

### Grocery Tours

Join our Nutritionist the first Thursday of every month to have a grocery tour. Learn how to read labels and shop for items specific to your needs. Next dates are October 2 and November 6. Please register by calling 543-7880 ext. 223.

### Osteoporosis Exercise

Join Melanie Bosman, Exercise Counsellor, every Wednesday from 1:30-2:30 p.m. for some fun osteoporosis exercises. Please register by calling 543-7880 ext. 221.

### Breast Feeding

RCC is a baby friendly health facility supporting the WHO's recommendation that babies should be breast fed for at least the first 6 months of life. The importance of breast feeding is stressed during pregnancy and we offer the opportunity to be in-

structed on how to breastfeed here at the clinic. If you are a patient of the clinic and want one-on-one instruction on the basics of breastfeeding, please call the Nursing Department at 543-7880 ext. 250 and arrange an appointment with Donna Holt, RN. This session is most useful at about 36 weeks of pregnancy.

### Asthma/COPD One-on-One Education 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). If you have questions, please call Donna at Nursing 543-7880 ext. 250.

### Optometrist Accepting New patients

Please call 543-7880 ext. 247 to book an appointment with Dr. Blanche Nobert, Optometrist.

**Are you a MEMBER?** Did you know that Regina Community Clinic is a co-operative?

We encourage you to become a **lifetime member** and have a say in how our health care co-operative is run. You would be welcome to provide input to matters that affect you, your family and your community.

**LIFETIME MEMBERSHIP** - We offer a lifetime membership for the cost of \$10 per person and \$15 per family. This lifetime membership gives you the right to:

- vote at our annual general meeting
- run for our board of directors
- be a member of any of our committees
- enroll your children in one of our daycares

In the first year of membership, you pay only the lifetime membership fee. The Annual Special Benefits portion is waived. You receive all benefits for \$10 single or \$15 for a family.

**ANNUAL SPECIAL BENEFITS PACKAGE** - For the cost of \$15 per year per person or \$25 per year per family, you receive free third-party medicals (any forms that must be filled out by a doctor). You also receive \$10 off the cost of eye examinations that are done by the optometrist.

Becoming a Member shows your support of our Clinic and the co-operative belief. Financial support allows the Clinic to achieve several very important goals which include improving education, prevention and health promotion programs and purchasing critically needed medical equipment.

For more information call 543-7880 ext 223 or visit our Membership & Health Information desk on the second level at the top of the stairs. There is an elevator for your convenience. **Show your support and become a member today!**



We will be closed **MONDAY, OCTOBER 13th**

## THANKSGIVING

May I hold fast to the purity of childhood—the magic of playfulness, the wonder of curiosity, and the joy of doing.

## FLU CLINICS

Submitted by Donna Holt, RN



Public Health has informed us that the **flu serum** will tentatively be available on October 15, 2008.

Our first **FLU CLINIC** will be **October 24th from 9:30-11:30 a.m. & 1:30-5:00 p.m.**

**We are offering this clinic to only high risk Regina Community Clinic patients.** This includes everyone over 65 years, anyone with chronic heart or lung disease, HIV, diabetes, lowered immunity due to cancer, kidney disease, medication or anemia. Vaccine is **FREE** for these people. Babies six to twenty-three months are also considered in the high risk group but will be done only at Public Health by calling 766-7700. This vaccine is also free.

**The second flu clinic will be held Wednesday, November 5, 2008. Non-high risk clinic patients are welcome to attend this clinic. The cost of the flu vaccine is \$20 for non-high risk people.**

Our flu clinics will be held in the Bea Harding room on the main floor. No appointments are necessary. We will ask patients some screening questions and have them stay in the clinic for 15 minutes after the shot. Public Health offers many flu clinics around the city which you may prefer to attend. Watch bulletins and posters in the clinic for any changes which might occur.