



# Saskatoon Community Clinic

## E-Newsletter

September 2021

Volume 11 Number 2

### **NATIONAL DAY FOR TRUTH AND RECONCILIATION**

The Saskatoon Community Clinic (SCC) will be acknowledging September 30 as the National Day for Truth and Reconciliation.

"Beginning this year, the SCC will recognize this day as a statutory holiday. Both Clinic locations will be closed to provide an opportunity for our staff to reflect and participate in local events to increase our awareness of the tragic history and legacy of residential schools, and to honour residential school survivors and Indigenous communities. As an organization, we acknowledge that we must continue to work towards and seek guidance on our journey towards truth and reconciliation." -*Lisa Clatney, Executive Director.*



We encourage others to join with us in our reconciliation journeys. Learn about local and national opportunities at <https://www.beaconnectr.org/> and <https://nctr.ca/>

### **CONTINUING COVID-19 PRECAUTIONS**

As recommended by the Saskatchewan Health Authority, our medical staff and the government of Saskatchewan, extra precautions remain necessary to protect vulnerable patients and health care workers from contracting COVID-19. At the Saskatoon Community Clinic (SCC) these include:

- ◆ administration of a screening protocols upon entering the building
- ◆ wearing a medical mask while in the building

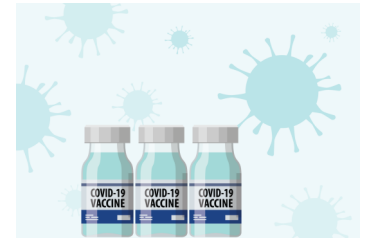
We will advise patients when changes to our safety protocols can be made.

A combination of telephone and in-person appointments will continue depending on patient health needs. When patients call reception to book an appointment a series of questions will be asked to determine the type of appointment suitable for the patient's needs.



## COVID-19 VACCINATIONS

If you have not been vaccinated or have not received your second dose we encourage you to do so. Vaccinations are available by appointment with either a SCC health care provider or at the Downtown SCC Pharmacy. Phone reception or the pharmacy to book an appointment. Other vaccination options include community pharmacies and Saskatchewan Health Authority locations.



## WELCOME TO NEW BOARD MEMBERS

Welcome to Andrea Harris, Chasity Head-Stoneland, Janice Paslawski and Frank Quennell who were elected by acclamation to the Board of Directors at the Annual General Meeting on June 16, 2021. Thank you to departing board members Fran Forsberg, Marianne Jurzyniec, Gertie Paul and Heather Hale for your leadership and dedication to CHSA.

At its first meeting following the AGM, the Board of Directors elected Patrick Lapointe as President and Patti Warwick as Vice President.

The Annual Report including the written report of the Board of Directors, Executive Director, Client Representative, SCC Foundation and a Financial Year-end Summary is available at [www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca) or by contacting Member and Public Relations at 306-664-4243.



## YOUR FOUNDATION IS LOOKING FOR MONTHLY DONORS

The board and staff of the Saskatoon Community Clinic are grateful for every donation made to the Foundation. However, our monthly donors provide steady income that allows the Foundation Board to allocate funds throughout the year for equipment, programs and services needed to carry out our specialized work at both the Westside and Downtown Clinics. The Saskatoon Community Clinic provides so much for us so please consider joining our current monthly donors.



Monthly donations can be set up using your credit card or through an arrangement with your financial institution. To make monthly donations by credit card visit the Saskatoon Community Clinic Foundation page at [CanadaHelps.org](http://CanadaHelps.org). To set up monthly donations from your credit union or bank account contact Scott Caswell, Controller at 306-664-4214.

## CONGRATULATIONS TO DR. MORROW

Dr. Kendra Morrow, has received an Award of Excellence from the Saskatchewan College of Family Physicians for her work with the U of S Medical Students Association in which she initiated a highly successful fundraiser to support the needs of La Loche and area residents during the pandemic.

Dr. Morrow, a full-spectrum family physician at the Saskatoon Community Clinic recently added trans health to the care she provides and is continuing her education in HIV care, ECG interpretation, and addiction medicine. In receiving the award, she commented that "I believe that practicing family medicine is a privilege and feel very lucky to work with an amazing team as part of a multidisciplinary clinic." Dr. Morrow is originally from Outlook, Saskatchewan. She and her partner Alex, have two young children. Outside of work, she very much enjoys spending time in nature with her family. She also enjoys baking and trying out new coffee! She is grateful to live in Saskatoon, Treaty 6 territory and traditional lands of First Nations and Métis people.

To learn more about the fundraiser which surpassed its initial goal of \$ 15,000 and within days had raised a total of over \$ 26,000 visit: <https://saskatoon.ctvnews.ca/shocked-but-also-very-grateful-fundraiser-for-la-loche-aims-to-double-donations-1.4932464>

To learn more about Dr. Morrow and other Family Physicians who were recognized by their College in 2021 for their important work serving Saskatchewan residents as primary care physicians watch this YouTube video: <https://sk.cfpc.ca/honours/2021-recipients/>



## WOMEN & WORDS - TALKING GROUP

How much conflict does your spousal or partner relationship have? Conflict is a normal part of all relationships and can be a healthy way for people to express their emotions or identify an issue.



However, it is not always healthy conflict. An unhealthy relationship can involve non-physical behaviours that belittle the other person and can include insults, put downs, verbal threats or other tactics that make the other person feel threatened, inferior, ashamed or degraded. Often in our long-term relationships these feelings are not acknowledged. Our Counselling and Community Services department is starting a group for women – a safe, confidential space to share your experiences with others who have felt the same, with the goals of feeling understood and validated in your experiences and feelings, and to learn ways to cope. If you are 55+ and would like to participate, please contact Elaine Weisgerber, Seniors Counsellor at 306-664-4232.

## PREPARING FOR TELEPHONE APPOINTMENTS

Telephone appointments will continue to be offered depending on patient health needs. Please note that the call may be from a 'blocked number' (not the Saskatoon Community Clinic number) and, similar to in-Clinic appointments, you may be phoned slightly earlier or later than the scheduled time, so please leave sufficient time to take the call and ensure that you are in a quiet location to discuss your concerns.



## NUTRITIONAL PACKAGE FOR SENIORS

CHEP Good Food has a new Nutritional Package option for Seniors. Interested seniors can order from a choice of healthy food items delivered to their home or apartment building. This option replaces CHEP's pop-up stores formerly located in seniors' complexes. The option is available for anyone 50 years of age and over. There is no delivery charge.



Orders are due Tuesdays before noon and delivery is Thursday the following week. A minimum \$ 10 purchase is required. Cash, cheque or credit card (by phone) is accepted. Phone 306-655-4575 extension 102 to order or learn more about the program.

## LUNG ASSOCIATION COVID-19 PATIENT SUPPORT GROUP

The Saskatchewan Lung Association has a Facebook group for those diagnosed with COVID-19 and their caregivers. The group provides a forum where patients and caregivers can ask questions, share experiences, and support each other.

To maintain safety and confidentiality this is a closed group for people who:

- ◆ are living with COVID-19, and their families and caregivers
- ◆ have a lived experience of losing a loved one from COVID-19



The group is administered by Certified Respiratory Educators from the Lung Association. To join you will need to answer questions regarding your interest in the group prior to being granted approval to join.

## FOCUS FALL 2021 NEWSLETTER NOW AVAILABLE ON OUR WEBSITE



(Click on logo above)

### Stories Include:

- *Celebrate the Co-op Difference*
- *Seniors Advisory Council Teams Up with Student Researchers*
- *Doctors Issue Challenge to Raise Funds for Prairie Harm Reduction*
- *Improving the Mental Health of Our Children and Youth*

## 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](mailto:member.relations@communityclinic.ca).**



**To unsubscribe to this newsletter please email [member.relations@communityclinic.ca](mailto:member.relations@communityclinic.ca).**

*The Saskatoon Community Clinic respectfully acknowledges that we are situated on Treaty 6 territory and traditional lands of First Nations and Metis people.*

**Downtown Clinic**  
455 2<sup>nd</sup> Avenue North  
306.652.0300

**Westside Clinic**  
1528 20<sup>th</sup> Street West  
306.664.4310

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