



## **ANNUAL MEETING NOTICE**

**The Annual General Meeting  
of Community Health Services  
Association (Regina) Ltd.  
will be held**

**Tuesday, June 9, 2009**

**at**

**Regina Community Clinic  
1106 Winnipeg Street, Regina, Sask.**

**Registration: 6:30 p.m. Meeting: 7:00 p.m.**

**We look forward to your presence at our Annual General Meeting.  
Please see page 2 for more information.**

## 47th Annual General Meeting CHSA (Regina) Limited June 9, 2009

Registration: 6:30 p.m. Meeting: 7:00 p.m.

### DRAFT AGENDA

1. Call to Order
  2. Introductions
  3. Opening Remarks
  4. Adoption of Agenda
  5. Adoption of Rules of Order
  6. Appointment of Officers
  7. 2008 Annual Meeting Minutes
    - Business Arising
  8. Annual Reports
    - a. Board of Directors Report
    - b. Executive Director Report
    - c. DVD/FASD presentation
  9. Call for Resolutions
  10. Nominating Committee Report
  11. Call for Nominations
  12. Election Procedures
  13. Elections
- BREAK
14. Guest Speaker—Doug Wright, Co-operators
  15. Election of 2010 AGM Nominating Committee
  16. Auditor's Report
    - a. Financial Report
    - b. Growth Fund Report
  17. Appointment of the Auditor
  18. Service Awards
  19. Returning Officers' Report
  20. Introduction of New Board
  21. Resolutions
  22. New Business
  23. Adjournment

### REQUEST FOR FINANCIAL REPORT

Anyone wishing to review the financial report **BEFORE** attending the AGM, please contact our Executive Director at 543-7880 ext. 246.

### Call for NOMINATIONS

The Board of Directors of the CHSA (Regina) Ltd. is composed of twelve members of the Regina Community Clinic. This coming year there will be *four* three-year vacancies on the Board.

We encourage members to let their name stand and be part of the policy, direction and vision of Regina Community Clinic.

To be considered for a position as a board member you must be a member of the Clinic.

If you are interested in becoming a member of our board, please contact us by mail:

#### **NOMINATING COMMITTEE**

Regina Community Clinic  
1106 Winnipeg Street,  
Regina, SK S4R 1J6

or call one of the committee members

Wes Norheim - 543-8022  
Bonnie Ast - 543-7880  
Jennifer Cohen - 584-3560

***Deadline for bio submission is May 18th***

### Call for RESOLUTIONS

The CHSA (Regina Community Clinic) encourages members to submit resolutions in writing to the Board of Directors prior to the AGM.

Please send all resolutions to:

Mary Flynn, Executive Director  
1106 Winnipeg St., Regina, SK S4R 1J6

Resolutions may also be brought forward at the AGM.

Department reports will be available before the AGM on our website [www.reginacommunityclinic.ca](http://www.reginacommunityclinic.ca). Please contact Mavis at 543-7880 ext. 223 if you wish to review a copy of the Annual Report before the meeting.

## Upcoming programs

### Menopause Forum

A public forum will be held in the classroom area of the Clinic on June 3rd from 7-9 p.m. with Dr. Vicki Holmes, Medical Director, Women's Mid-Life Health Centre of Saskatchewan. Discussion of NEW evidenced-based approaches to managing symptoms associated with the perimenopause/ menopausal phase of your life. Please call 543-7880 ext. 223 to register.

### Grocery Tour

Very informative tours are hosted by our Nutritionist the first Thursday of every month. Next date is June 4th. Please call 543-7880 ext. 223 to register.

### Professional Foot Care

Foot care appointments can be made the first and second Thursday of every month (9 a.m. - 4 p.m.). Please call Doreen at 586-9130 to book an appointment. Cost is \$30 per visit.

### Asthma/COPD one-on-one Educational Sessions

Please see your doctor at the Clinic and ask for a referral to see Pat Smith, Pharmacist, who is booking sessions to teach you about your disease, review your medications and do a lung test (spirometry). These sessions continue to be highly praised and recommended by those who have seen Pat. If you have questions, please call Donna at nursing 543-7880 ext. 250.

### Kids Active Living & Cooking Class

The nutritionist and exercise counselor will be instructing our annual summer club held at Regina Community Clinic. Sign up your kids to learn how movement can be fun and to create some delicious and nutritious meals.

This year we have two separate age groups: 7-9 year olds on July 13-16 from 1:30 - 3:30 p.m. and 10-12 year olds on July 20-23 from 1:30-3:30 p.m. *Space is limited.* Please call 543-7880 ext. 223 to register. No fee.

### Osteoporosis Information Day

Come and learn about how to keep your bones healthy and strong. Join us for information and fun.

When: Tuesday, May 26th

Time: 1:30-3:30 p.m.

Where: Regina Community Clinic

Facilitators: Bonnie Ast, Nurse Practitioner

Melanie Bosman, Exercise Counsellor

Please register by calling 543-7880 ext. 223.



### ImmuTrax

#### Keep track of immunization with ImmuTrax

Population and Public Health Services are introducing a new email reminder system for childhood immunizations called ImmuTrax. This system allows parents to sign up for an email reminder when their child (2 months to 4 years of age) is due for immunization. The parent enters the child's name and birth date and will receive an email reminder 2 weeks before the immunization is due. Parents can access ImmuTrax by going to the following website address <http://www.rqhealth.ca/immunization> and clicking on the links to childhood immunization and then to ImmuTrax. While visiting the website, parents can also view the recommended childhood immunization schedule, learn about vaccines and what diseases they protect against, as well as find out about other Population and Public Health Programs available for children from infancy to 13 years of age.

## Beating the high cost of funerals – the co-operative way.

Not much needs to be said about the high cost of funerals. Without asking too many people, one quickly learns that a family, to honor and lay a loved one to rest using a traditional funeral home, easily spends \$10,000. Some families don't mind spending this amount of money; others would rather pay less and leave more of their savings to benefit family or favorite charity than to plump up the bottom line of a corporation and benefit its shareholders. For decades, the funeral industry has been the subject of much consumer scrutiny and legislative control. Despite this prices continue to rise and corporate profits are in the billions.



Prairie Lily Funeral Co-operative was formed to give Regina area families the opportunity to avoid paying for corporate profit

when purchasing funeral services. By using the co-operative model of pooled resources and member control, a funeral co-operative can promise to provide a full range of funeral services and options at not-for-profit prices. Can this be true?

Well, yes. Funeral co-operatives across Canada are currently offering their members these low prices and Prairie Lily Funeral Co-op is prepared to offer Regina families the same.

Prairie Lily Board of Directors has recently announced that a funeral director has joined the team as a consultant to prepare for operating a full service facility, and the development of a price list. Prairie Lily is a not-for-profit community service co-operative wherein membership fees are the source of capital that initiates the business, in other words, to make this funeral home a reality enough people have to sign on by purchasing a membership. Enough people is 1,000. And now is the time.

You've read about Prairie Lily Funeral Co-operative before in the Pulse newsletter and you probably remember that the membership fee is \$200 per person and is refundable. Members will also have access to other funeral planning services and receive a further price discount. If you've already made ar-

rangements you can still take advantage of Prairie Lily Funeral Co-op, ask our funeral director.

You are already a member of at least one co-operative: Regina Community Clinic and you may well be a member of others such as a credit union, a retail co-op or Access Communications. None of these would have come to exist without founding members. There are two reasons to purchase a Prairie Lily founding membership. The first is out of concern for your family: that they are not ultimately burdened by excessive funeral prices; that they can come to a service provider that can be counted on to offer not-for-profit prices. The second reason is that this is an opportunity to build something good for your community. By purchasing a membership you are doing your part to build a community service funeral co-operative because it's a good thing.

Please call 779-4007 or email [plfc@accesscomm.ca](mailto:plfc@accesscomm.ca) for more information. Visit our website and download a brochure and membership application at [www.plfc.ca](http://www.plfc.ca).

The only thing you have to lose is the opportunity.



### Closure Dates to Remember...

July 1 (Wednesday) - Civic Holiday

August 3 (Monday) - Civic Holiday

September 7 (Monday) - Civic Holiday

We provide after-hours emergency service on nights, weekends and holidays. One of our doctors is 'on call' during those times to look after problems which cannot wait until regular office hours. When you call the clinic number the answering service will take your message and contact the doctor. Please do not go to the hospital emergency department until you have spoken to the on-call doctor, unless you feel that a delay in receiving medical care will be life-threatening. This may save you the trip or a long wait in emergency.

### Welcome to a new physician

We welcome Dr. Joan Hamilton who will be working here starting July 2009. Dr. Hamilton will initially be taking overflow patients of clinic Physicians. She will also join in providing obstetrical care, including delivery for our patients. This is a significant benefit as few family physicians in the Health Region deliver babies. We are proud of the fact that we continue to offer full obstetrical services for low risk patients.



### A special thank you

Adele Fox volunteered two days of her time to offer free income tax return preparation for individuals qualifying with the Community Volunteer Income Tax Program. Regina Community Clinic was happy to once again partner with Adele to offer this service.

### Welcome to our pharmacy

We are happy to announce that the Winnipeg Street Pharmacy Inc. is now located at the front entrance to our building. They look forward to serving our clinic members, patients, clients and the surrounding neighbourhood. Hours of operation are Monday-Friday 8:30 a.m - 5:30 p.m. (noon to 1 p.m. closed). Saturday and Sunday closed. Phone 949-0900.

### Welcome to new staff

We welcome Gale Kosmanuk, Reception back up and also the temporary research and development staff for FASD literacy project: Todd Itcush, Jody Hubick, Sandra Staples, Monica Lysack, Shelley Aichele.

### Farewell

We regretfully say farewell to Sasha Assefirad, Computer System Technician, and wish him all the best in his next job.

### Growth Fund donations

We wish to thank the following donors who have contributed to our Growth Fund:

Janel Blancher  
Reginald & Hayven Bing-Wo  
Gloria Cymbalisky  
Elsie Elkin  
Gailene Fenwick  
Joanne Goulet  
Everett & Ruth Hollis  
Myrtle Howe  
Andrew Huculak  
Dick Langen  
Maureen Meston Pockett  
Sheree O'Byrne  
Carol Oxelgren  
H. Evelyn Pearce  
Eleanor Peters  
Kathleen Quirk  
Simone Rottiers  
Carl Seidler  
William Semple  
Duane & Lorraine Smith  
Christina Stevenson

Our appreciation is also extended to those who wish to have their names remain anonymous.

### In memoriam gifts

Thank you to James A. Struthers for donating in memory of Hub Elkin.

### Thank you

Elsie Elkin wishes to thank all who donated to the Regina Community Clinic in memory of her late husband, Hub Elkin.

### Visit our website

Visit our website at [www.reginacommunityclinic.ca](http://www.reginacommunityclinic.ca)

## New Program

### Regina Community Clinic (FASD Centre) & Office of Literacy and Essential Skills (OLES)

We have received a grant from Office of Literacy and Essential Skills to research and develop a literacy enhancement program for adults with FASD.

The first 6 months of the project is focused upon research and development of learning modules. This is being facilitated by a team of professionals: curriculum developer, educational psychologist and an occupational therapist.

In September 2009 we will be starting a pilot project with a total of 8-10 adults with FASD. The pilot consists of a learning environment of 4-5 individuals per half day with a teacher and teacher aide. Each individual will work from an individualized program determined by their intake with the teacher and a self-assessment of academic strengths and abilities, areas in need of support, and agreed to outcomes. The learning environment will run for 9-10 months, and in the last 10-12 months there is a focus on exploring the workplace through shadowing/ experience or other opportunities.

Many adults with FASD dropped out of school at an early age for a number of reasons and did not reach their academic potential. It is our experience that traditional adult basic education programs, or adult upgrading programs, present too many challenges to these adults.

It is hoped, that with literacy and learning issues being recognized and supported, that these individuals will complete the program with more work practical experience and increased self-esteem.

Intake for the Learning Group will begin in July 2009. **If you have any individuals who are interested, or would enjoy having more information, or if you are an employer and would enjoy supporting this program by offering a workplace learning experience, please contact Cheryl Charron, at 543-7880 x268 or by email at [fasd@reginacommunityclinic.ca](mailto:fasd@reginacommunityclinic.ca)**

## Fight germs by washing your hands!

Good hand washing is very important to prevent the spread of germs.

Remember to:

- Wet your hands
- Apply soap
- Lather and scrub for at least 20 seconds (Don't forget to wash between your fingers, under your nails and the tops of your hands)
- Rinse for 10 seconds
- When turning off the tap use a paper towel if available
- Dry your hands
- Use instant hand sanitizer if a hand washing facility is not available.

## Handy cleaning tips

Rusty rings left behind from the bottom of cans? Clean the can with a wet cloth and dry it well. Paint the base of the can with clear nail polish to seal it and prevent rust rings.

To get rid of water spots on faucets and other stainless steel fixtures, grab a used fabric softener sheet and rub off the water spots.

Clean your blender by blending a very small amount of dishwashing liquid and water. Rinse well.

Curtains will glide along rods much more easily if you give the rod a good cleaning with a bit of cream cleanser and then a wipe with a damp cloth.

Use a coffee filter to wipe off your glass cleaner and you won't have any lint left on mirrors and glass doors.

Mix 1 tsp. of baking soda, 1 tbsp. of lemon juice and 2 cups of water in a bowl. After the fizz has settled, stir well and pour mixture into a spray bottle. Spritz your home odour-free.

## The warm up before exercise

A proper warm up has important benefits! It can increase the blood flow to the working muscle which results in decreased muscle stiffness, less risk of injury and improved performance. Additional benefits of warming up include physiological and psychological preparation.

Benefits of a proper warm up:

*Increased muscle temperature.* A warmed muscle both contracts more forcefully and relaxes more quickly. In this way both speed and strength can be enhanced. Also, the probability of overstretching a muscle and causing injury is far less.

*Increased body temperature.* This improves muscle elasticity, also reducing the risk of strains and pulls.

*Blood vessels dilate.* This reduces the resistance to blood flow and lower stress on the heart.

*Improve efficient cooling.* By activating the heat-dissipation mechanisms in the body (efficient sweating) an athlete can cool efficiently and help prevent overheating early in the event.

*Improved range of motion.* The range of motion around a joint is increased.

*Hormonal changes.* Your body increases its production of various hormones responsible for regulating energy production. During warm-up this balance of hormones makes more carbohydrates and fatty acids available for energy production.

*Mental preparation.* The warm-up is also a good time to mentally prepare for an event by clearing the mind, increasing focus, reviewing skills and strategy. Positive imagery can also relax the athlete and build concentration.

Typical warm up exercises include:

*Gradually increasing the intensity of your specific sport.* This uses the specific skills of a sport and is sometimes called a related warm up. For runners, the idea is to jog a while and slowly add more intensity into the routine to engage all the muscle fibers.

*Adding movements not related to your sport in a slow steady manner,* calisthenics or flexibility exercises for example. Ball players often use unrelated exercise for their warm up like bicycling or jumping jacks.

**The best time to stretch a muscle is after it has an increased blood flow and has increased temperature to avoid injury. Stretching a cold muscle can increase the risk of injury from pulls and tears. So you are better off doing gradual aerobic exercise before stretching. Make sure your warm up begins gradually and uses the muscles that will be stressed during exercise.**

Keep in mind that the perfect warm up is a very individual process that can only come with practice, experimentation and experience. Try warming up in various ways, at various intensities until you find what works best for you.

## Stay fuelled

How do we stay fuelled during and after exercise to perform our best?

Your body needs to be well hydrated to function at its best. Being even a little dehydrated (not enough water) can zap energy and impair your exercise.

Think gulps not gallons. We all need water, but don't overdo it. While dehydration during exercise is more common than drinking too much, occasionally some people have developed a serious condition known as hyponatremia (low blood sodium) from drinking way too much. A safe game plan is:

**Stay hydrated** day to day. Water, milk, soy beverages, 100% juice, and even tea, coffee, and some foods all count.

**During exercise,** drink to help replace water lost in sweat. How much? There's no 'one size fits all' answer as we all sweat at different rates. Keep water handy and sip it during your workout. When you are sweating heavily or it is hot, drink more.

**After exercise,** regular meals, snacks and beverages will help replace what you have lost in sweat. Enjoy a glass of water or chocolate milk after your workout. Have an apple with some cheese for a snack.

# PACK YOUR BAGS FOR SCYP 2009 !

Discover your potential to be a great leader with the Saskatchewan Co-operative Youth Program

**Are you age 12 - 18 ?  
Register now!**



**Summer Camp.....**at beautiful Candle Lake, Sask. is the place you want to be !!

**Gain skills and confidence, take on leadership roles and achieve your dreams. Get to know teens and volunteers from all over Saskatchewan. Work together to accomplish tasks, learn about co-operation and how co-ops work. Enjoy swimming, canoeing, games, campfires and social events. Chartered bus transportation provided from Saskatoon and Prince Albert to Candle Lake and back.**

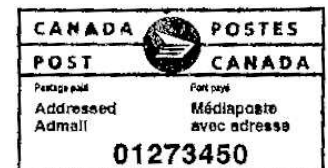
**Saskatchewan  
Co-operative  
Youth Program**

is a program of:

 Saskatchewan Co-operative Association

**Contact: Mavis at 543-7880 ext. 223 or visit our Membership & Health Information desk for your registration form. Cost: \$195 to be paid by participant. Members of the Saskatchewan Co-operative Association are willing to pay the sponsorship fee of \$395. Do not delay in registering—they fill up fast !**

If you wish to have a name removed from our mailing list, please call Mavis at 543-7880 ext. 223



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Please address all Newsletter correspondence to:  
Mary Flynn, Editor  
Community Health Services Association (Regina) Ltd.  
1106 Winnipeg Street, Regina, SK S4R 1J6

#### ARE YOU MOVING?

Notify us of any changes of address, also include old address and indicate when change will be in effect.