



FOCUS WINTER 2023 NEWSLETTER NOW AVAILABLE ON OUR WEBSITE



Stories include:

- Young clinic member and how she helped her peers' voices be heard and valued
- SCC launches its Co-op Education project
- Clinic staff celebrates first annual National Ribbon Skirt Day
- Pomelo is here and help is available
- New! Writing program for clinic seniors
- Award recipient a powerful voice for seniors

FOCUS WINTER 2023

CAMP KINDLING: REGISTRATION IS OPEN

Camp Kindling is Saskatchewan's Co-operative Youth Retreat and has been leading Co-operative Youth Education in the province for more than 90 years. With almost 45,000 alumni, Camp Kindling has been a major contributor to co-operative youth education in the province and is one of the best-known initiatives of Saskatchewan Co-operative Association.



Visit <https://campkindling.coop/> for registration details and to see what Camp Kindling is all about!

PLEASE NOTE A CHANGE IN HOURS – ONE DAY ONLY

On March 15, 2023 the clinic will open at 9:30 a.m. to accommodate a general assembly meeting for staff. All care and services will be available at that time. Thanks for your understanding!

UPCOMING EVENTS

POSITIVE CONVERSATIONS: A SAFE SPACE TO SHARE IDEAS ABOUT AGING, HEALTH & WELLNESS AND BUILDING CONNECTIONS.

FRIDAY, FEBRUARY 17
2:00 P.M. – 4:00 P.M.

2SLGBTQ+ Seniors Program: a program to inform, engage, and discuss.

Facilitated by **Barbara Clanchy**,
Seniors Advisory Council member and
Brett Williams, Community Clinic Counsellor.

To register please contact:
Laurie Stone, Volunteer Co-ordinator
volunteers@communityclinic.ca or call
306-664-4282.

All replies confidential.



Positive Conversations:

A Safe Space to Share Ideas About Aging,
Health & Wellness and Building Connections.

Friday, February 17, 2023 2 – 4 p.m.
Mayfair United Church
902 33rd St. W.
(Lounge Area)

For: Saskatoon Community Clinic patients
over the age of 50 who self-identify as **2SLGBTQ+**

What: A program to inform, engage and discuss.
Facilitated by:

Barbara Clanchy, SAC member
Brett Williams, Community Clinic Counsellor

To register: Please contact **Laurie Stone**, Volunteer Co-ordinator:
volunteers@communityclinic.ca or call **306 664-4282**.
All replies confidential.

Sponsored by the **Seniors Advisory Council**
and the **Counselling and Community Services Department**
of the Saskatoon Community Clinic

POMELO IS HERE AND HELP IS AVAILABLE

TUESDAY, FEBRUARY 28
9:30 A.M. – NOON

Pomelo is an online portal which will allow SCC patients to do things like:
book and manage appointments online; receive reminders of upcoming
appointments; check-in to appointments with a mobile phone, and securely
receive messages from staff for non-urgent matters.

If you would like to use Pomelo but are unsure about setting up your
account, drop by the Downtown clinic on Tuesday, February 28 and we will
help you get set up!

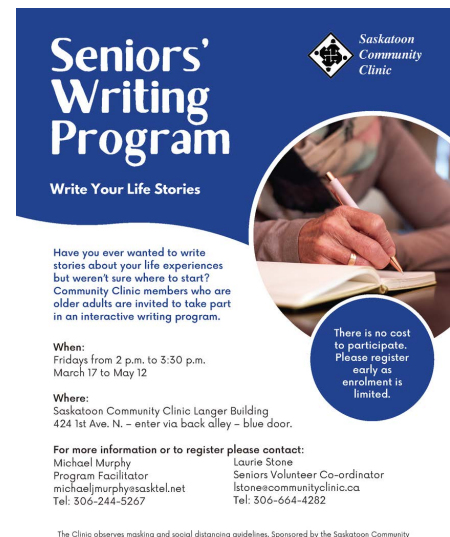
Pomelo

SENIORS' WRITING PROGRAM: WRITE YOUR LIFE STORIES

MARCH 17 – MAY 12 (FRIDAYS)
2 P.M. – 3:30 P.M.

Have you ever wanted to write stories about your life experiences but weren't sure where to start? Community Clinic members who are older adults are invited to take part in an interactive writing program.

<https://www.saskatooncommunityclinic.ca/seniors-writing-program-write-your-life-stories/>



Seniors' Writing Program
Write Your Life Stories

Have you ever wanted to write stories about your life experiences but weren't sure where to start? Community Clinic members who are older adults are invited to take part in an interactive writing program.

When:
Fridays from 2 p.m. to 3:30 p.m.
March 17 to May 12

Where:
Saskatoon Community Clinic Langer Building
424 1st Ave. N. – enter via back alley – blue door.

For more information or to register please contact:
Michael Murphy Program Facilitator
michaeljmurphy@sasktel.net
Tel: 306-244-5267

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

There is no cost to participate. Please register early as enrolment is limited.

The Clinic observes masking and social distancing guidelines. Sponsored by the Saskatoon Community Clinic Seniors Advisory Council and the Counselling and Community Services Department

LIVE WELL WITH CHRONIC CONDITIONS WORKSHOP

MARCH 1 – APRIL 5 (WEDNESDAYS)
10:00 – 11:00 A.M. (PHONE WORKSHOP)

MARCH 16 - APRIL 20 (THURSDAYS)
1:00 – 3:30 P.M. (VIRTUAL VIA WEBEX)

2.5 hour self-management workshops that meet once per week for 6 weeks. Classes are fun and practical. The emphasis is on building skills for managing your health and maintaining an active and fulfilling life. There is no cost for this program. Each participant receives a free copy of the companion book, Living a Healthy Life with Chronic Conditions.

To register please call (306) 655-5483 (LIVE) or (1-877-548-3898) toll free



LIVE WELL WITH CHRONIC CONDITIONS

WORKSHOP DETAILS

What is it?

2.5 hour self-management workshops that meet once per week for 6 weeks. Classes are fun as well as practical. The emphasis is on building skills for managing your health and maintaining an active and fulfilling life. There is no cost for this program. Each participant receives a free copy of the companion book, Living a Healthy Life with Chronic Conditions.

Winter/Spring 2023 Schedule

March 1-April 5 (Wednesdays)	Phone workshop	10:00-11:00 am
requirement: telephone		

March 16-April 20 (Thursdays)	Virtual via WebEx	1:00-3:30 pm
requirements: electronic device with internet connection and camera		

To register please call (306) 655-5483 (LIVE) or (1-877-548-3898) toll free

Healthy People. Healthy Saskatchewan
The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People. saskhealthauthority.ca

LIVE WELL WITH CHRONIC PAIN WORKSHOP

MARCH 7 – APRIL 11 (TUESDAYS)
1:00 – 3:30PM (VIRTUAL VIA WEBEX)

2.5 hour self-management workshop that meets once per week for 6 weeks. Currently being offered virtually via WebEx or over the phone. Classes are fun and practical. The emphasis is on building skills for managing your health and maintaining an active and fulfilling life. There is no cost for this program. Each participant receives a free copy of the companion book; Living a Healthy Life with Chronic Pain.

To register please call (306) 655-5483 (LIVE) or (1-877-548-3898) toll free



LIVE WELL WITH CHRONIC PAIN

WORKSHOP DETAILS

What is it?

2.5 hour self-management workshop that meets once per week for 6 weeks. Currently being offered virtually via WebEx or over the phone. Classes are fun as well as practical. The emphasis is on building skills for managing your health and maintaining an active and fulfilling life. There is no cost for this program. Each participant receives a free copy of the companion book; Living a Healthy Life with Chronic Pain.

Upcoming workshop:

Tuesdays - March 7-April 11, 2023
Time 1:00-3:30pm

Virtual via WebEx
REQUIREMENTS: ELECTRONIC DEVICE WITH INTERNET CONNECTION AND CAMERA

To register please call (306) 655-5483 (LIVE) or (1-877-548-3898) toll free

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SWITCH (STUDENT WELLNESS INITIATIVE TOWARD COMMUNITY HEALTH)

WOMENS PAMPER NIGHT

TUESDAY, MARCH 7
5:00 P.M. — 8:00 P.M.
ST. MARY'S PARISH (211 AVENUE O SOUTH)

A night for all female identifying, Two-Spirited, and gender diverse community members to feel celebrated and pampered. This night includes services such as manicures, hair styling, make-overs, and massages. There will also be educational booths and food! Take home hygiene supplies, portraits, bras, and more. Everything is free and there will be an area for children with face painting, balloon animals, and other activities.

Women's Pamper Night

A night for all female identifying, Two-Spirited, and gender diverse community members to feel celebrated and pampered



5pm-8pm on March 7th, 2023
St. Mary's Parish (211 Avenue O South)



Women's Pamper Night includes services such as manicures, hair styling, make-overs, and massages! There will also be educational booths and food!

Community members will take home hygiene supplies, portraits, bras, a \$10 gift card for completing a COVID-19 vaccine survey, and have the chance to win door prizes!

Everything is free and there will be a separate area for accompanying children with facepainting, balloon animals, and other activities!



JOIN US ON FACEBOOK AND INSTAGRAM

The Community Clinic is on Facebook and Instagram! 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. Follow our instagram @saskatooncommunityclinic.

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.

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/>