

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.

Did you know?.....The microwave was invented after a researcher walked by a radar tube and a chocolate bar melted in his pocket!
Winston Churchill was born in a ladies' restroom during a dance.
A snail can sleep for three years and a goldfish has a memory of three seconds.

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:

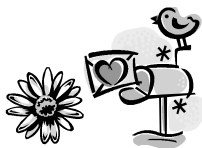
- vote at our annual general meeting
- run for our board of directors
- be a member of any of our committees
- enroll your children in one of our daycares

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!**



Labour Day Holiday

We will be closed Monday, SEPTEMBER 1st

the view from here:

rap written by a youth (with Fetal Alcohol Spectrum Disorder)

**Yo, I caused myself so much pain / sitting here, dwelling in misery / dropping tears like rain,
me and ma living in poverty / looking for a new place / looking for victory / locking down my race /
I'm walking out of misery / looking for the sunrise /
wanting to let go of lifetime drama so bright through my eyes / calling out for my mama /**

Can't say I want to reminisce, about them late days / when I was just a kid.

- During September the local FASD Network is raising awareness about FASD.
- September 9 is FASD Awareness Day—visit our information booth at noon at the Scarth Street Mall.
- Interactive workshops at the Regina Community Clinic on September 18.
- September 23 is a fundraiser at SOHO.
- Watch for information about the DVD Launch Party in October. For tickets or to register for any event, contact Cheryl at 543-7880 ext 268.