



## FOCUS SPRING 2022 NEWSLETTER NOW AVAILABLE ON OUR WEBSITE



### REACH fills void in healthcare system for refugees resettling to Saskatoon

By Danielle Chartier, Member and Public Relations Director

Fleeing your home as a refugee puts your health at risk, even after you've safely arrived in the country that has taken you in.

"Being a refugee, itself, creates risk factors for your health ... Any journey where you're fleeing persecution and violence leads to higher risk of trauma and mental health difficulties," explains pediatrician Mahli Brindamour.

The Refugee Engagement and Community Health Clinic (REACH), which calls the Saskatoon Community Clinic (SCC) home, does its best to ensure the hundreds of refugees who arrive in Saskatoon every year have the best possible start to their life in this city.

"There's lots of hope, but we need to provide services in a timely manner. If we support refugees' basic needs and look after the health needs of the entire family, we know they will be healthy, productive and involved members of our community. That's what we have seen," says Brindamour who helped found and still works with REACH.

REACH has been doing this work since 2016 growing into a successful collaboration between many partners: the SCC; Global Gathering Place; Saskatoon Open Door Society; University of Saskatchewan's Departments of Family Medicine, Pediatrics, Community Health and Epidemiology; the Saskatchewan Health Authority's Public Health, Primary Health and Mental Health Services; and Tuberculosis Prevention Control (STC).

"REACH was formed in response to the increasing number of refugees arriving in Saskatoon, coupled with the lack of a dedicated, coordinated and centralized health delivery service for this vulnerable and underserved population," says SCC Executive Director, Lisa Clatney.

It began with SCC adding ad hoc clinics to its roster on evenings and weekends, mostly volunteer-based, after the sudden arrival of a large number of refugees from Syria and has grown into a clinic serving all refugees who arrive in Saskatoon.



Photo by Keria Hargrave, Courtesy of Saskatoon Open Door Society

"REACH has been able to provide these services because SCC has included it within its normal operations despite not yet being able to secure permanent funding to support it," explains Clatney.

Currently, SCC hosts REACH clinics about three half-days per week, but the demand far exceeds the resources available. The challenge of limited resources and growing demand is not new. As Brindamour points out, refugees resettle in Saskatoon all the time. We have had larger waves in the past and there will be larger waves to come.

But the vast numbers of those currently fleeing Ukraine help bring the challenges of a lack of resources into sharp focus.

"Our waitlists are already incredibly long. We don't have the capacity to see everyone as often as they'd like or as often as they need," says Brindamour.

"If we are going to see Ukrainian refugees, we need more resources – more money, more people on the ground for their healthcare and resettlement needs," she says.

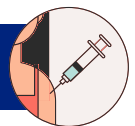
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### Stories include:

- Navigating the 'River of Well-Being' for young people
- Recognition of Retirees
- Land Acknowledgement and its role in reconciliation
- Clinic members recognized for their community contributions over the decades
- Modernizing the Saskatchewan Co-operatives Act: Our input is essential

FOCUS SPRING 2022

## COVID-19 BOOSTER SHOTS



The Community Clinic Pharmacy is currently providing Pfizer COVID-19 vaccinations, including 4th doses to those eligible.

Appointments can be booked online at [www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca) and by clicking the Pharmacy Vaccination Appointments link.

New appointment times will continue to open each week. Appointments can also be made by phoning the pharmacy at **306-664-4277**, if no online access or assistance needed.

### Make an appointment:

<https://pharmaconnect.ca/appointment/e057813d-370b-436a-b680-5891c40407ad>

## CLINIC UPDATES



Visitors to the downtown clinic are no longer greeted by an entrance screener. Upon entrance to the clinic you are now required to complete a self-screening check, sanitize your hands, and put on a new medical mask (provided).

## HELP SHAPE THE FUTURE OF VIRTUAL HEALTH CARE IN SASKATCHEWAN

Virtual care connects you and your family to health care providers from home or other convenient locations. Help shape the future of virtual health care in Saskatchewan. Share your story. Vote in a poll. Submit an idea. Complete a survey.

Visit [virtualcare.saskatchewan.ca](https://virtualcare.saskatchewan.ca) to participate.

Feedback accepted until April 30, 2022.



Share Your Opinions on Virtual Care

## INTEGRATED PRENATAL CARE FOR WOMEN LIVING WITH HIV: PRIMARY CARE OUTCOMES IN SASKATOON, SASKATCHEWAN

Congratulations to **Della Magnusson, NP**, and **Kali Gartner, MD**, who both practice at Westside Community Clinic. They were involved in a study, *Integrated Prenatal Care for Women Living With HIV: Primary Care Outcomes in Saskatoon, Saskatchewan*, that was recently published in The Journal of Obstetrics and Gynaecology Canada.

Read the article: [https://authors.elsevier.com/a/1eo4Q\\_chc7TBLA](https://authors.elsevier.com/a/1eo4Q_chc7TBLA)

Stay tuned to the summer issue of our Focus Newsletter to read more about their findings.

## UPCOMING EVENTS

**APRIL 14 / 7:00 PM**

### TEA AND TALKS / LI TII MINIHKWAYTAAK PIIKISHKWAYTAAK: A MÉTIS HEALTH SERIES

Grab some tea and learn about the cancer journey for Métis featuring Dr. Brent Jim, Canada's first Indigenous gynecologic oncologist.

Register: <https://tea-and-talks-healthseries-4.eventbrite.ca/>



**APRIL 29 / 12:30 PM**

### REACHING FOR HEALTH EQUITY: IMMIGRANT AND REFUGEE HEALTH

Join panelists from the Refugee Engagement and Community Health (REACH) Clinic and USASK College of Medicine to discuss immigrant and refugee health here in Saskatchewan.

Register:  
<https://medicine.usask.ca/events/2022/04/social-accountability-webinar.php>



## JOIN US ON FACEBOOK



The Community Clinic is on Facebook! Follow and like our page, Saskatoon Community Clinic Primary Care and Pharmacy. Receive timely, regular updates about your Community Clinic, health education resources, job postings, and community announcements.

## NEW SENIORS RESEARCH PROJECT EXPLORES 'AGING IN PLACE'



**By Cheryl Loadman, Seniors Advisory Council member**

The Community Clinic is inviting patients and members who are older adults to tell us about their experience 'aging in place'. We know people are living longer and while long-term care is a vital and necessary service, it will not serve the majority of today's seniors. We would like to know your thoughts on the type of health and community services you need to stay healthy and independent in your own home.

Please complete the attached confidential survey and tell us what is working well for you and what could be better. The information you share with us will help inform the Seniors Advisory Council student research projects on aging. We will keep you updated on the research project findings in future issues of Focus. Current projects are: Aging in Place, Affordable Dental Care for Seniors and The Role of Provincial Seniors Advocates.

We respect your privacy – the survey is confidential and there is no need to attach your contact information. However, if you would like more information about the survey or need help completing it, please contact:

**Cheryl Loadman**  
**Seniors Advisory Council member**  
306 361-1813  
cloadman2@gmail.com

**Laurie Stone**  
**Seniors Volunteer Co-ordinator**  
306 664-4282  
lstone@communityclinic.ca

## 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 2nd Avenue North  
306-652-0300

**Westside Clinic**  
1528 20th Street West  
306-664-4310

<https://www.saskatooncommunityclinic.ca/>



## **Seniors Advisory Council**

### **'Aging in Place' Survey**

We invite you, patients who are older adults, to share your thoughts about 'Aging in Place' with us. Your confidential and anonymous replies will be used as valuable research information for our student research projects on aging. We will report on general trends from the survey and the other student projects in future issues of Focus. We thank you for your time and participation.

**1. Is it important to you to continue to live independently in your own residence?** ☐ Yes ☐ No

**2. In what type of residence do you live? Please check one:**

- ☐ Single family home/Duplex
- ☐ Apartment/Condo
- ☐ Seniors' residence with no services
- ☐ Seniors' supported living with services

**3. Please check all of the following statements that apply to you in terms of daily living:**

- ☐ I currently do not require any assistance.
- ☐ I receive occasional assistance from family/friends.
- ☐ I live with family members who help me.
- ☐ I currently receive homecare or other in-home services to help me.
- ☐ I'm aware of services but don't know how to access them.
- ☐ I'm aware of services but their availability is too limited to meet my needs.
- ☐ I'm not able to access the help I need because I can't afford it.
- ☐ I'm not aware of any services that might help me.

**4. Please check those tasks with which you are currently experiencing challenges:**

- ☐ Personal care such as washing, bathing, grooming
- ☐ Cooking meals, cleaning, doing daily household chores
- ☐ Laundry, taking out garbage, recycling
- ☐ Grocery shopping and paying bills
- ☐ Access to public transportation bus/access transit/taxi
- ☐ Yard maintenance, snow shovelling
- ☐ Using a computer and access to internet

**5. Thinking about your healthcare, please check each of the following that apply to you:**

- ☐ I'm able to see my family doctor/nurse practitioner when I need to.
- ☐ I can get to and from my appointments at the Downtown Clinic.
- ☐ I can get to and from my appointments at the Westside Clinic.
- ☐ I can get to and from my appointments for other medical services.
- ☐ I'm able to keep track of my medications and take them regularly.
- ☐ I understand the medical information I am given by my doctor/nurse practitioner.



**6. What types of healthcare supports would best assist you to maintain good health and live independently? Please check all that apply:**

- ☐ Transportation to and from appointments
- ☐ Home visits from doctors and nurses
- ☐ An in-home assessment to identify falling risks
- ☐ Mental health and counselling services
- ☐ Seniors educational and social programs
- ☐ Assistance at the pharmacy and filling my prescriptions
- ☐ Help keeping track of my appointments and medications

**7. Please select the age range that applies to you (or your senior family member):**

Age: ☐ 50 - 59    ☐ 60 - 69    ☐ 70 - 79    ☐ 80 - 89    ☐ 90 - 99    ☐ 100 +

**8. Do you self-identify as a member of a visible minority or under-represented group? If so, please identify your group and tell us about any special health challenges you experience.**

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**9. Has the pandemic changed your views about what you need to successfully age in place or your plans for the future?**

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**10. Please feel free to provide further comments here or attach additional pages.**

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**Please mail your completed survey by April 30th, 2022 to:**

Saskatoon Community Clinic, 'Seniors Survey', 455 2nd Avenue North, Saskatoon, SK S7K 2C2.

You may also email survey replies to [volunteers@communityclinic.ca](mailto:volunteers@communityclinic.ca) or drop them off at the Clinic.

Please contact the Seniors Volunteer Co-ordinator at 306 664-4282 or at the above email address if you have questions about the survey or our seniors' programs. Thank you for participating!