clinic physician

Katelyn Roberts, Executive Director, Sanctum

Jason Mercredi, Executive Director, AIDS Saskatoon

Agenda also includes:

Semi-annual Board Report

Resolutions

Awards

If you require transportation, would like to submit a resolution, or require further information please contact the Member and Public Relations Department at 306.664.4265.

Community Health Services (Saskatoon) Association Ltd.

saskatooncommunityclinic.ca

THANK YOU FOR YOUR GIFTS TO THE SASKATOON COMMUNITY CLINIC FOUNDATION

Thank you to all who supported the recent **Saskatoon Community Clinic Foundation** annual appeal! Your gifts are invested in programs, equipment, therapies, research and resources that improve the quality of health care for patients and the community.

You can donate in person at the Reception desk, 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 monthly gifting and planned gifts are also always welcomed. An income tax receipt is issued.

MAKING A REAL DIFFERENCE
SASKATOON COMMUNITY CLINIC FOUNDATION INC.

VOLUNTEERS NEEDED

The Community Clinic is seeking **volunteers** to assist in the following areas:

- ♦ Seniors Group Programs
- ♦ Members Meeting Support

Contact Member Relations at (306) 664-4265 or member.relations@communityclinic.ca for more information.

VOLUNTEER



SENIORS OF TOMORROW—WINTER 2020 PROGRAMMING

Seniors of Tomorrow is a free drop-in health education program for Community Clinic members and patients.

Wednesdays, 2:00 p.m.— 4:00 p.m.
424 1st Avenue North

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.

Jan. 15

How Our Senses Affect our Behaviour

Come learn how our senses form who we are! Sensory processing refers to the way the nervous system receives messages from the senses and turns them into responses. Each of us has our own sensory profile. Learning more about yours can help you learn more about yourself and the way you interact with the world around you.

Facilitated by: Elaine Weisgerber, Seniors' Counsellor, SCC

Feb. 12

Grief & Loss

Join a discussion about the types of grief and loss. We are all aware that grief is connected to the loss of a loved one in our lives and its painful impact. Grief and loss is also experienced when we have drastic changes occur in our lives and we must adjust to the new reality. Please come and learn more and gain information on strategies to cope and heal.

Facilitated by: Elaine Weisgerber, Seniors' Counsellor, SCC

Mar. 11

Anxiety & Stress

Come participate in an informative presentation and interactive discussion on stress and anxiety. Learn what it is, how it affects us mentally, emotionally and physically; including strategies to cope and manage.

Facilitated by: Elaine Weisgerber, Seniors' Counsellor, SCC

YOU ARE NOT ALONE! REGISTER FOR A LiveWell WITH CHRONIC PAIN™ WORKSHOP

LiveWell with Chronic Pain™ 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 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. LiveWell™ emphasizes developing new skills and abilities for self-managing chronic conditions.

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*

LiveWell with Chronic Pain™ program was developed at Stanford University in the U.S.A. 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 January 10 to February 14, 2020

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

FOCUS WINTER 2019 NEWSLETTER NOW AVAILABLE ON OUR WEBSITE

The **Winter 2019 Focus** newsletter is now available on our website at <http://www.saskatooncommunityclinic.ca/focus-newsletter>.

Stories include:

- ⇒ *Semi-annual members meeting notice and Board report*
- ⇒ *Advocating for publicly funded dental care*
- ⇒ *Healthy Eating – Healthy Aging*
- ⇒ *Eat Well Saskatchewan Service now Available*



IN THE NEWS

Saskatchewan residents can now view their laboratory test results and other health records online. The **MySaskHealthRecord** service is offered by E-Health Saskatchewan. To learn more about the service and how to register visit the following website: <https://www.ehealthsask.ca/MySaskHealthRecord/MySaskHealthRecord/Pages/default.aspx>



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.



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